

# Overcoming Life Challenges for Optimum Safety, Economy & Peace of Mind

Rosemarie Rossetti, Ph.D. | Lakeside Chautauqua | July 3, 2017

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How would you describe your essence?

Personality - Soul - Spirit - Core Qualities - Gifts - Abilities - Talents

Experiences teach us lessons. Experience and knowledge is wisdom.

Live Life with Conviction Passion - Spirit - Focus - Direction – Commitment

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## Lessons to Live By:

- Do something new every day
- Focus on a hopeful future, not on self pity
- Believe that the impossible just might be possible
- Allow more time to get things done and be patient with yourself
- To lower your stress, lower your expectations of other people



## GOAL SETTING

- Put your goals in writing
- Share your goals with significant others
- Refer to your goals frequently
- Keep your goals in view

## MOTIVATION

- How bad do you want it?
  - What are you willing to do?
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## INGREDIENTS TO SUCCESS

- Time
- Energy
- Commitment
- Determination
- Dedication
- Persistence

## WHAT WILL I DO NEW TODAY?

- Try a new recipe or order something different
- Explore a new place
- Add to a physical activity
- Call or meet a new person
- Read a new book
- Take a different direction

**“Courageous acts are fueled by fear.” — Rosemarie Rossetti, Ph.D.**

# Overcoming Life Challenges for Optimum Safety, Economy & Peace of Mind

## COURAGE

- Visualization Process
- Summon the will
- Face your barriers
- Understand yourself

## ACTION PLAN

- Identify your goals
- Focus on your motivation
- Do something every day to achieve your goals
- Celebrate your victories

**“Your thoughts control your emotions.” — Rosemarie Rossetti, Ph.D.**

## SYMPTOMS OF SELF PITY

- Sleep patterns interrupted
- Eating patterns interrupted
- Feeling depressed and lifeless
- Thoughts turn to feelings of worthlessness
- Focusing on what you can't do and feeling sorry for yourself
- Crying a good deal of the time

## DANGER OF SELF PITY

- Drains energy
- Is not productive
- Is a self-destructive cycle
- Leads to depression

**Inexhaustible Reserve of Potential:** Energy Courage Intellect Ability Creativity

**Universal Design Living Laboratory  
National Demonstration Home and Garden**

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## The Entries

- Level thresholds at any door, no higher than ½"
- 36" wide doors with lever handles
- Lighting for safety and access
- Mail drop for easy access
- Porch shielded from the weather
- High visibility house address numbers
- 5' x 5' level maneuvering space (turning circle) on both sides of door
- Stepless, level grade at the entrance
- Sloped garage floor to the house entry with level threshold
- Use sloping walks, earth berms, retaining walls, bridges, or porches instead of obtrusive front ramps
- Package shelf or bench outside the door
- Full-length sidelight(s) at entry or window in door to see visitors

## The Kitchen

- Sufficient clear floor space for work/traffic flow
- Circulation routes 40" wide at a minimum at entryways to the kitchen
- No thresholds at any door
- 36" wide doors with lever handles
- Glass doors or open shelves in upper cabinets
- Vertical (pantry style) cabinets with pull out shelving for most used items
- Waste and recycling container on pull-out drawers in lower cabinets

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- Easy to roll on hard surface flooring
- Strategically placed visual barriers to kitchen mess
- Point of use storage
- Open/visible storage; flexible pantry storage
- Flexible base storage allowing for use as knee space
- Roll-out carts for storage of cook ware
- Single lever faucets, mounted on the side of a low profile sink
- Pot filler at cooktop if sink is not close by
- Garbage disposer mounted in the rear of the sink allowing for knee space under the sink
- C or D-shaped handles rather than knobs on cabinets and drawers
- Counter tops at a variety of common heights: 30", 34", 36", and 42"
- Roll-out full extension shelves and drawers in lower cabinets
- Pull down articulated hardware to lower shelf contents stored in wall cabinets
- Toe kick area at the base of lower cabinets: 9-10" high by 6" deep
- Side by side refrigerator/freezer (prefer 24" deep) w/ full extension shelves
- Safety shut-offs and dual cueing (where available) on appliances
- Pull-out step stool
- Contrasting edge on counter and flooring to define spaces, transitions and edges
- Rounded corners on counter tops
- Built-in desk
- Side hinged doors on oven and microwave at counter height or lower
- Dishwasher elevated 8" above the floor
- Front-mounted controls on all appliances (Ex. cooktop, oven), with easy to read print
- Knee space under sink and cooktop
- 5' turning radius in working areas
- Pull out spice and towel racks
- Electrical wall outlets 18" above the floor
- Electrical outlets and controls within reach  
Ex. Garbage disposer, range hood ventilation

### **The Bathrooms**

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- No threshold entries
- 36" wide swinging doors with lever handles and/or pocket doors as a space saving alternative
- Circulation routes 40" wide at a minimum, to get to the bathroom
- Sufficient clear floor space for functional passage
- 5' turning radius in key areas
- Point of use, easily accessed storage
- Multiple-height vanities with flexible knee space under the sink
- Toe kick area at the base of lower cabinets: 9-10" high by 6" deep
- Increased use of support rails and grab bars in the toileting, shower and tub areas that complement the aesthetics
- Shower chair or bench – built in or free standing made with non-slip surface products. Padded with U shaped seat preferred.
- Easy maintenance, i.e. showerheads and whirlpool tubs with self-cleaning features
- Towel bars at various heights for access by people who sit and those who stand
- Hand-held shower spray on a sliding vertical bar, with 60" long hose
- Water controls within reach of person seated in the shower
- Tub deck with 15" extension for easier entry
- Tub with non-slip bottom
- Tub with built in grab bars
- Comfort-height toilets 17-19" from the floor
- Toilet centered 18" from a side wall so grab bars can be within easy reach

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- Walls reinforced with ¾" plywood or wood blocking behind wallboards where grab bars will be installed
  - Optional heat in the floor and towel warmers
  - Anti-scald fittings on tub and shower
  - Non-slip flooring
  - Controls for windows, lighting and fixtures that are easy to operate
  - Full length mirror
  - Vanity mirror at height for a seated person or able to tilt to adjust
  - Flush threshold shower
  - Curbless shower designed for transfer (36" wide by 36" deep minimum) or roll in (36" wide by 48" deep minimum) depending on entry
  - Channel shower drain preferred over center drain
  - If toilet is compartmentalized, provide an option to open it up for wheelchair access
  - Increased lighting from varied sources with adjustable controls
  - Provide sufficient, well shielded lighting along either side of vanity mirror to eliminate shadows while grooming
  - Provide moderate light level for wayfinding and orientation from bed to bathroom during the night
  - Electrical outlets and controls within reach
  - Light switches should have rocker switch, and be located within easy reach of user, (not on the back wall!) 42-48" off the floor
  - Electrical wall outlets 18" above the floor
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