

---

# Una Guía Visual de Adaptaciones para Personas con Discapacidad



## Tomo 1: Adaptaciones en el Hogar

Inclusión de la Comunidad con la Tecnología, Internacional

### El Proyecto CITTI

Una Guía Visual de Adaptaciones para Personas con Discapacidad :  
Tomo 1: Adaptaciones en el Hogar

*A visual guide of adaptations for people with disabilities: Volume 1:  
Adaptations in the Home*

Inclusión de la Comunidad con la Tecnología, Internacional  
(El Proyecto CITTI) © 2008

*Community Inclusion Through Technology, International  
(CITTI Project) © 2008*

El Proyecto CITTI permite que copien todo o parte de este libro, incluyendo las ilustraciones, siempre y cuando se reproduzca y se distribuya sin fines de lucro y que el Proyecto CITTI este plenamente reconocido.

*The CITTI Project permits others to copy any or all parts of this book, including the illustrations, provided the parts reproduced and distributed are not for profit and that the CITTI Project is fully acknowledged.*

## **Dedicatoria / *Dedication***



**Jaime Paredes**

**1988 - 2007**

Dedicado a Jaime, cuya sonrisa daba a entender miles palabras, cuyos ojos rebelaban tranquilidad, amor, y comprensión más allá de sus años. Gracias por darnos inspiración para poder seguir adelante.

*Dedicated to Jaime, with the smile that spoke a million words and eyes that revealed peace, love, and understanding beyond his years. Thank you for inspiring us to carry on.*

# Agradecimientos / Acknowledgments

Agradecemos a los siguientes voluntarios del Proyecto CITTI por su contribución, y dedicación a la realización de esta guía:

*We are grateful to the following CITTI Project Volunteers for their contributions and dedication to completing this guide:*

- Stacy Springer, Coordinadora de la guía / *Guide Coordinator*
- Diane Dew, Fotoperiodista / *Photojournalist*
- Chaya Spector, Fotoperiodista / *Photojournalist*
- Andrea DeLeon, Traductora / *Translator*
- Bridgett Perry, Directora del Proyecto CITTII / *CITTI Project Director*

*Apoyo / Support:*

- Mimi Deegan
  - Lynn Gitlow
  - Dennis Martin
  - Maggie Morales
  - Elissa Poel
  - Susan Pompa
  - Ellen Smith
  - Sonia Thacher
- 

Estamos endeudadas con las comunidades que comparten nuestra visión y han contribuido su tiempo, ideas y trabajo.

*We are indebted to the communities who shared in our vision and contributed their time, insights, and hard work.*

- Fundación de San José de Huambalo - Huambalo, Ecuador
  - Asoplejicat - Ambato, Ecuador
  - Instituto Especial Educación - Ambato, Ecuador
  - Fundación para el Desarrollo Sostenible, Ambato, Ecuador
- 

El Proyecto CITTI desea dar las gracias a los siguientes patrocinadores que hicieron posible la creación y distribución de este valioso recurso:

*The CITTI Project wishes to thank the following sponsors who made it possible to create and distribute this valuable resource:*

- Irene S. Scully Family Foundation
- Ruth and Marco Goodman Donor Advised Fund
- Maureen Dorsey, DVM

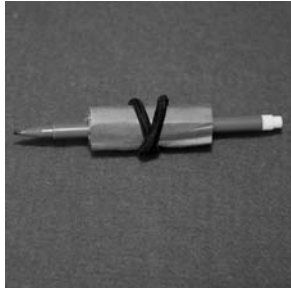
# Tabla De Contenido / *Table of Contents*



**Libro adaptado**  
***Adapted Book***

***Página / Page***

..... **9**



**Adaptación para agarrar  
objetos pequeños**  
***Built-up Handle***

..... **15**



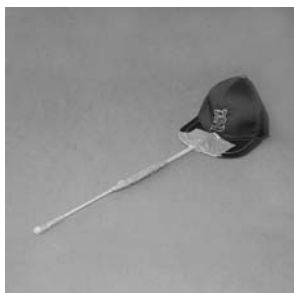
**Banda adaptada para  
diferentes usos**  
***Universal Cuff***

..... **21**



**Palo de boca para  
personas sin uso de  
manos y brazos**  
***Mouth Stick***

..... **27**



**Palo de cabeza para  
personas sin uso de  
manos y brazos**  
***Head Wand***

..... **35**



**Mango largo para personas  
con movilidad limitada  
de los brazos**  
*Long-Handled Reacher*

***Página / Page***

**46**



**Mango largo para personas  
con movilidad limitada  
de los dedos**  
*Long-Handled Aide*

**52**



**Adaptación para ponerse  
calcetines para personas  
que no pueden agacharse**  
*Sock Donner*

**60**



**Banda adaptada de diferentes  
usos para personas con control  
limitado de las manos**  
*Universal Cuff or Splint*

**72**



**Tablero de transferencia**  
*Transfer Board*

**81**

**Una guía visual de adaptaciones para  
personas con discapacidad**

***Visual guide of adaptations for people  
with disabilities***





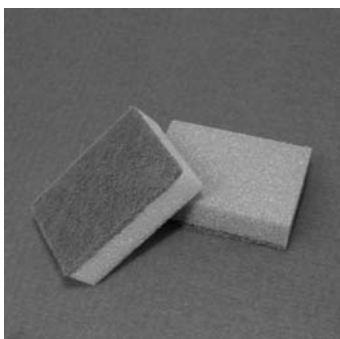
# Libro Adaptado / *Adapted Book*



## Herramientas / *Tools*



## Materiales / *Materials*





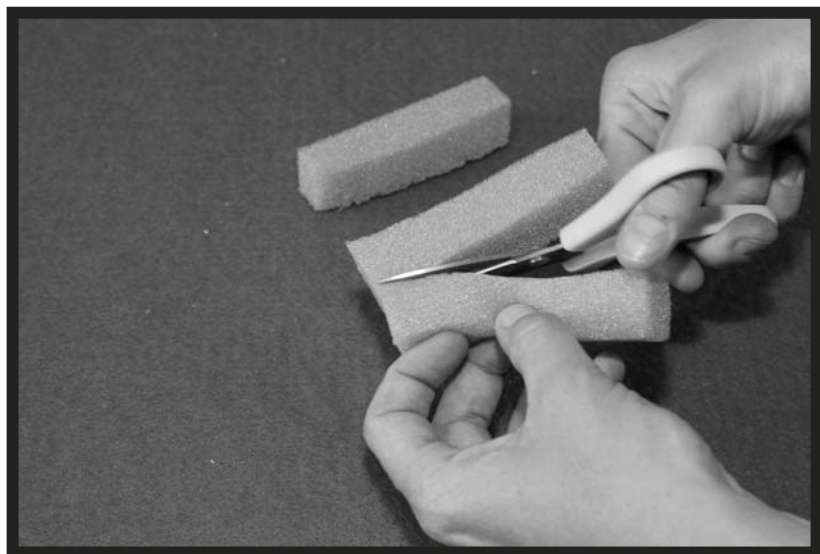
1.



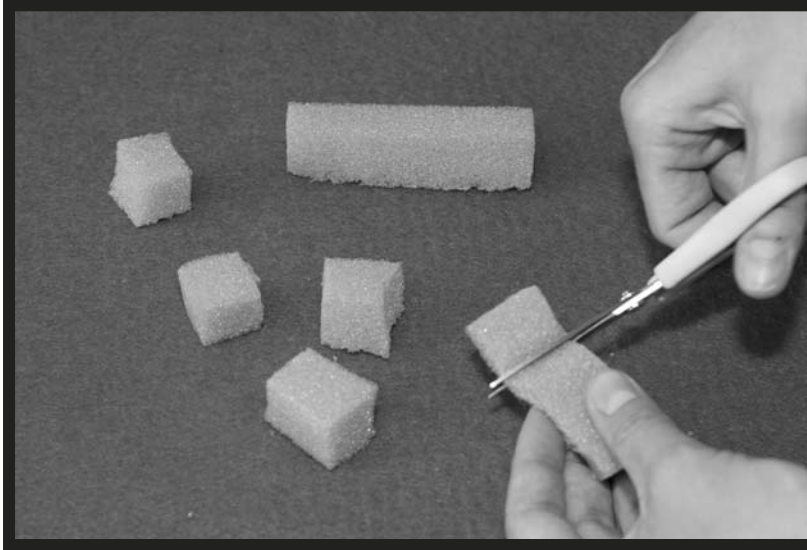
2.



3.



4.



5.



6.





7.



8.

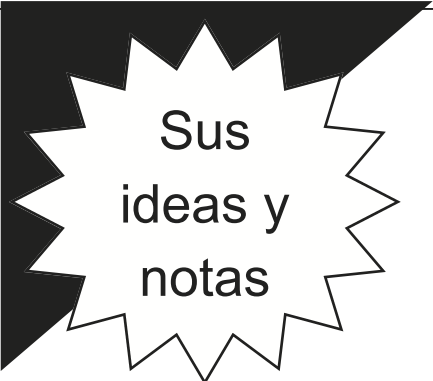


9.



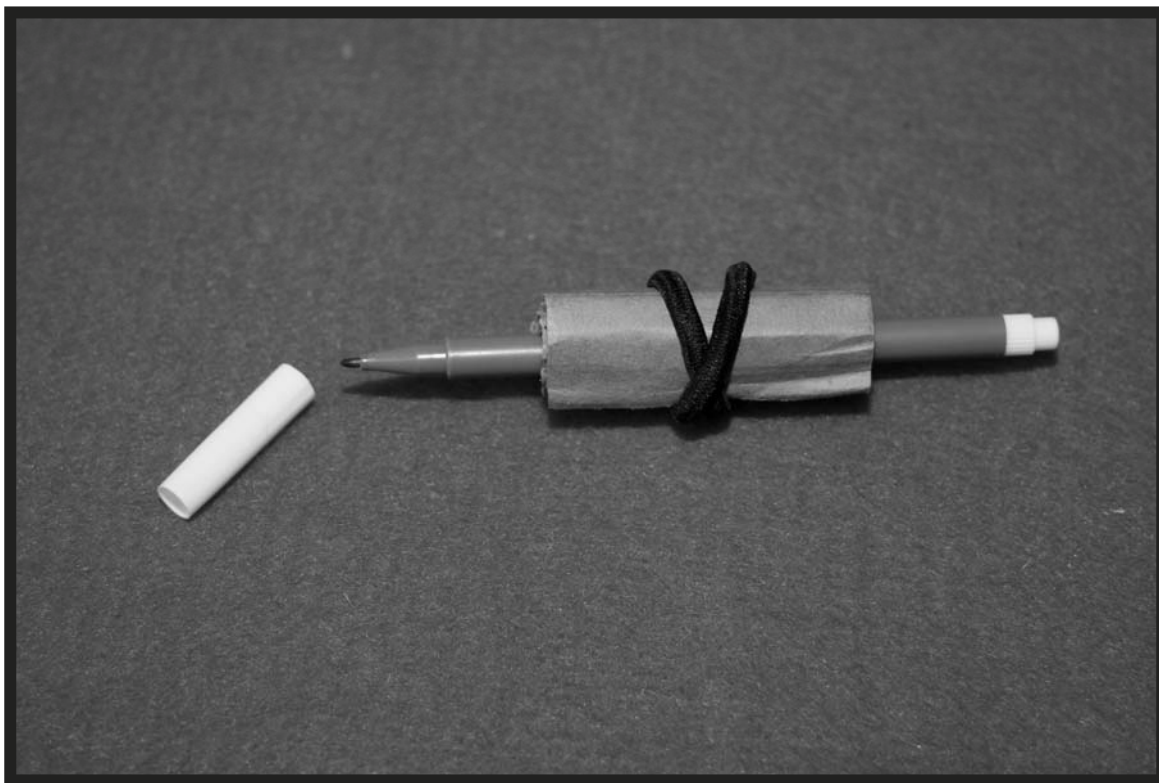
## Ideas y Variaciones / Ideas & Variations





Sus  
ideas y  
notas

# Adaptación para Agarrar Objetos Pequeños / *Built-up handle*



## Herramientas / *Tools*



## Materiales / *Materials*





1.



2.

