

QIDP TRAINING FACILITATOR GUIDE

MODULE 7

Environmental Safety and Supports

This Guide is provided to assist with facilitation of discussion points, exercises, answers to quizzes, etc. Answers given in this guide are only meant to be used as examples and are not all inclusive of possible responses. Agencies are encouraged to supplement the information provided in each module with agency specific information to meet the needs of the agency. Also, the facilitator should be prepared to modify any materials needed to meet the agency needs.

Background reading materials are listed at the end of the module.

Icons

In this curriculum, the following icons are used:



means be prepared to discuss agency specific information.



means be prepared to facilitate discussion.

Preparing for QIDP Training:

- Read over the entire module;
- Gather additional agency-specific information and reference materials;
- Determine which videos and reference materials to incorporate into which module and when the best time is to introduce each;
- Make sure all information is current and up-to-date;
- Anticipate questions and prepare appropriate responses;
- Develop relevant examples to reinforce the points in the modules;
- Duplicate materials for each trainee.

Sign-In Sheets

Sign-in sheets should be maintained and available for review by department staff; and should include the following components: module/class name, class date, class times, instructor signature and trainee signature.

A Quality Home Environment

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Facilitator Instructions: Discuss what each participant considers as characteristics that make a place feel like a HOME.

Possible characteristics may include:

- The environment is safe
- Respect for personal choice is evident
- People are communicating/laughing
- Communication is made in a pleasant tone of voice
- The home is free of hazards and in good repair
- Individual needs are met regarding privacy, mobility, etc.
- The home is clean with no foul odors

Scenarios

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Scenario 1

- Use a measuring cup with raised numbers (if the person does not know Braille).
- Use tactile markings (fabric paint works well for this) to help indicate the correct setting on an oven or microwave.
- Use varying numbers of rubber bands to help distinguish canned goods (one for canned fruits; two for canned vegetables, etc.).
- Eliminate glare as much as possible; install under the counter lights or and/or use gooseneck, adjustable arm lamps to position light directly onto work area.
- Use contrasting colors. For example use a cutting board that contrasts in color with the items being cut. Oven mitts, dish towels and utensils that contrast with countertops can make them easier to find.
- Develop a system so you know where utensils, spices ingredients are stored. Be sure all know to return items to the same place.
- Use small countertop appliances such as crock pots, toaster ovens or “George Foreman” type grill.
- Only use front burners on stove to avoid reaching.
- Wear short sleeves and use long sleeved oven mitts.
- Use a pizza cutter instead of a knife for cutting.

For more information on assistance for people with visual difficulties:

<http://www.lighthouse.org/>

Scenario 2

For people who use wheelchairs, there are many structural modifications that may need to take place to make an environment *accessible*. Depending on the needs of the individual, there are some *adaptations* to consider which are relatively low cost. These include:

- Removing cabinet doors and other parts of base cabinets allowing a front approach to a counter and work area.
- Replace knobs with u-shaped handles.
- Install lazy-susans, pull-out trays.
- Utensils should be close to work areas.
- Hand long barbecue tongs in various locations to retrieve things too high to reach.
- Use peg-boards to hand pot, pans and utensils.
- Use a rolling cart or cutting-block table with wheels to use as a work center or to take food, dishes to and from table.
- To help see food that is cooking, attach removable mirror at an angle behind cooktop

- **Use clear glass cookware to be able to see food cooking.**
- **If a problem with doorways being too narrow; some hardware stores have hinges that allow the door to open and drop back in line with the frame and provide an extra few inches for access.**

For more information on home modifications:

<https://www.disability.gov/disability-can-get-help-modifying-home-make-accessible/>