Creating Home Modification Solutions for Individuals with Spinal Cord Injury

Ryan Heuer
ryan.heuer@pop.belmont.edu

Follow this and additional works at: https://repository.belmont.edu/otdcapstoneprojects

Part of the Occupational Therapy Commons

Recommended Citation
https://repository.belmont.edu/otdcapstoneprojects/65

This Scholarly Project is brought to you for free and open access by the School Of Occupational Therapy at Belmont Digital Repository. It has been accepted for inclusion in OTD Capstone Projects by an authorized administrator of Belmont Digital Repository. For more information, please contact repository@belmont.edu.
Creating Home Modification Solutions for Individuals with Spinal Cord Injury
Ryan Heuer, OTS
Faculty Mentor: Dr. Teresa Plummer, PhD, OTR/L, CAPS, CEAS, ATP

Mission: “To create safer, more accessible homes and environments for children and young adults with disabilities”

Vision: “Our vision is to see all families of children with disabilities have access to the necessary resources needed to make their homes both safe and accessible and fully equipped for immediate, intermediate, and long-term needs”

Identified Needs
- Research conditions of spina bifida and traumatic spinal cord injury to expand evidence-based resources for this population at Tucker’s House
- Portion of assessment packet dedicated to specific needs for individuals with spinal cord injury
- Meeting specific needs of clients with SCI/spina bifida and their caregivers in the home and the community
- Creating evidence-based home modification recommendations for current Tucker’s House clients
- Assistance with follow-up assessments to assess client satisfaction with DME

Goals of the Capstone
- Review reputable sources to increase knowledge on SCI/SB
- Create a client and caregiver resource packet for clients with SCI/SB:
  - A list of SCI-specific health concerns
  - A table matching each concern to specific home accessibility problems and cost-effective AT to address each
  - A list of community resources grouped by topic such as employment, recreation, vehicle modification, and more
- Conduct literature review to create evidence-based home modification recommendations

Outcomes of the Project
- Created a three-pronged client/CG resource packet for clients with SCI
- Created an exercise program for clients with SCI/SB experiencing shoulder pain based on extensive literature review
- Assisted with several home assessments for current clients and collaborated with expert mentor to create evidence-based home modification recommendations

A special thank you to the following people for their support and guidance:
Faculty Mentor: Dr. Teresa Plummer, PhD, OTR/L, CAPS, CEAS, ATP
Expert Mentor: Sandra Zaccari, PT, Director of Needs Assessment

References available upon request
For a copy of the resource packet and exercise program please contact the author at ryan.heuer@gmail.com