

REBIL

Removing Environmental Barriers to Independent Living

People aging with long-term physical disabilities are at risk of falls, fall-related injuries and reduced participation in the activities that they need and want to do. However, there are no programs to support their participation in these everyday activities.

Therefore, we developed an intervention to promote participation in home and community activities and to prevent falls for people aging with long-term physical disabilities: **Removing Environmental Barriers to Independent Living (REBIL)**.

Background

REBIL is an evidence-based program that was developed using:

- COMPASS (Community Participation Transition After Stroke), a program to support activity participation for people returning home following stroke
- HARP (The Home Hazard Removal Program), a program to prevent falls by removing hazards from the home
- Interviews and focus groups with people aging with long-term physical disabilities and service providers
- Data from a longitudinal cohort study of people aging with long-term physical disabilities
- Feedback from a community-based research network

REBIL is provided in the participant's home by an occupational therapist (OT). It includes 5 sessions that take place over 8 weeks.

REBIL Process

1. The participant demonstrates activities that they have difficulty with.



2. The participant and the OT identify barriers making the activities difficult, as well as fall hazards in the home.



3. The participant and the OT work together to remove barriers and resolve fall hazards.



4. The OT trains the participant to safely use new equipment and/or strategies to complete daily activities.



REBIL is a program that supports participation in home and community activities for people aging with long-term physical disabilities by removing barriers to participation and fall hazards from the home.

The program's efficacy and feasibility are currently being tested in a randomized controlled trial. The trial protocol is available in the [British Journal of Occupational Therapy](#).

Citation: Chen, S.-W., Somerville, E., Devine, M., Stark, S. (In Press). A protocol for Removing Environmental Barriers to Independent Living (REBIL): An adapted evidence-based occupational therapy intervention to increase community participation for individuals aging with long-term physical disabilities. *British Journal of Occupational Therapy*.