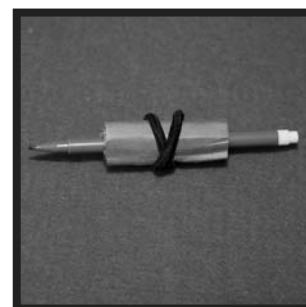
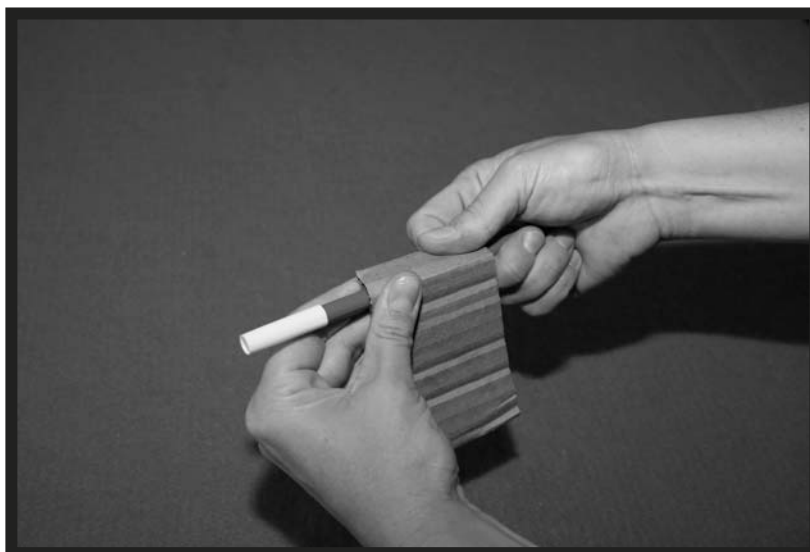


3.

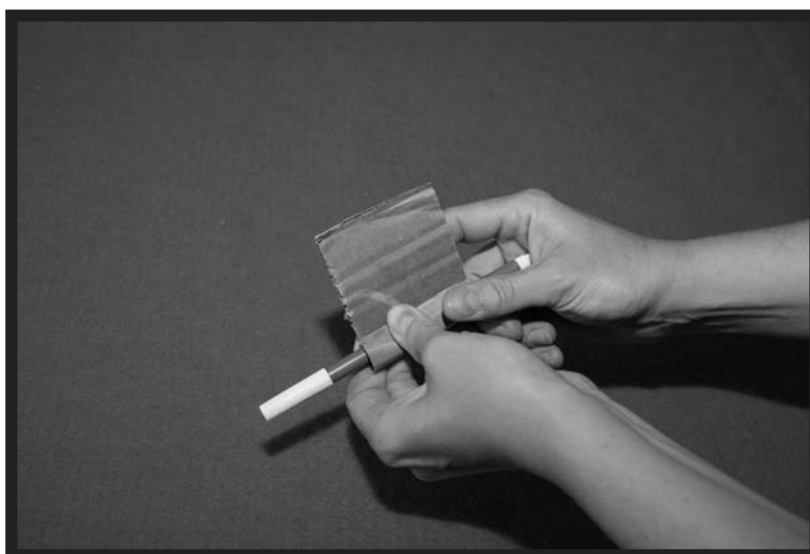




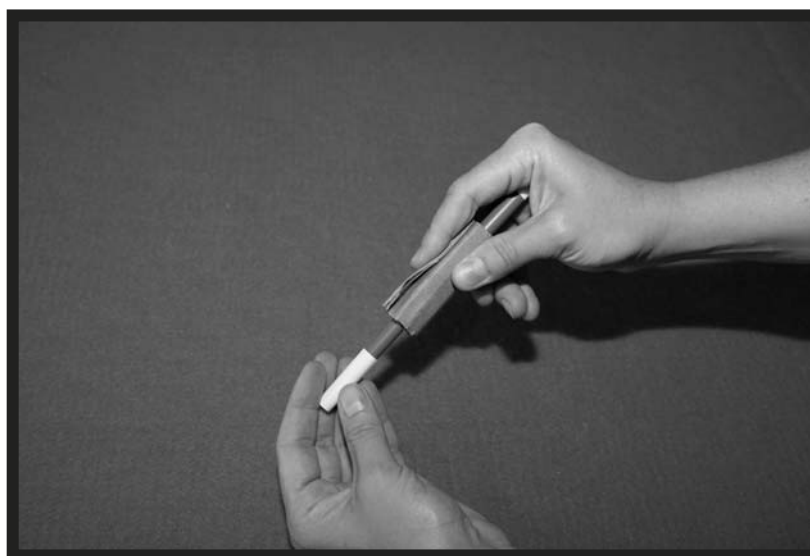
4.

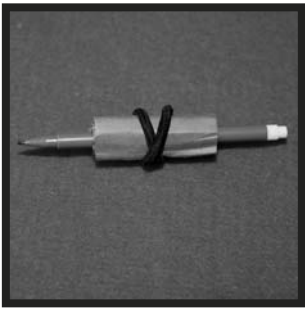


5.



6.





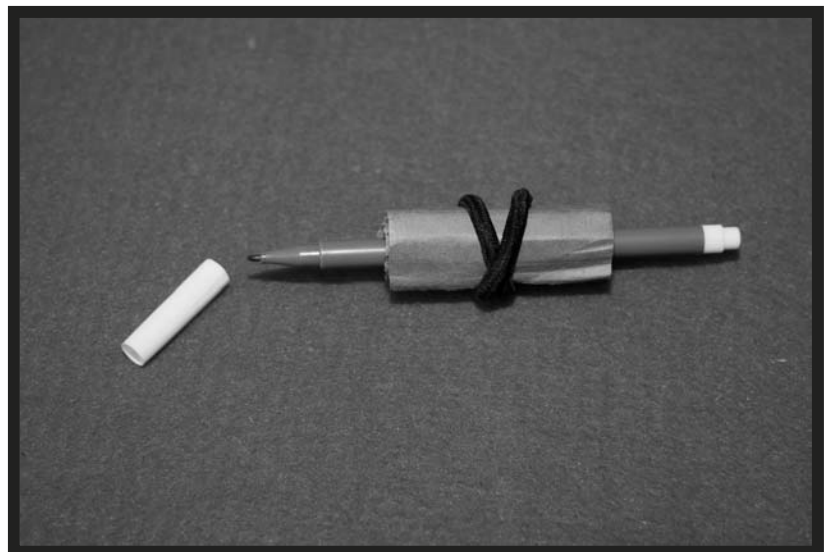
7.



8.

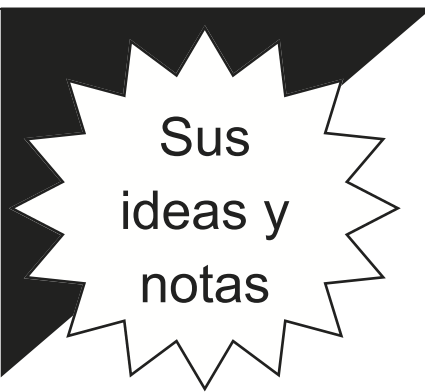


9.



## Ideas y Variaciones / Ideas & Variations





Sus  
ideas y  
notas

# Banda adaptada para diferentes usos / *Universal Cuff*



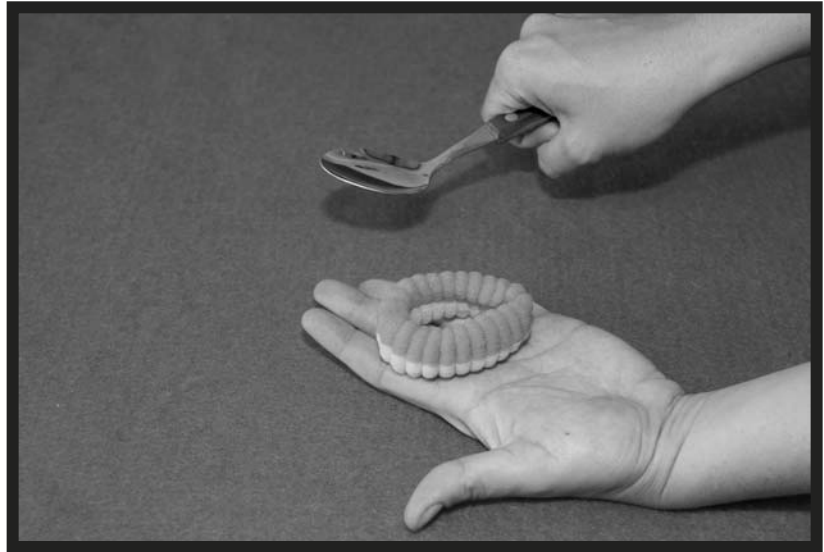
## Herramientas / *Tools*

## Materiales / *Materials*





1.



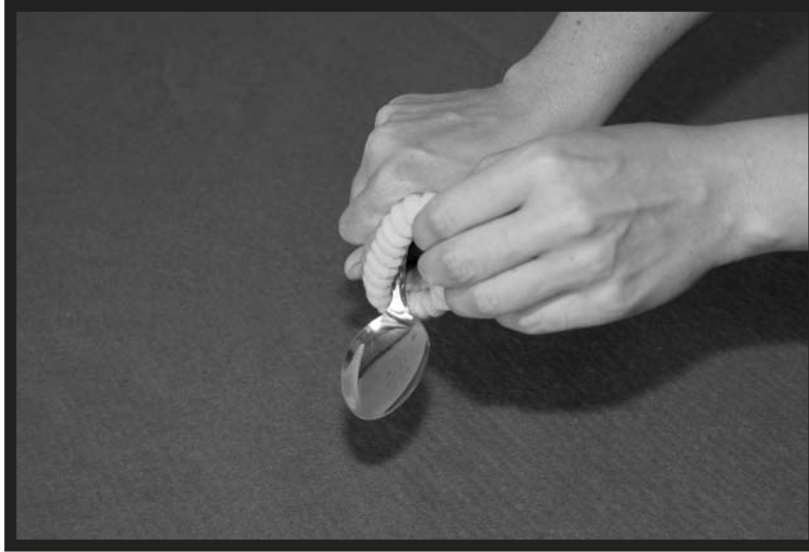
2.



3.



4.



5.



6.





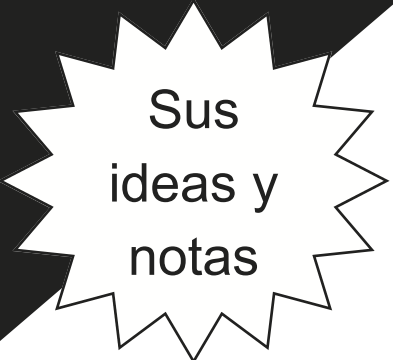
7.





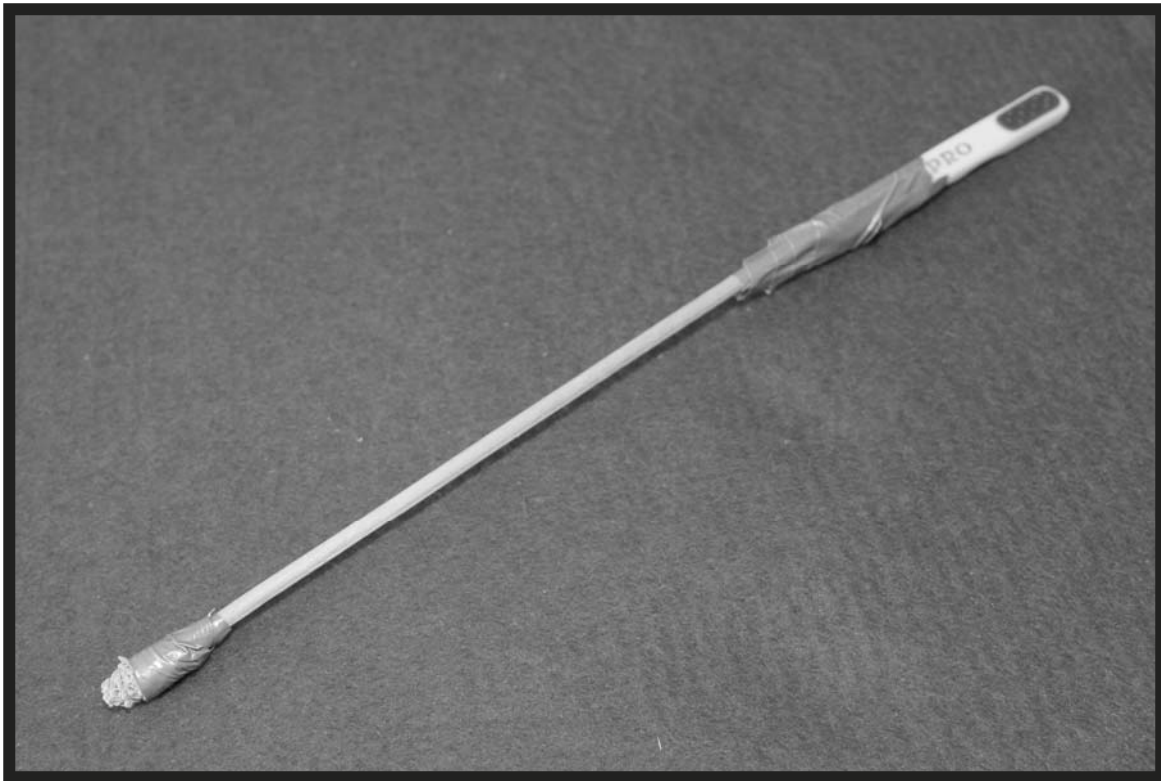
## Ideas y Variaciones / Ideas & Variations





