

Independent Living Program

Handyman/Builders/Fall Prevention/Safety



Who We Are & What We Do

Peninsula Support Organization
serving Kitsap and Jefferson Counties

- We are a group of volunteers on the Kitsap and Olympic Peninsulas who work on projects that are making our communities better places to live.
- Our Mission Statement:
 - Improve the lives of the people in Kitsap, Jefferson, and Clallam counties by providing handyman, fall prevention and aging in place services, supporting homeless and domestic abuse advocacy services, and supporting STEM education in grades K-12.
- Builder's Program provides handyman services: emphasis on independent living and fall prevention for the elderly, disabled, and disadvantaged.



RAMPS



GRAB BARS



RAILINGS



CHAIR RISERS








REPAIRS

- We are a 501 (c)3 Non-Profit Organization – Peninsula Support Organization (PSO) Bluebills
- For more information please visit our website: www.psobluebills.org

Independent Living and Fall Prevention

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- The goal of our Independent Living Program is to keep elderly and handicapped people in their own homes as long as possible
- Our Handymen do this by making the home as safe and accessible as we can
- Common projects include:
 - Ramp construction 
 - Grab bar installation 
 - Handrail installation 
 - Transfer pole installation 
 - Chair/Sofa risers 
 - Repairs relating to safety and ease of living

*Technical and implementation details are documented in the
Bluebills Independent Living Program “PROJECT HANDBOOK”*

Our Clients

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- Clients are typically referred to us by health care providers and agencies dealing with elderly, disabled, and disadvantaged
- If the client can't afford to pay for materials, we rely on donation funding (*PSO Bluebills are a 501(c)3 Non-Profit organization*)



Photo release was signed by client

“Thank you to all who did many repairs. Very much appreciate such practical help that allows me to stay in my home.” -- C.S.

“Thank you for my wonderful ramp. Because of you I am able to live in my home with my dog, Oliver. After three months of staying in care places, it is so wonderful to be home again!”

Outdoor Ramps are Configured to Fit the Site

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Straight, L-shaped, switchback, or combination to achieve the desired 1/12 slope



Grab Bars – Shower/Bathtub

- Usually installed on the entry to a shower or bath and on the opposite wall
- Bluebills can install grab bars on tile, fiberglass shower/bath, and dry wall



- Outside entry stairs are often lacking handrails that you can actually grasp, or the railings may be missing entirely.



Bluebills added these exterior railings

Handrails – Garage

- The most common point of entry to the home is from the garage, yet very few homes have handrails on these steps



Railing with Ramp



Railing with Steps

Stair Rails

- Handrails are meant to steady and assist people climbing stairs or an incline.
- It may be beneficial to have railings on both sides of the stairwell.



Transfer Poles

- Often some help is needed getting out of bed, out of a chair or a bathtub.
- If there is no place to put a grab bar, a transfer pole is often the solution.



Bedroom



Living Room

Chair Riser

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- Chairs and sofas can be too low to get out of easily
- Risers placed under them add a few inches of height which can make it much easier to get up



You will not believe how much a 3" or 4" platform that raises the chair helps

Repairs – Porch

- Bluebills can perform home repairs relating to safety and ease of living



Before



After

Additional Items

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Non-slip Rugs



Doorway Threshold Ramps



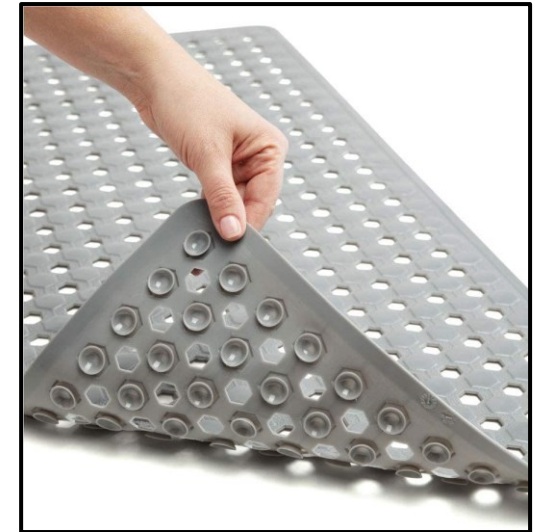
Shower Benches



Toilet Rails & Booster Seats



Clamp-on Bathtub Rails



Non-slip Tub & Shower Mats

Bluebills Independent Living Program

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