

North Los Angeles County Regional Center
1998

A Nice Place to Live

Created by:
The North Los Angeles County Regional Center Vendor Advisory Committee
Best Practice and Peer Review Subcommittee

Prepared by:
Sherry Beamer, M.S.W.
Sherry Beamer & Associates

Technical and Editorial Assistance
Jorge A. Sanchez
Maria Aragon

1998

This document is a cooperative effort of the North Los Angeles County Regional Center (NLACRC) and the Vendor Advisory Committee the NLACRC Board of Directors. Thanks to the following persons on the Best Practice Committee:

- * Sunny Ash, Los Angeles Retarded Citizens Foundation
- * Nancy Bissonette-Andrew, Tierra del Sol Foundation
- * Riva Kestenbaum, Specialized Health Services
- * Thomas Lattyak, Associated Comprehensive Therapies, Inc.
- * Gay Parrish, North Los Angeles County Regional Center
- * Gay Wane, Project Six
- * Jim White, ARC - Ventura County

A thank you also to the others who helped with providing and reviewing materials:

- * Robbie Bilhart, North Los Angeles County Regional Center
- * Cecil Ingram, North Los Angeles County Regional Center
- * John Jacobs, Self Advocacy Board of Los Angeles County
- * Lynnda Donelson Kroy, CliniShare
- * Marie Paul, North Los Angeles County Regional Center
- * Gail Peters, Work Training Programs
- * Lynn Robinson, Therapeutic Living Centers for the Blind
- * Dana Steinberg, North Los Angeles County Regional Center
- * Cindy Strully, Jay Nolan Community Services

A chair is not a room,
A room is not a house,
A house is not a home ... UNTIL it is...



A Nice Place to Live

Everyone enjoys going home to their **own** space. Whether an apartment, condominium or house, "home" is where everyone wants to feel especially relaxed, comfortable and included. Quality furnishings, planning and care help to make a home a pleasant, safe place to live.

This booklet gives some suggestions about how to make a home a nice place to live. A lot of money does not need to be spent to make a home a nice place. But it is important to save money to replace furniture and equipment when it is broken or too old.

Before choosing a home, ask yourself some important questions like:

- ☺ Is shopping close by?
- ☺ Are fun activities close by?
- ☺ Is the home located on a quiet street with sidewalks?
- ☺ Will I feel safe in this neighborhood?
- ☺ Will I enjoy living in this home?
- ☺ Is there air conditioning?
- ☺ Is there a laundry room or pool?
- ☺ Is public transportation available and close by?

WHAT MAKES A NICE HOME ?



GENERAL

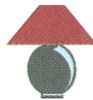
A nice place to live is:

1. A home that does not have flies and other bugs or rodents. (like mice)

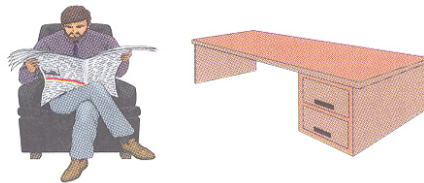


2. A home where things do not block halls, doorways, porches or stairs.

3. A home that has enough lamps and lights in all rooms for safety and comfort.



4. A home that has a place to work on activities like reading mail, paying bills, etc. (like a desk)

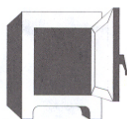


5. A home that has a good smell all the time.



GENERAL

6. A home that has a comfortable temperature.
7. For a home, it's good to have theft and liability insurance.
 - Theft insurance will help you replace items if they are stolen from your home.
 - Liability insurance legally protects you from anyone who gets hurt in your home.
8. In a home, it's good to have a safe place to put credit cards and jewelry. One place to store these items is a "safe" or a "lock box". A "safe" or "lock box" is a strong metal container that locks. "Safes" can be attached to a closet wall. A "safe" can be bought at a sporting-goods store for about \$50. A "lock box" can be purchased at a variety of stores for a few dollars.