Sus  
ideas y  
notas

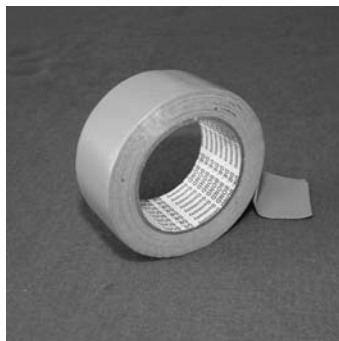
# Palo de boca para personas sin uso de manos y brazos / *Mouth Stick*



## Herramientas / *Tools*

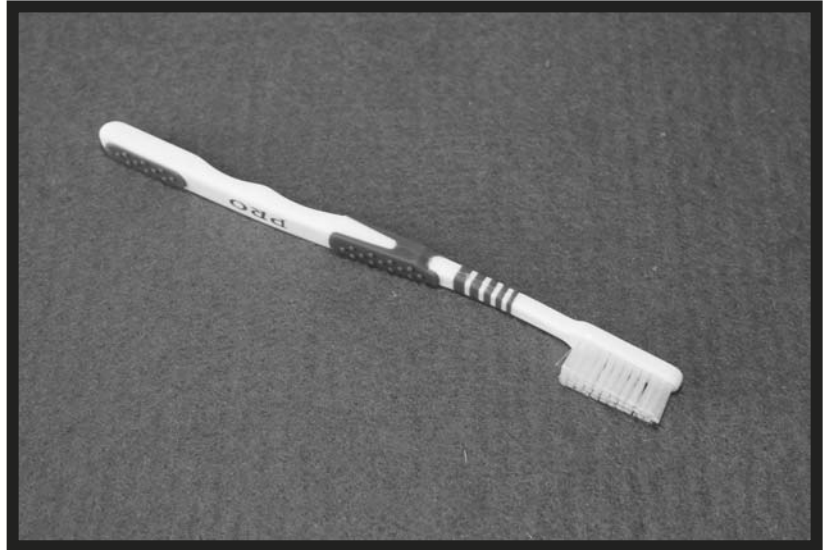


## Materiales / *Materials*





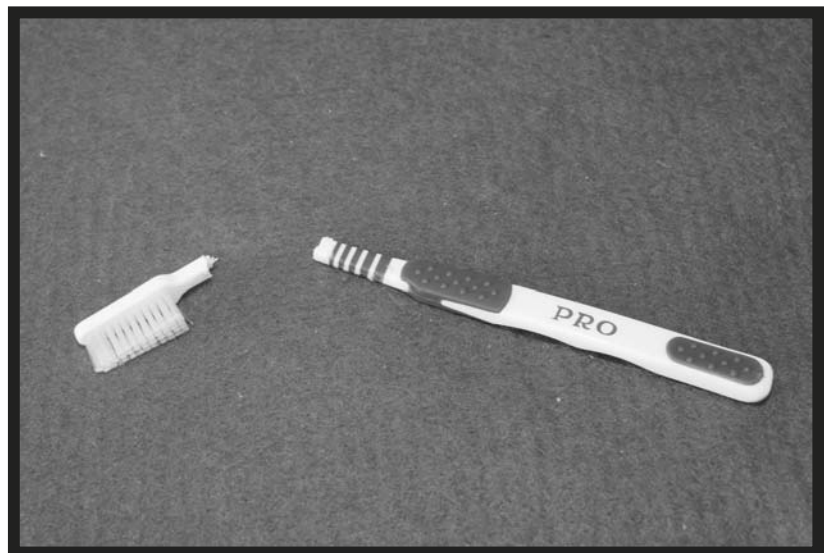
1.



2.



3.



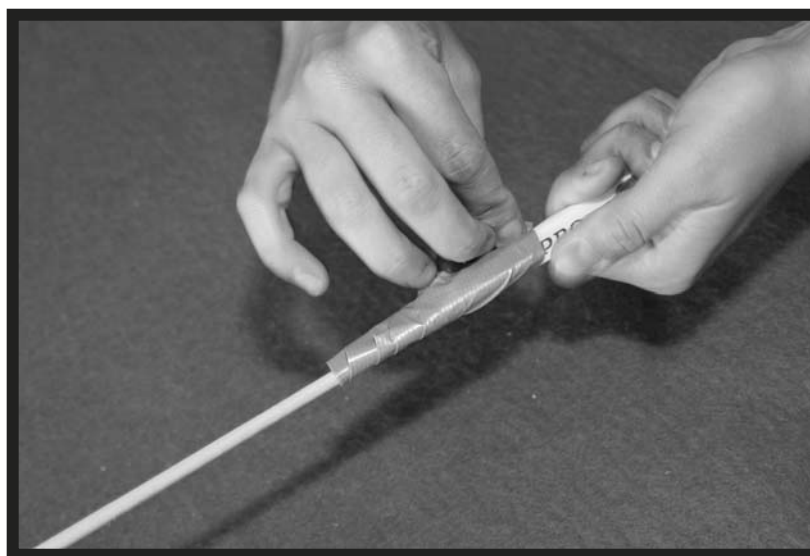
4.



5.

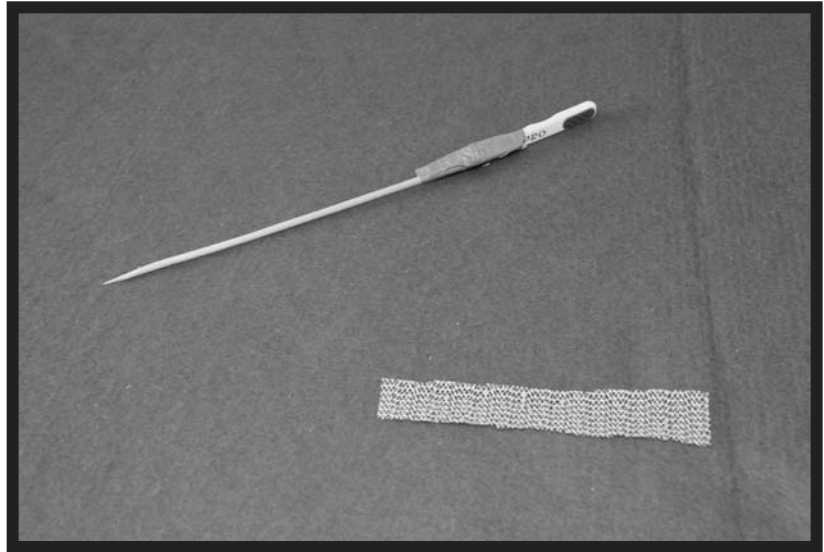


6.

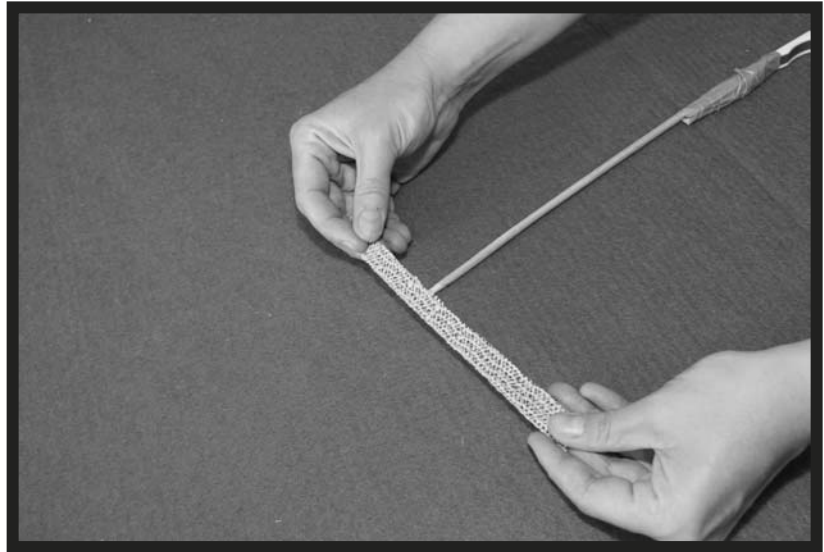




7.



8.



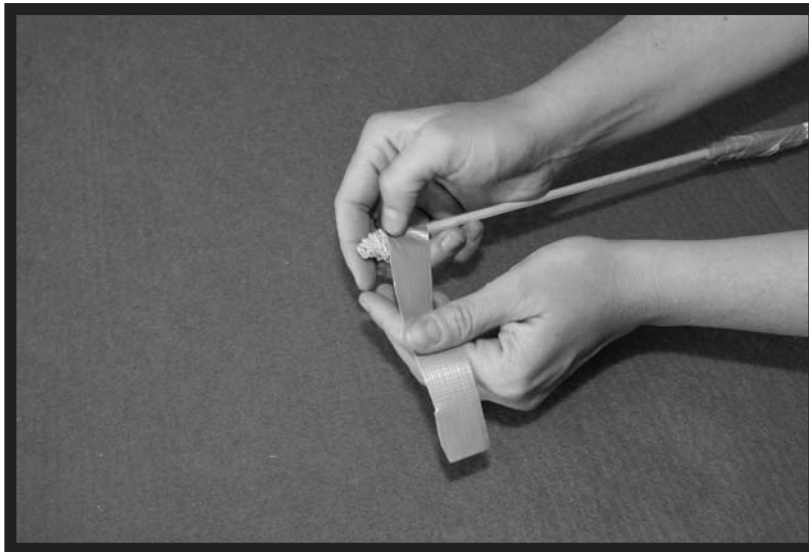
9.



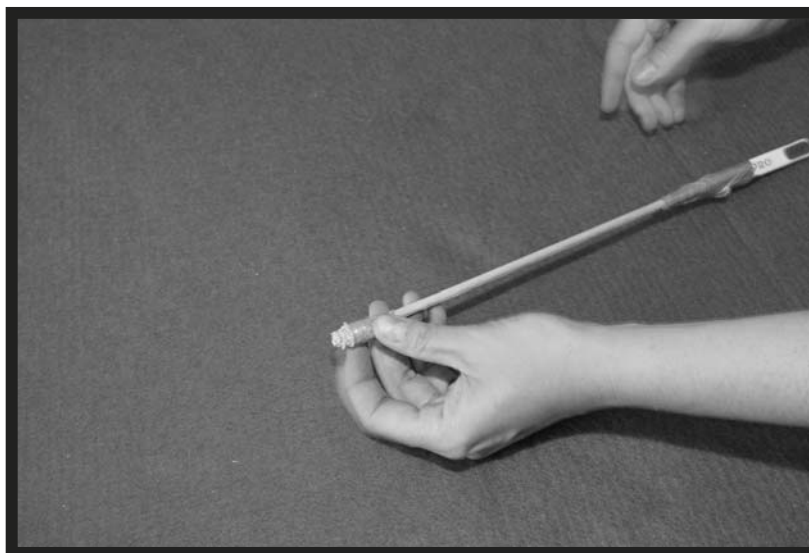
10.



11.

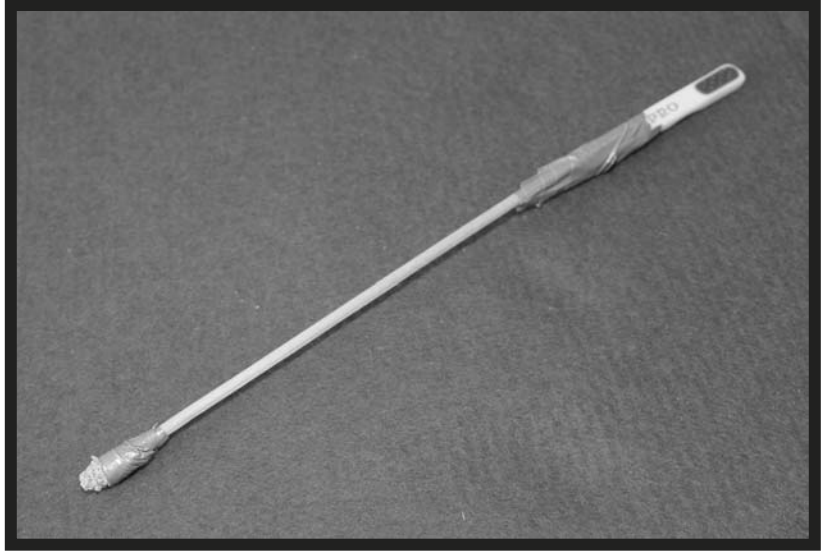


12.





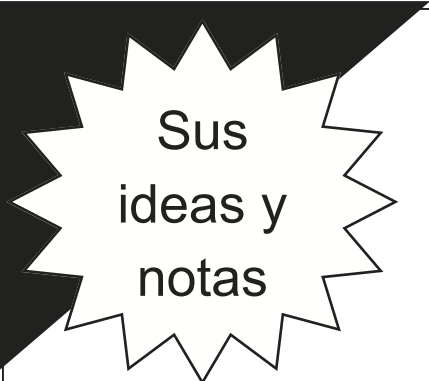
13.





