REBIL

Removing Environmental Barriers to Independent Living

People aging with long-term physical disabilities are at risk of both falls and reduced participation in the activities that they need and want to do, but most evidence-based programs to address these issues are geared toward older adults.

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

About REBIL

An occupational therapist (OT) delivers REBIL in the participant's home. The intervention includes 5 sessions over 8 weeks. Together, the OT and the participant identify barriers to participation and fall hazards. They then work together to resolve them.

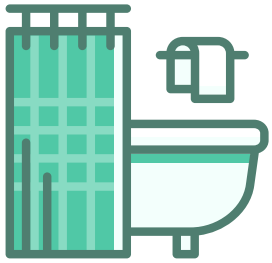
We conducted a randomized controlled trial (RCT) of REBIL to see if the program is feasible and what impact it may have on:

- Activity performance
- Environmental barriers to activity performance
- Community participation
- Fall hazards in the environment

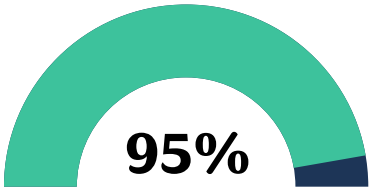
Citation: Chen SW, et al. Removing Environmental Barriers to Independent Living (REBIL): A feasibility randomised controlled trial targeting people ageing with long-term physical disabilities. Brit J Occup Ther 2024. https://doi.org/10.1177/03080226241280803

Results

Twenty-three people received REBIL, and 24 people in the control group participated in life interview sessions.



The most common hazards were related to lack of bath or shower grab rails; seating surfaces; lawns, gardens or grounds; shower recesses; and lack of toilet grab rails.



Home modifications still in use at 6 months

Average number of home mods: 11

REBIL participants had trends toward improved activity performance, reduced activity limitations and reduced falls.

Our RCT found that it is feasible to provide REBIL for individuals aging with long-term physical disabilities. This study provides initial evidence for a larger trial of the program's effectiveness.

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.

This study provides a foundation for a future trial to test REBIL's efficacy in a larger sample.

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