KITCHEN

Some things to do to make a home a safe place to live:

A. Storage

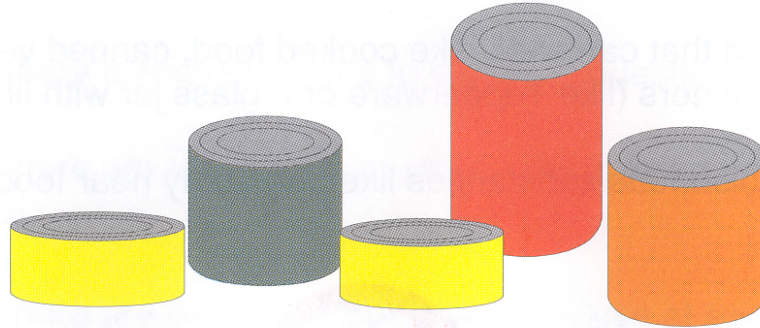
1. Put leftover food that can spoil (like cooked food, canned vegetables, etc.) in covered containers (like Tupperware or a glass jar with lid) in the refrigerator.
2. Do not store poisonous substances like bug spray near food in the kitchen.



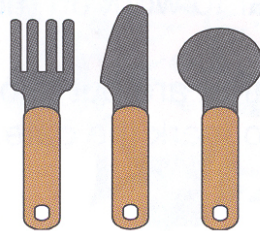
3. Store soaps, detergents and cleaning supplies in a different area from where food is kept.
4. Keep clean dishes, silverware and cooking utensils stored in a cabinet, closet or drawer.
5. Keep all counters clean and clear to work on (not cluttered).
6. Mark the date on leftover foods that are put into the refrigerator or freezer. Use a label and a pen to mark the date. If leftovers smell or taste bad, don't eat them. Throw them out.

KITCHEN

7. Keep an extra supply of canned food, enough for a week. This will be important in case of emergency. (Have a hand operated can opener.)



8. Keep an emergency supply of 4 gallons of water for each person in the home.
9. Do not save used fat or cooking oil. After it cools, it can be carefully poured into a covered jar and thrown away.
10. Keep fruits and vegetables where they will stay fresh.
11. Keep enough dishes, cups and silverware to serve a few guests a meal.



KITCHEN

Some things to do to make a home a safe place to live:

B. Cleaning

1. Keep the kitchen and food storage areas clean. Do not let litter or garbage pile up. It will attract rats and bugs.



2. Wash dirty dishes with soap and hot water after each meal.
3. Wipe counters after each meal so that they do not get sticky.
4. Sweep the floor each day and mop as needed.



5. Use only one or two all purpose cleaners. You don't need a lot of different kinds of cleaners.
6. Never mix cleaning supplies. This is dangerous!



Dining Area

A nice place to live is:

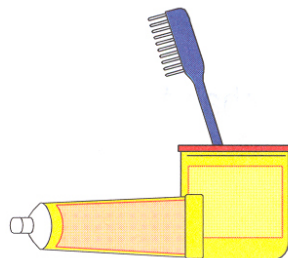
1. A home where there is a comfortable place to eat meals.
2. A home where there is enough space to entertain guests.
3. A home where there are tablecloths or placemats to keep the eating area clean and looking nice.
4. A home where there are paper or cloth napkins to use at each meal.
5. A home where there are decorations in the eating area to make it look nice.
6. A home where the dining area is used for other activities, like crafts or paying bills. The dining area is cleared before the meal is served.



Bathroom

Some things to make a home a clean place to live:

1. Clean all tile and grout.
2. Make sure there is good water pressure in the sink, shower/bath, and toilet.
3. Paint walls with high-gloss (shiny) enamel paint so they are easy to clean.
4. Have antibacterial pump soap for hand washing.
5. Have paper towels at the sink for guests to dry their hands.
6. Have a trash can/basket that has a lid.
7. Take out the trash every day.
8. Always keep extra toilet paper on hand. Keep it in a place that is easy to reach.
9. Store toothbrushes so that the bristles do not touch each other (keep them in individual containers or baskets, etc.).
10. Toothbrushes are checked every month to see if a new one is needed.