# Ideas y Variaciones / Ideas & Variations





Sus  
ideas y  
notas

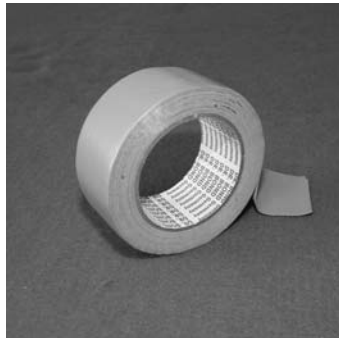
# Palo de cabeza para personas sin uso de manos y brazos / *Head Wand*



## Herramientas / *Tools*

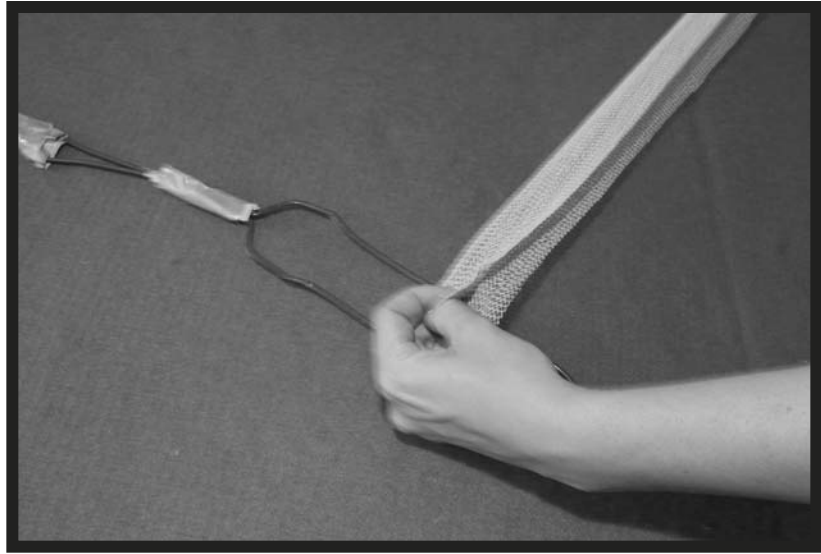


## Materiales / *Materials*

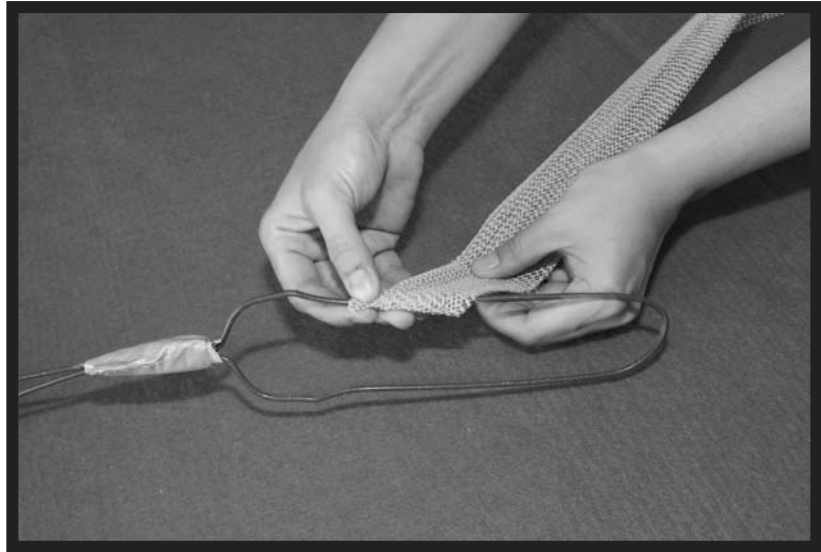




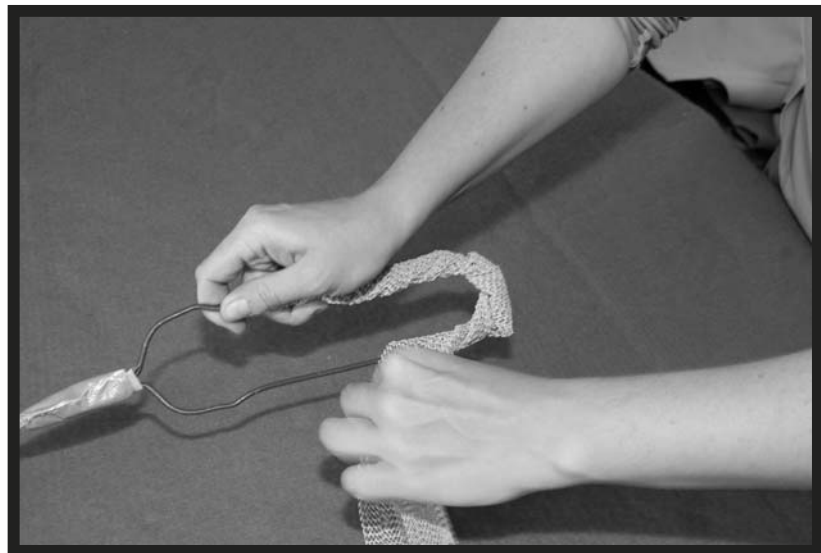
10.



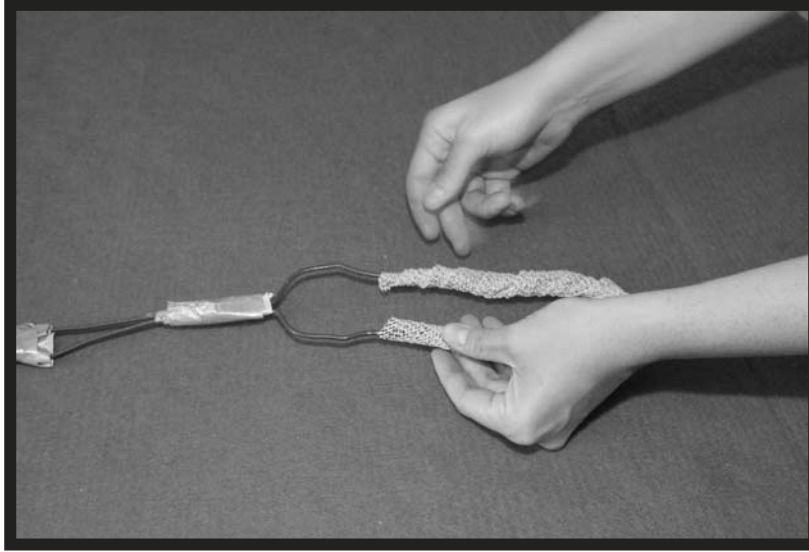
11.



12.



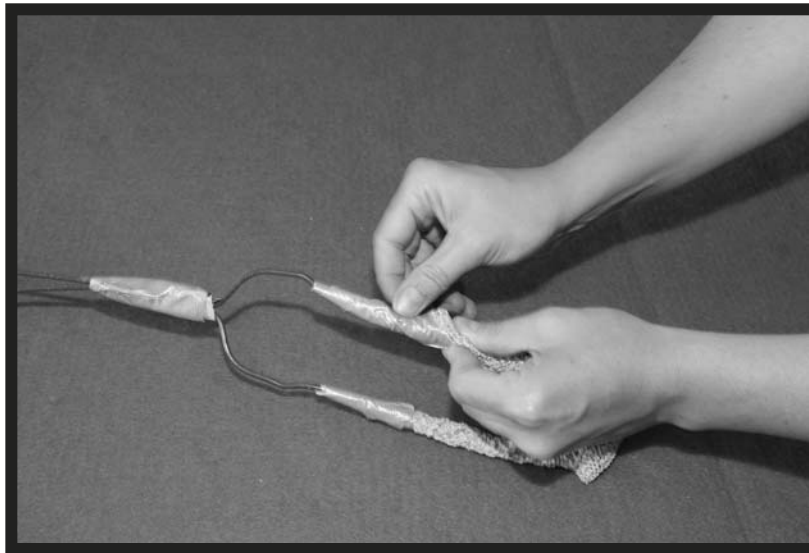
13.



14.

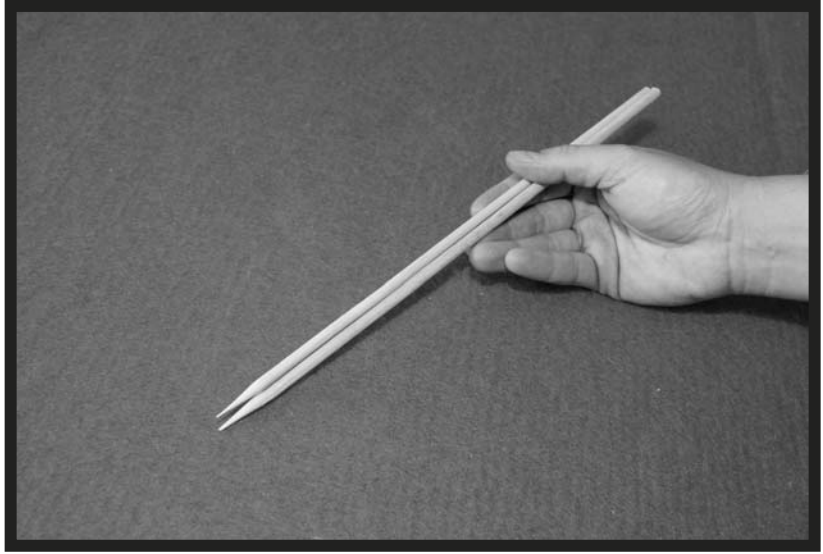


15.

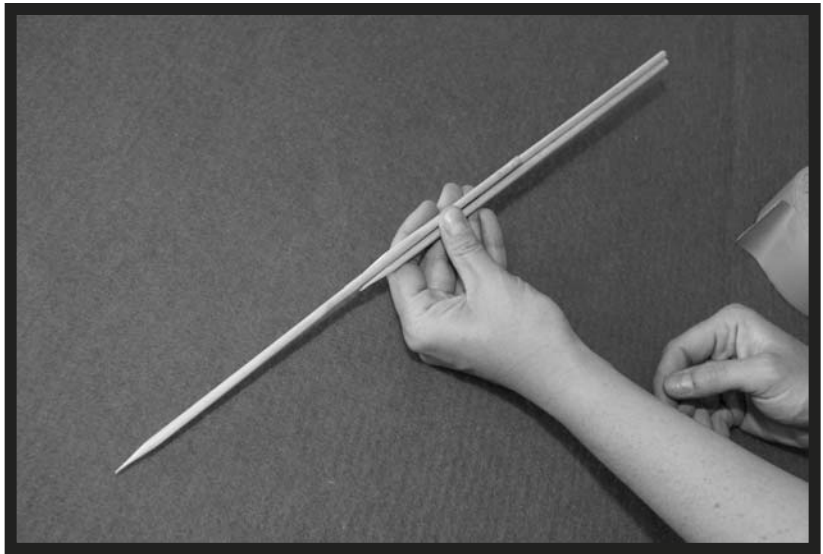




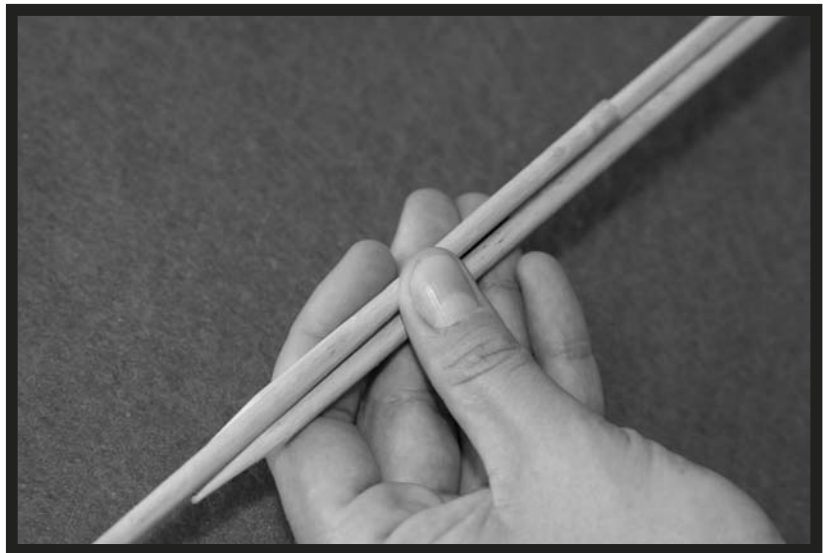
1.



