

Steps to Healthier Homes

■ Start with People

■ House as a System

■ Keep It:

Dry

Pest-Free

Safe

Maintained

Clean

Ventilated

Contaminant-Free

■ Making it Work



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Why do you go in houses?



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Why Start with People?

- What good are they?
- What's difficult about people?
- How can you deal with people?



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Open v. Closed Questions

- Open-Ended or Indirect
 - How
 - What
 - Tell me about
 - Describe for me
- Closed-Ended or Direct
 - Are
 - Is
 - Do



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Bracketing

- Method to:
 - Stay Calm and Non-Judgmental
 - Keep Ability to Listen
- Put negative feelings and thoughts in mental “container” so they can be objectively evaluated and managed.



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Special Communication Issues

- Language
- Cultural
 - Shoes in the Home
 - Men and Women
- Responding to Problems
 - Hoarding
 - Tolerance for Clutter and Pests



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Resident Choices

- Health
- Comfort
- Cost



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What's going on in the neighborhood?

- What neighborhood?
- What uses?
- How zoned?
- What services?
 - Water?
 - Sewer?
 - Solid waste?
- How old?
- Who owns it?
- Water supply? Lead?



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Routes of Exposure

- Inhalation
- Ingestion
- Skin Absorption
- Injection
- Built-In Protection Mechanisms

Risk = Hazard x Exposure



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What are the signs and symptoms of Housing Related Disease?

- Signs are things you can measure or outside observer can see (objective)
 - Blood pressure, heart rate, peak flow
 - Bloody nose, rash
- Symptoms are experiences and described by a person (subjective)
 - Back pain, fatigue, headaches
- Some can be a combination
 - Shortness of breath



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What are the signs and symptoms of Housing Related Disease?

- Timing, location and corroboration are very important in relating to environment
- Do signs and symptoms occur:
 - At the same time each day?
 - In the same place each day?
 - Only in certain times of year?
- Do others have the same signs and symptoms and same timing?
- Do signs and symptoms go away when out of the environment?



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How can you identify housing conditions that may affect health?

- Many people may recognize signs and symptoms of diseases but not the environments that cause them
 - Many are overlooked
 - Many are ignored
- Many exposures are only found out because someone asked



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Often OVERLOOKED sources of health problems

- Lead
 - Was your home built before 1978? 1950?
- Radon
 - Was your home ever tested for radon?
- CO (Carbon Monoxide)
 - Do you have a carbon monoxide detector?



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Often IGNORED sources of health problems

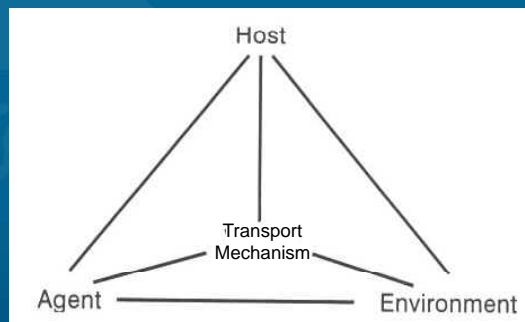
- Environmental Tobacco Smoke
 - Does anyone in the family smoke?
 - Do they want help quitting?
- Consumer chemicals
 - What cleaning chemicals do you use?
 - Where do you store them?
- Pesticides
 - Any Pesticides used? Which ones?



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Epidemiologic Triangle of Disease



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Learning Objectives

- Explain how to work with people to get important information from them about potential hazards in the home.
- Identify key routes of exposure and their relationship to housing hazards.



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