Some things that make a home comfortable are:

Bedroom

1. Plenty of storage space for clothes, photos, books, and other things.
★
2. Dresser drawers that slide in and out easily.
★
3. Reading lamps.
★
4. Enough light from windows, ceiling/wall lights and/or lamps.
★
5. A supportive and comfortable mattress on the bed.
★
6. Different blankets and/or quilts available for different seasons.
★
7. A comfortable chair to sit in.
★
8. A rug for warmth, if there are floors without carpeting.

Some things that make a home a comfortable place to live are:

Living Room



1. Furniture is comfortable, clean and in good condition for you and your guests.

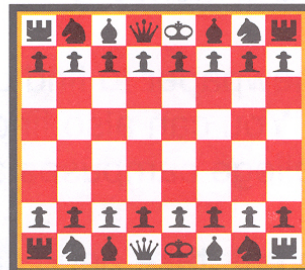
*

2. There are entertainment items available. Some entertainment items are:

- | | | |
|-----------------|-------------------|-------------|
| * TV | * Radio/Stereo | * Games |
| * VCR | * CDs | * Puzzles |
| * Playing Cards | * Exercise Videos | * Magazines |
| * Movie Videos | * Cassette Tapes | |

*

3. The walls are decorated.



Some ways to make a home a nice place to live are:

Outdoor area & garage

1. Sports equipment that is in good repair.
(like balls, a frisbee, outdoor games, etc.)
2. A garden and gardening supplies and equipment.
3. A comfortable place to sit outdoors (like a bench or a chair).

Social and recreation activities

1. Meet and socialize with neighbors if you would like.
2. Invite family and friends to socialize at home or in the community.
3. Use a local newspaper to find out about community events, clubs and groups. You can also find community information on bulletin boards, at college campuses and in the phone book.
4. If you have a pet, take good care of it.

HOME FURNISHINGS

There are basic furnishings that will make a home comfortable and convenient. The list below is helpful in planning for those items needed for a new home or apartment.

● Kitchen ●

- X salt and pepper shakers
- X coffee or tea pot
- X pots and pans
- X pot holders and hot pads
- X knife set
- X storage containers
- X dish towels and cloths
- X stove and oven
- X eating utensils (forks, knives, spoons)
- X serving dishes
- X glasses/cups
- X plates/bowls
- X pitcher
- X cooking utensils (knives, mixing spoons, spatula)
- X measuring cups and spoons
- X toaster or toaster oven
- X garbage can
- X refrigerator
- X electric mixer
- X clock
- X rubber gloves
- X fire extinguisher
- X can opener (hand operated for emergencies)
- X vacuum cleaner
- X mop/broom/dustpan
- X bucket
- X microwave oven (optional)

● Living Room/Dining Room ●

- X couch and chairs
- X coffee table(s)
- X window curtains
- X wall clock
- X dining table and chairs
- X lamps
- X wall decorations
- X entertainment items (television, stereo, VCR)

● Bedroom ●

- X nightstand
- X bed (single, double, queen, king)
- X pillows and linens
- X chest of drawers
- X alarm clock
- X lamps
- X clothes hamper
- X clothes hangers
- X blankets

● Bathroom ●

- X towels (paper and cloth) and washcloths
- X pump antibacterial soap
- X bath mat/rug
- X trash basket

● General Supplies ●

- X notebook
- X pens and pencils
- X stamps
- X calculator
- X tape, glue and stapler
- X writing papers and envelopes
- X ruler and scissors
- X phone book(s)



● Individually preferred items ●

- X VCR
- X stereo
- X lawn/gardening tools
- X lawn furniture
- X blender and other electric appliances
- X tablecloths, placemats, napkins
- X computer
- X cellular phone
- X barbecue grill and utensils
- X blankets
- X answering machine
- X entertainment center
- X desk
- X area rugs
- X plants
- X napkin holder
- X radio
- X bath scale
- X safe/lock box

● Important Safety Items ●

- X smoke detectors (required by law)
- X first aid kit
- X flashlights(s) and/or other emergency lighting
- X fire extinguisher
- X extra batteries
- X battery operated radio
- X emergency phone list
- X telephone
- X \$5 cash/change for emergencies
- X emergency supply of can food/water

- THE END -

Enjoy your comfortable home!