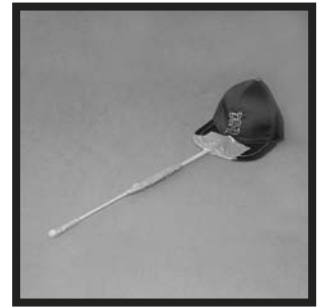
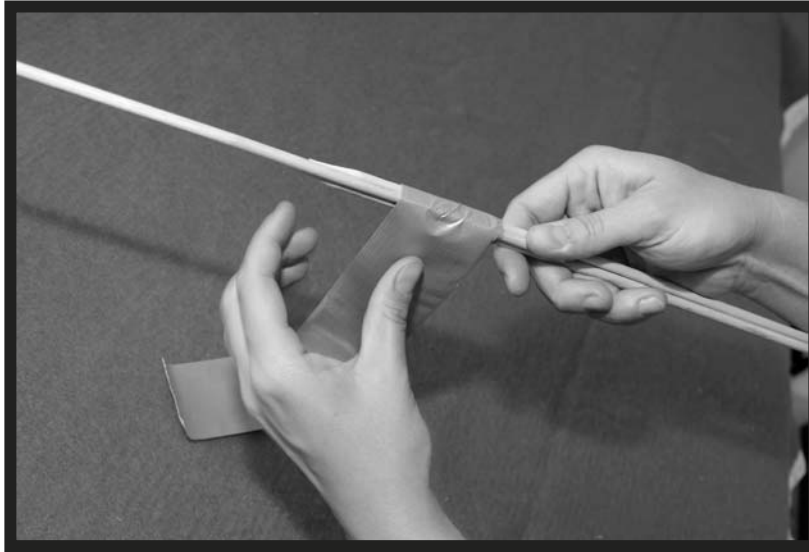
2.



3.



4.

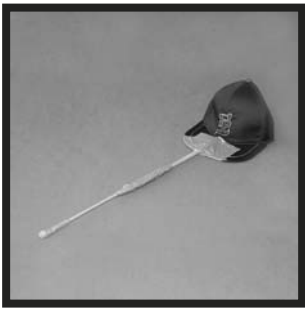


5.

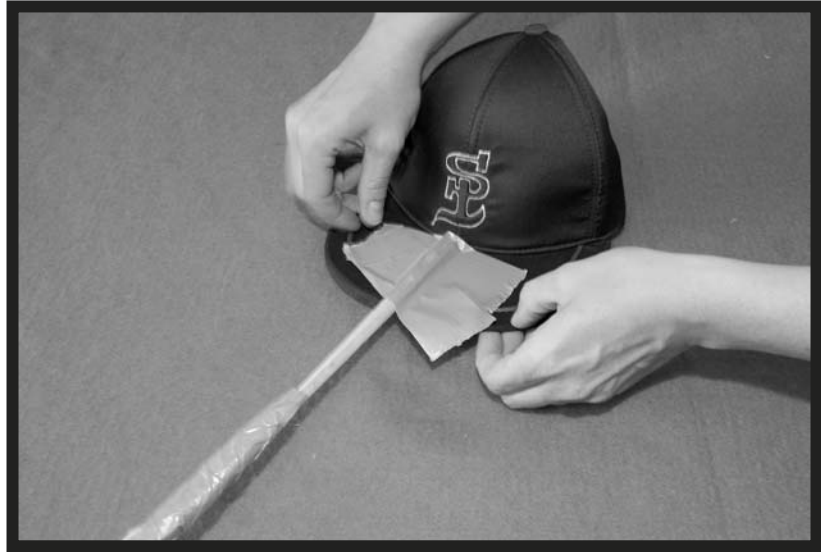


6.

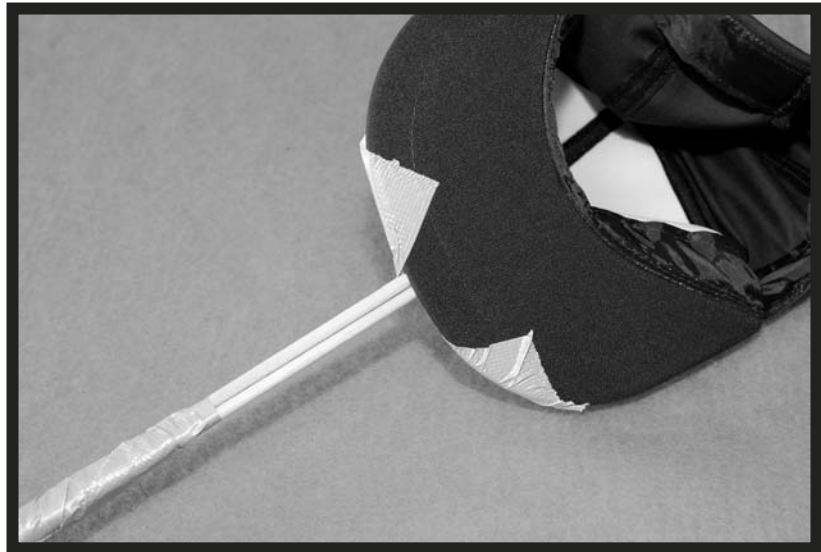




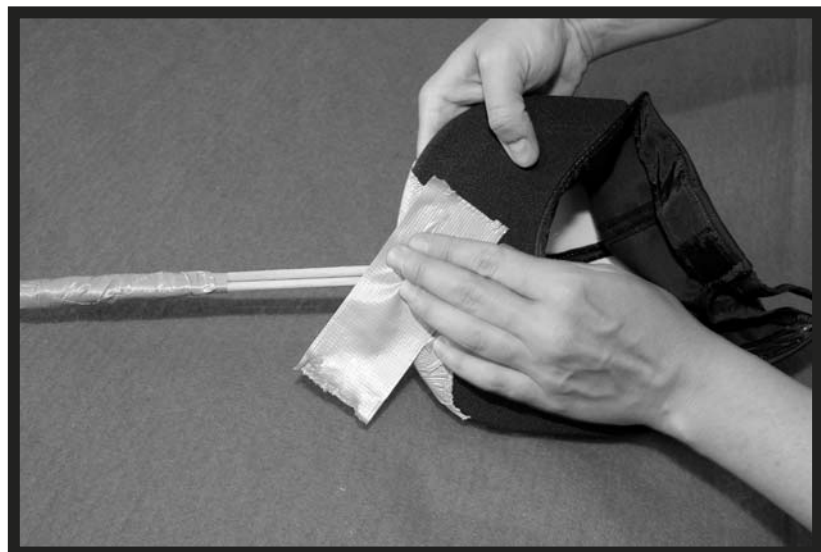
7.



8.

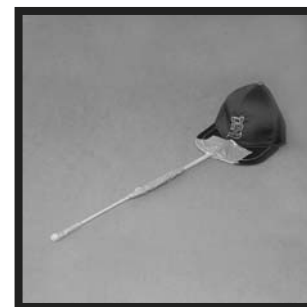


9.





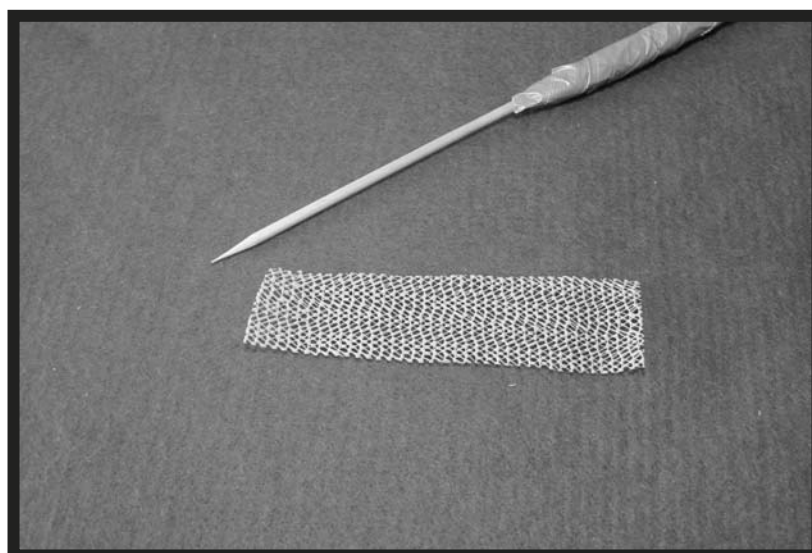
10.



11.

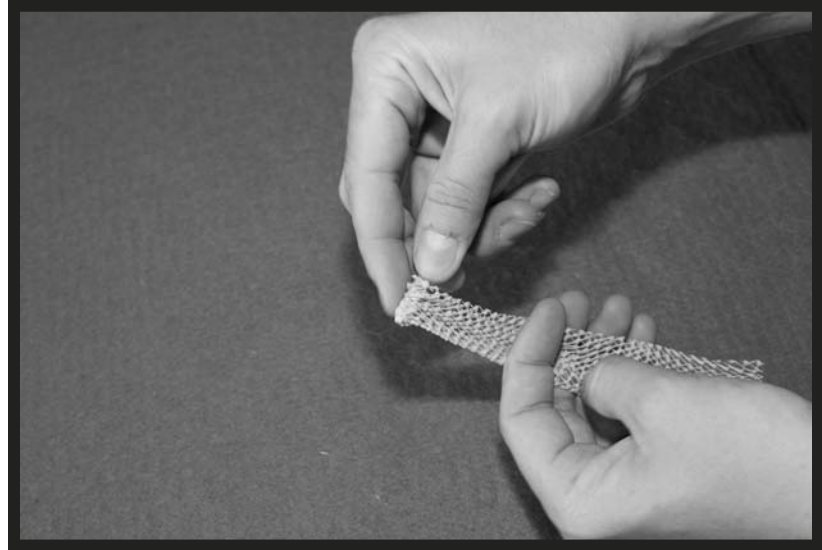


12.





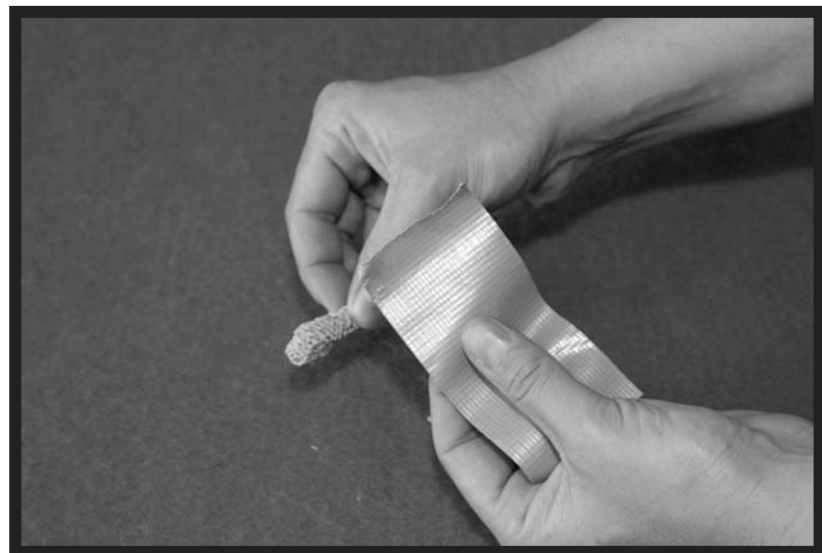
13.



14.



15.



16.



17.

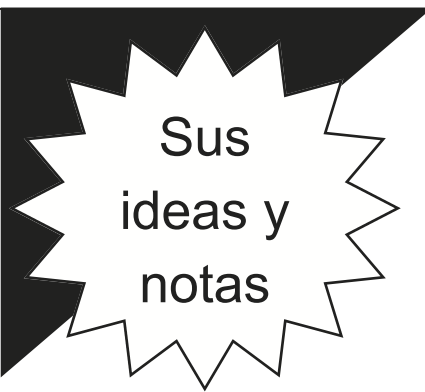


18.



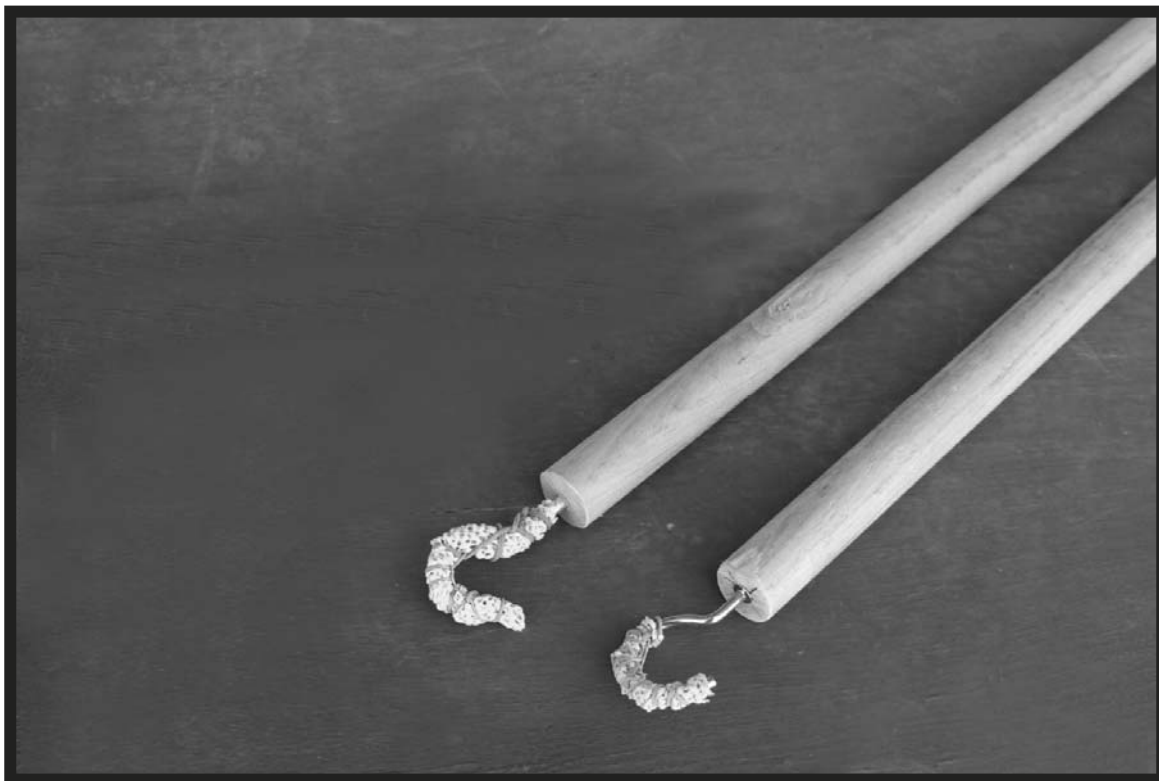
## Ideas y Variaciones / Ideas & Variations



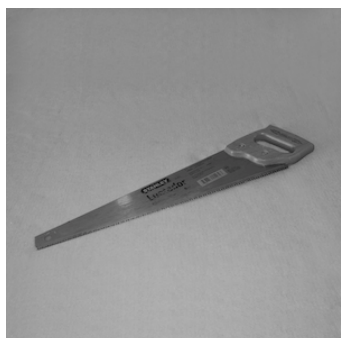


Sus  
ideas y  
notas

# Mango largo para personas con movilidad limitada de los brazos / *Long-handled reacher*



## Herramientas / *Tools*



## Materiales / *Materials*



1.



2.

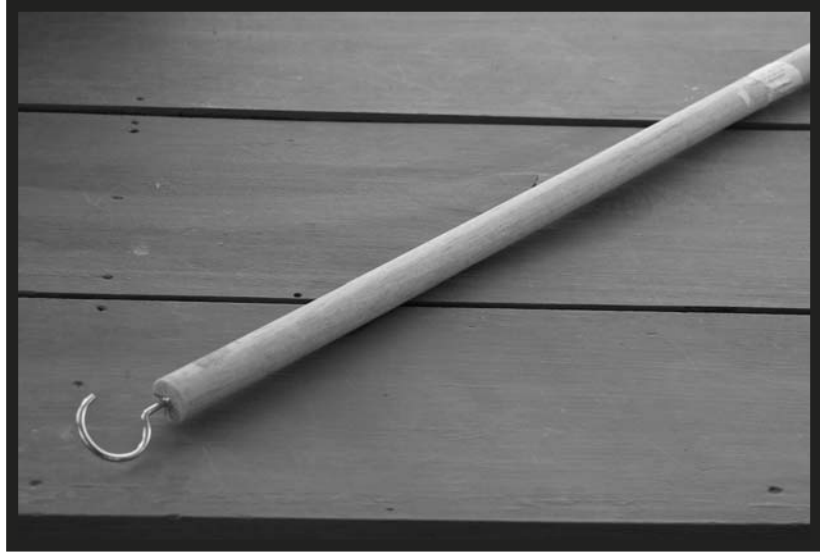


3.





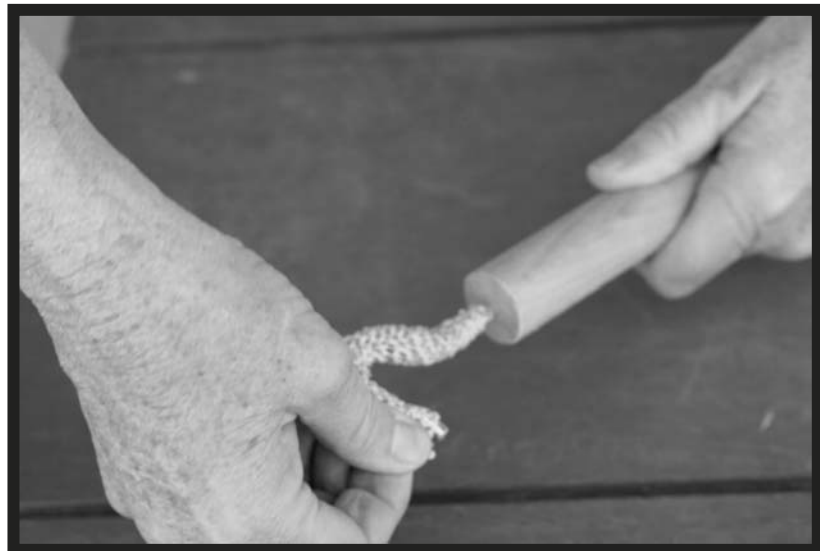
4.



5.



6.





7.



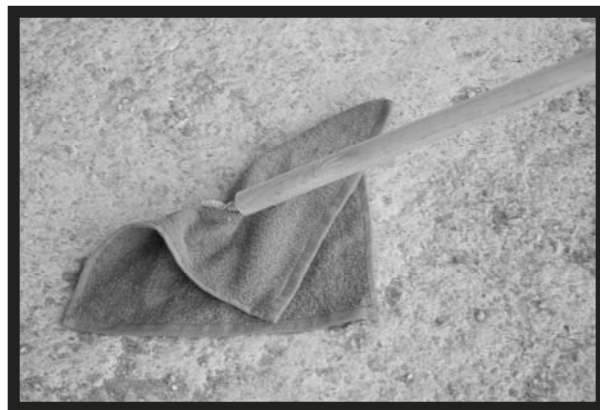
8.

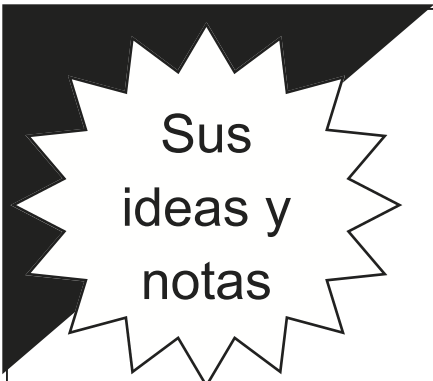


9.



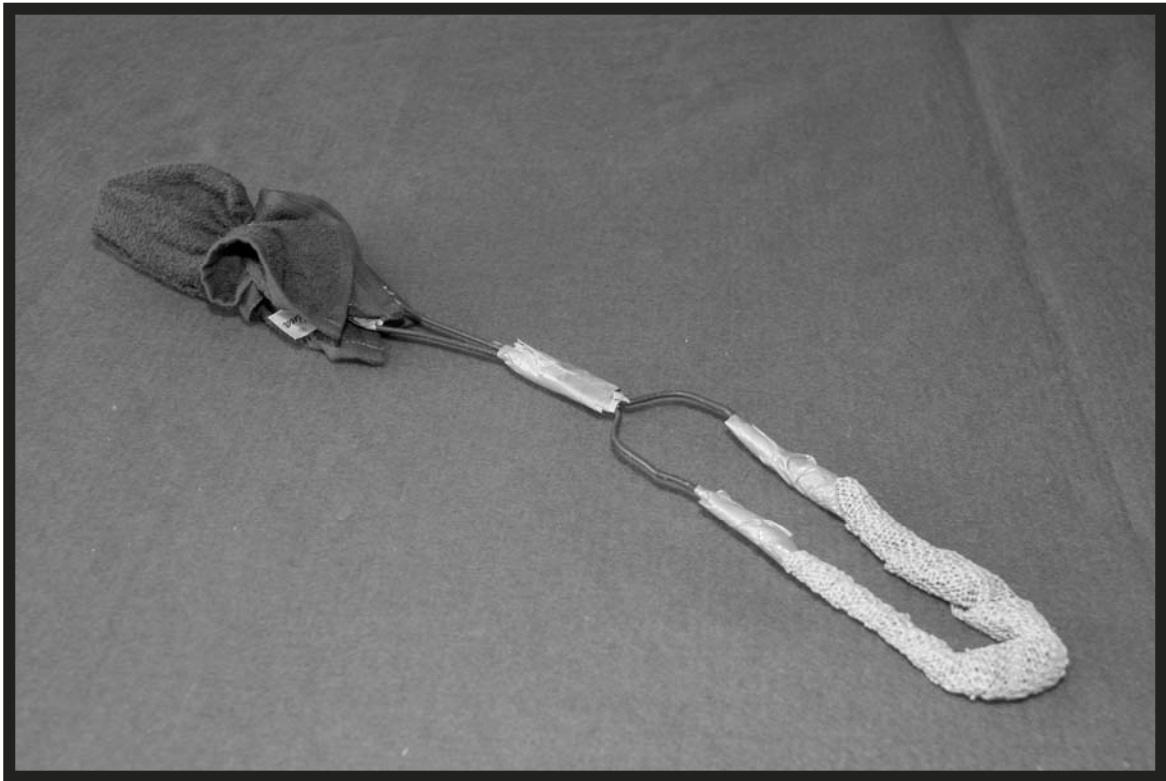
# Ideas y Variaciones / Ideas & Variations



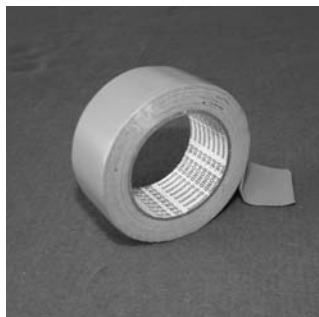
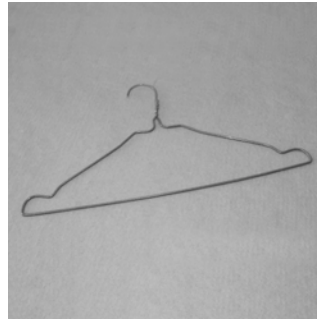


Sus  
ideas y  
notas

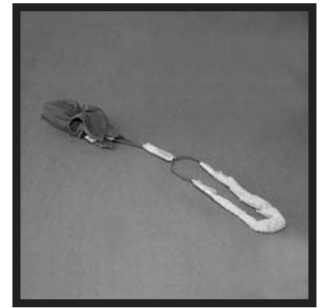
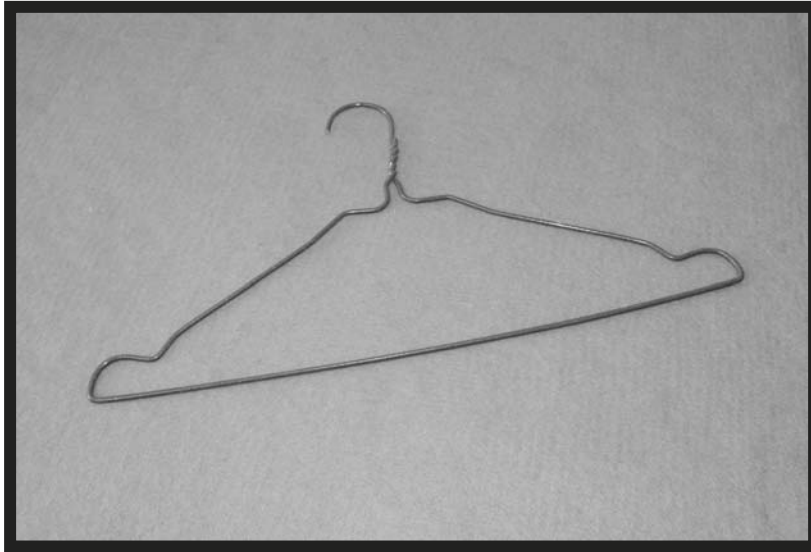
# Mango largo para personas con movilidad limitada de los dedo / *Long-handled aide*



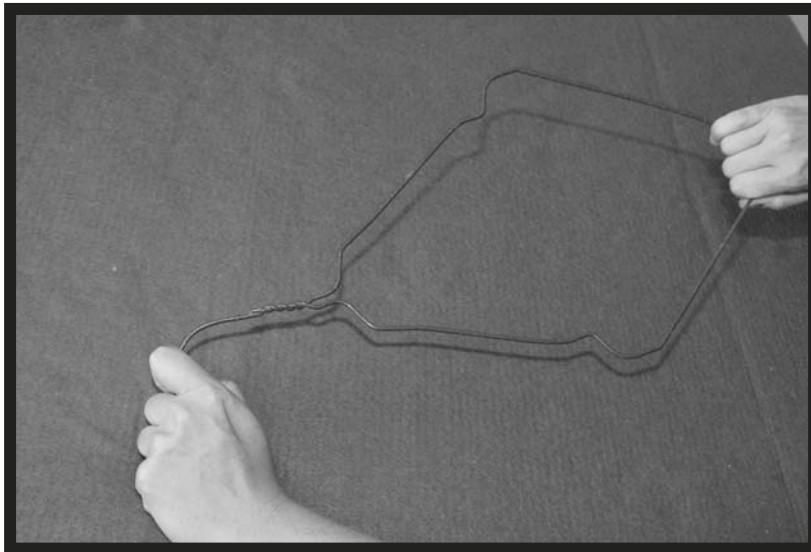
## Herramientas / *Tools*



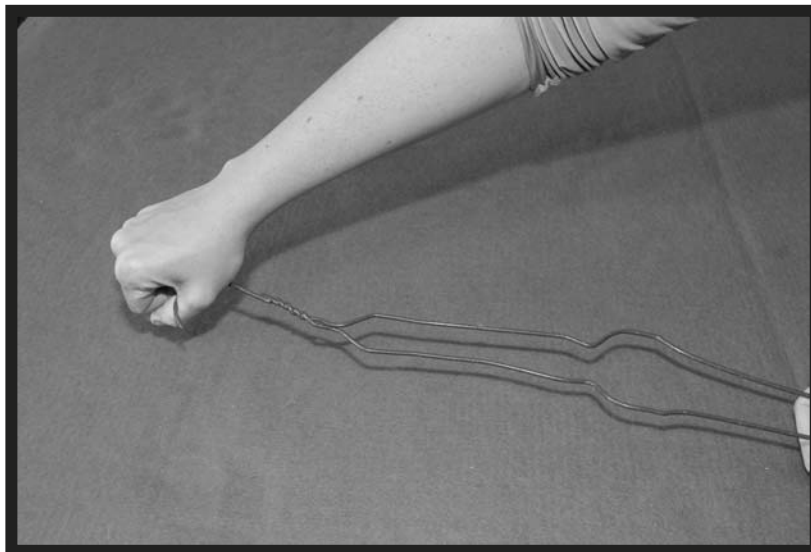
1.



2.

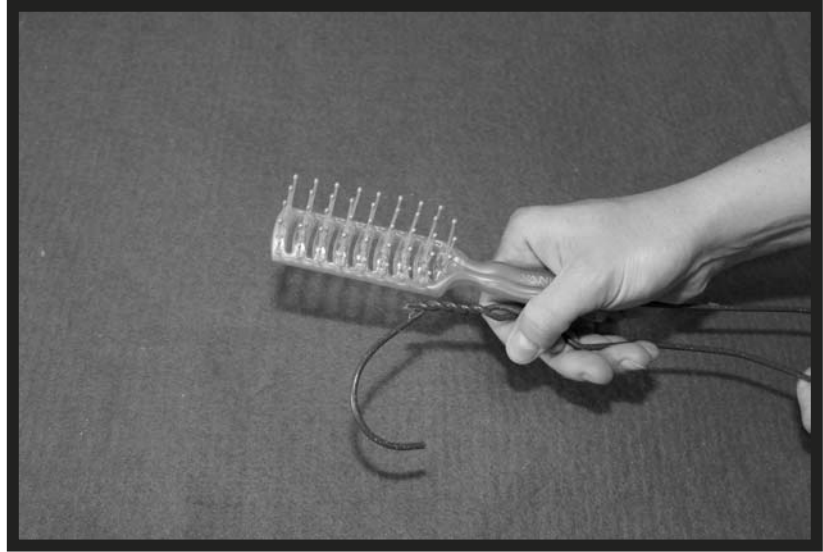


3.

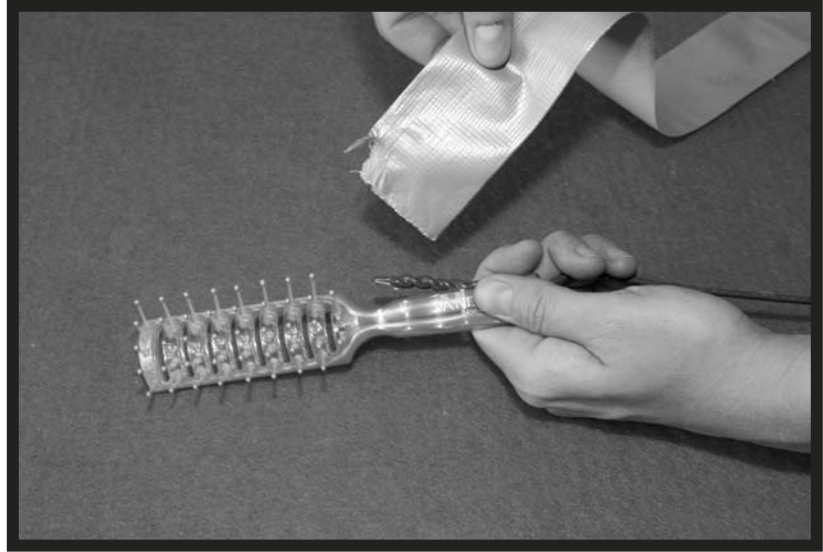




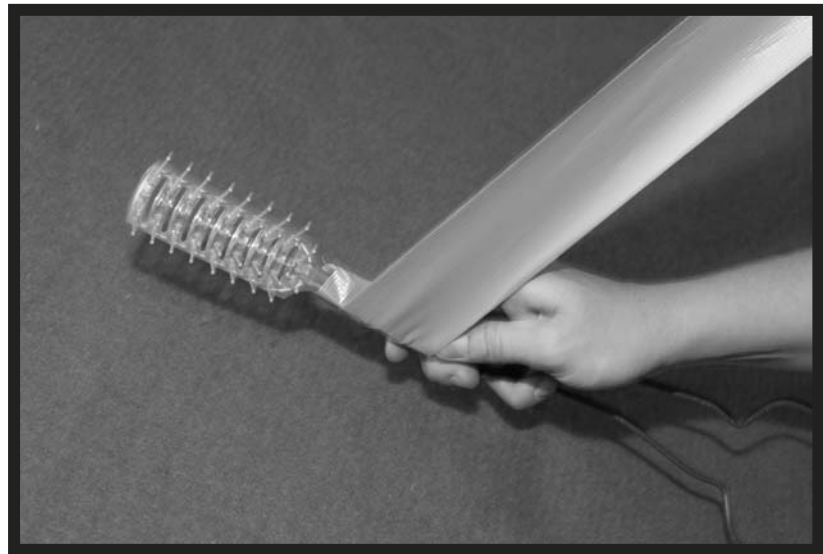
4.



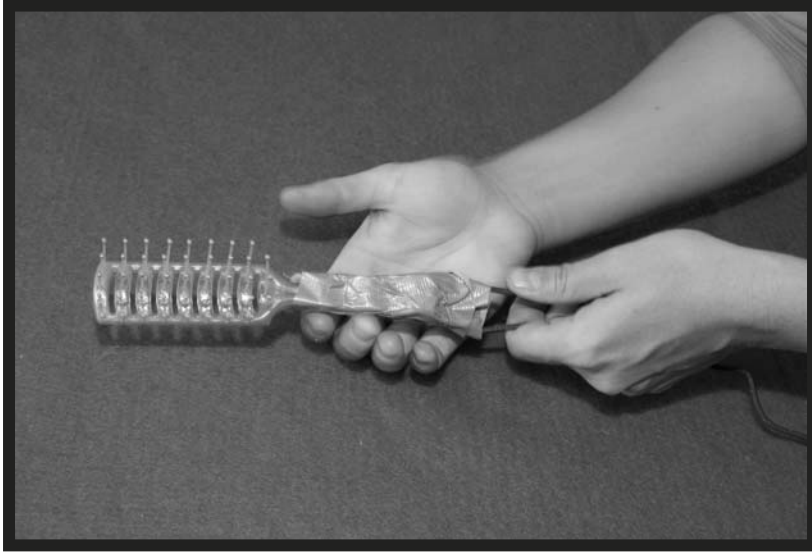
5.



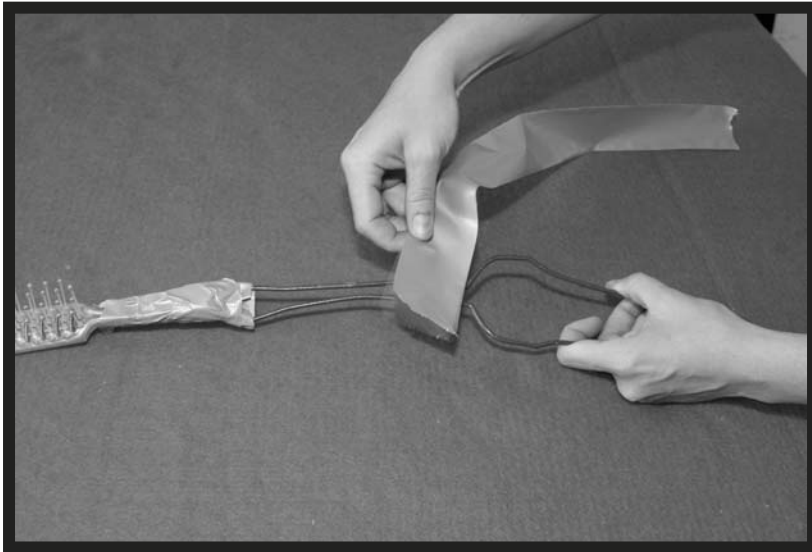
6.



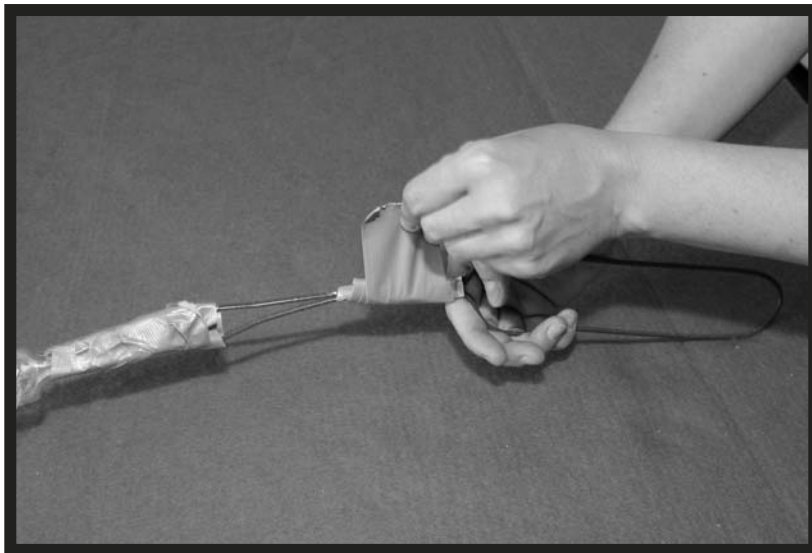
7.



8.



9.

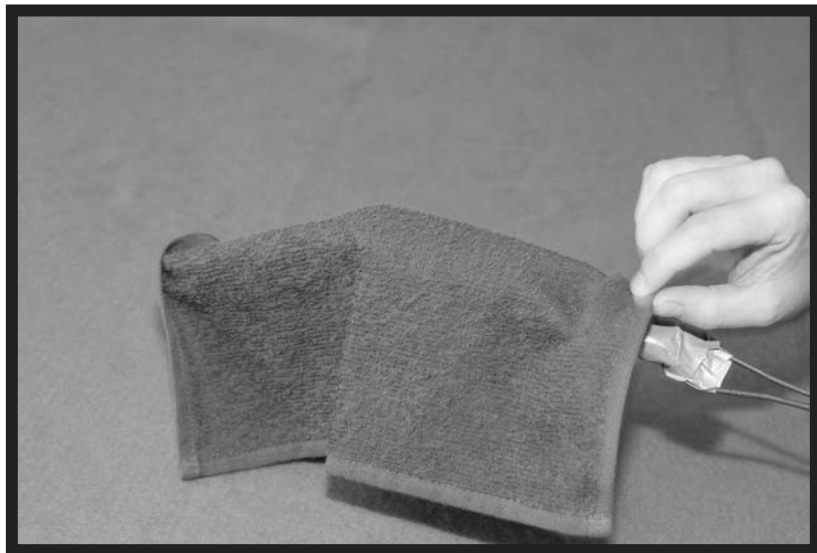




16.



17.

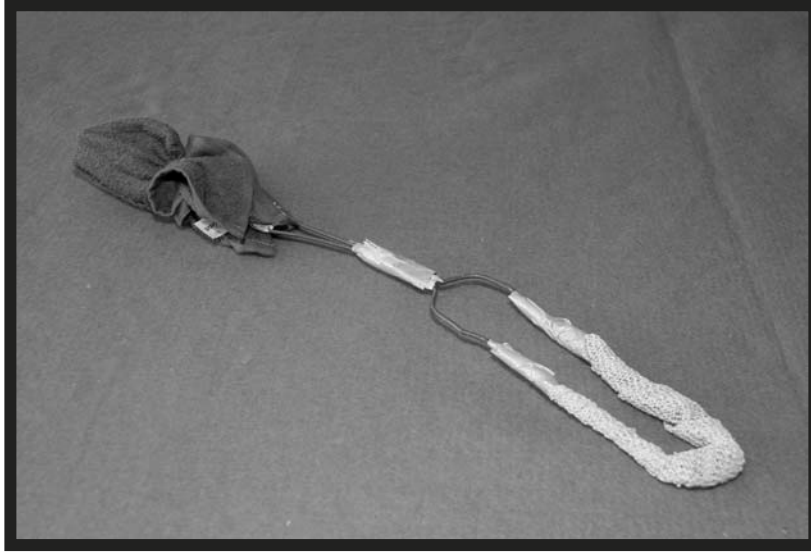


18.

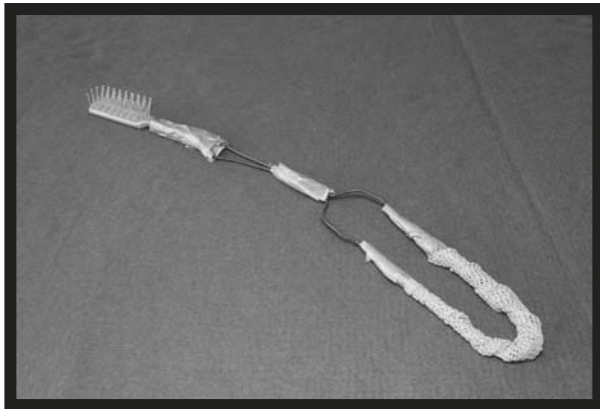


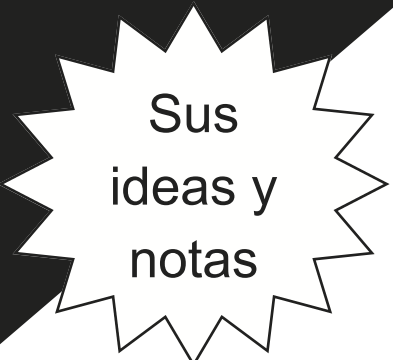


19.



## Ideas y Variaciones / Ideas & Variations





Sus  
ideas y  
notas

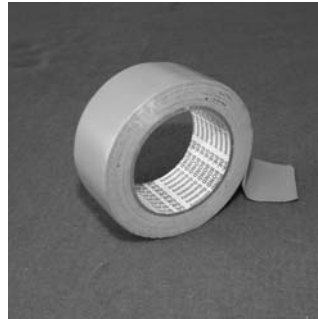
# Adaptación para ponerse calcetines para personas que no pueden agacharse / *Sock donor*



## Herramientas / *Tools*



## Materiales / *Materials*



1.



2.



3.

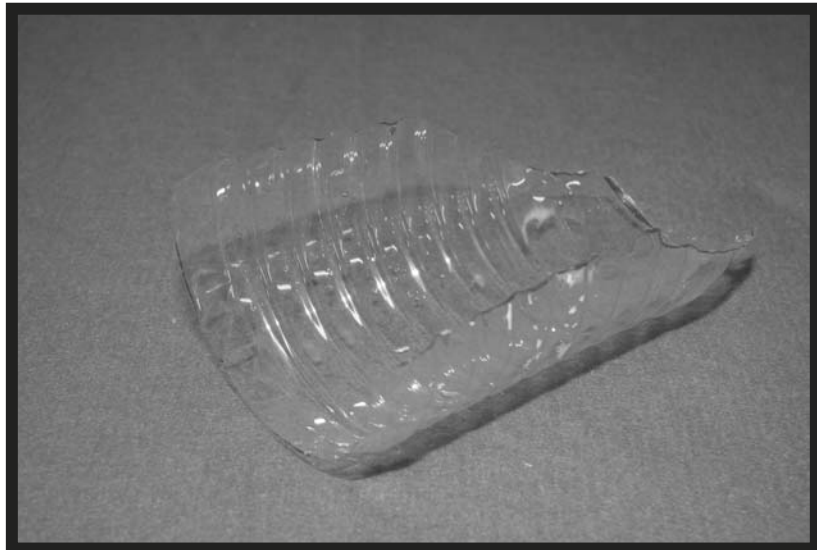




4.



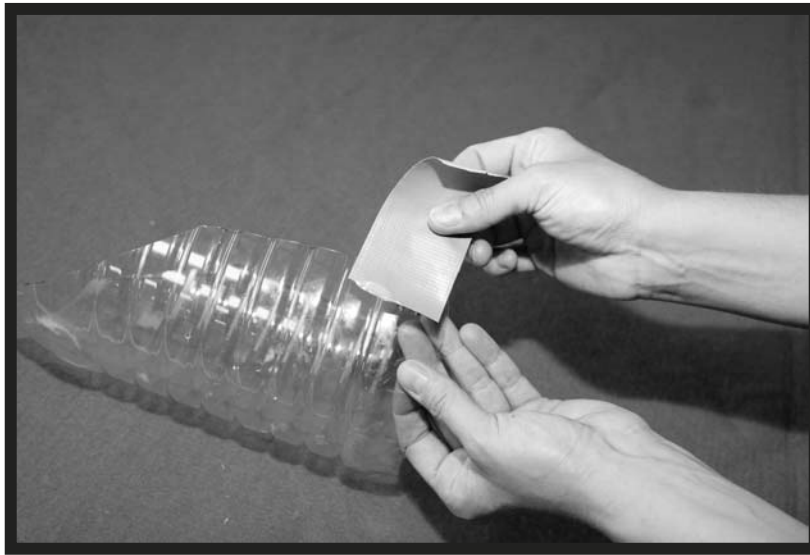
5.



6.



7.



8.



9.





10.



11.



12.

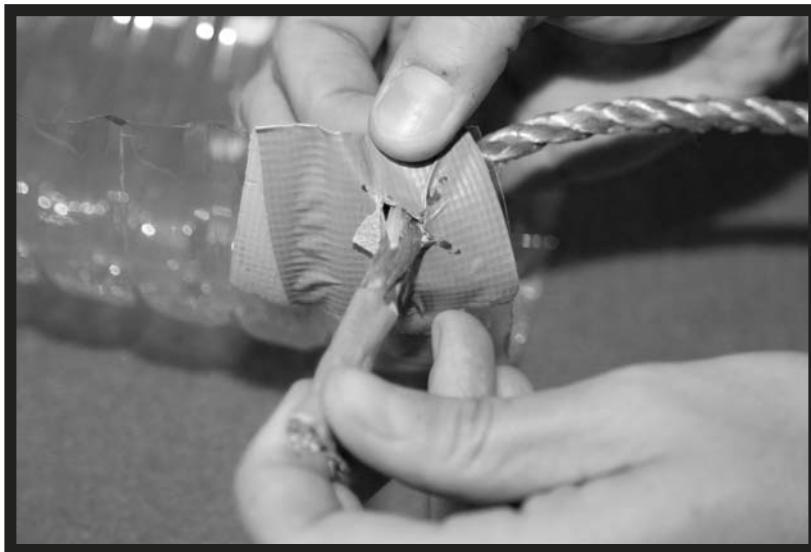




13.



14.



15.





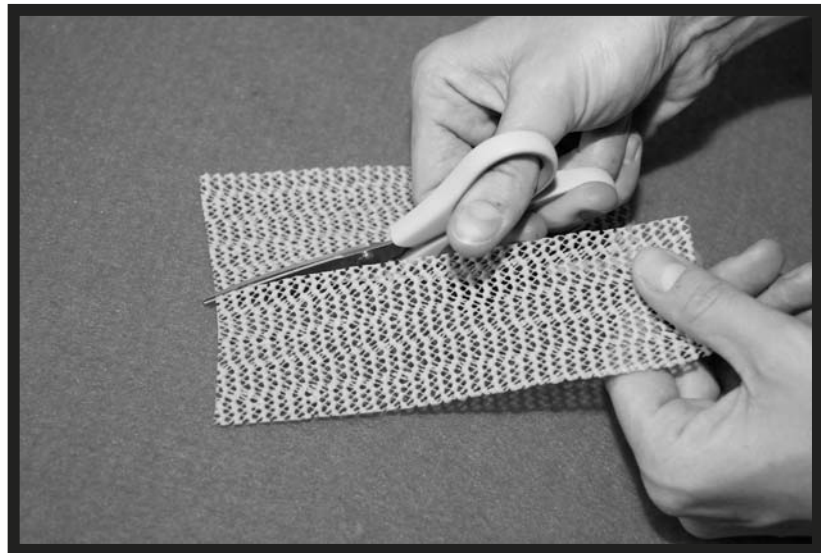
16.



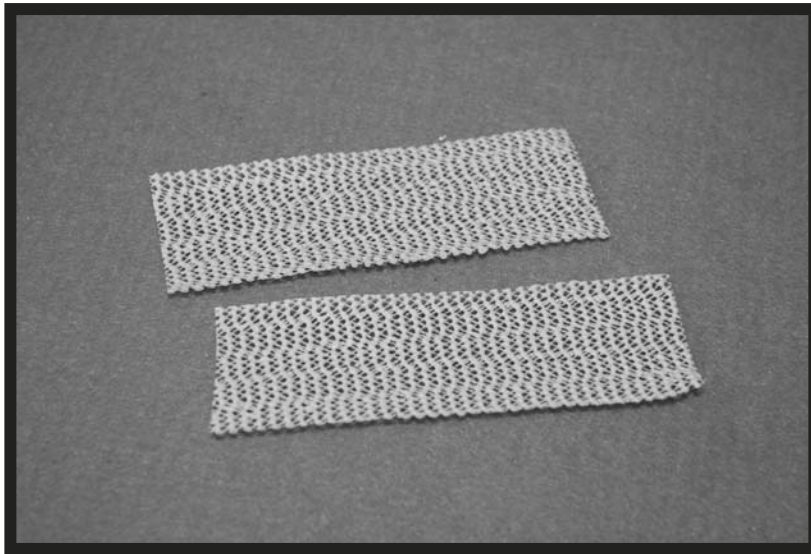
17.



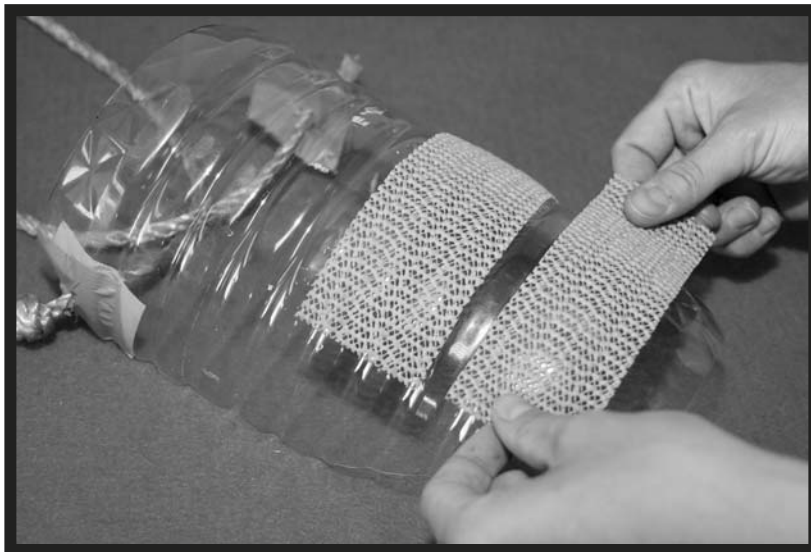
18.



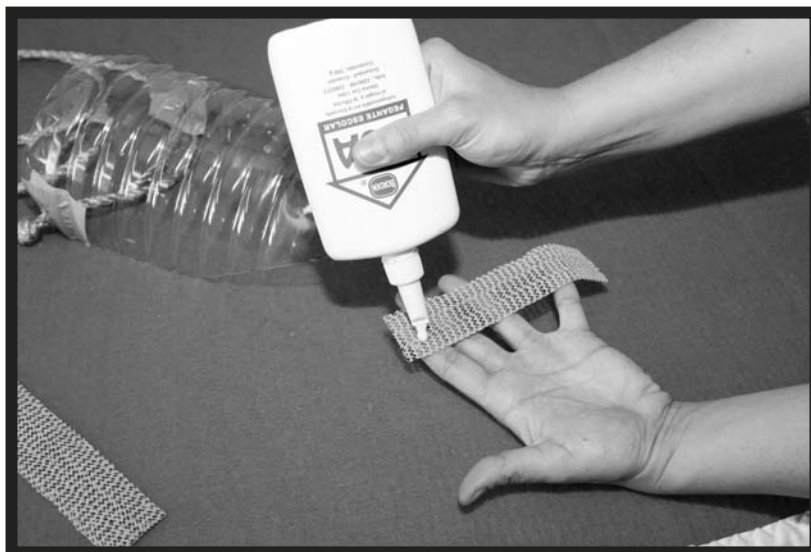
19.



20.

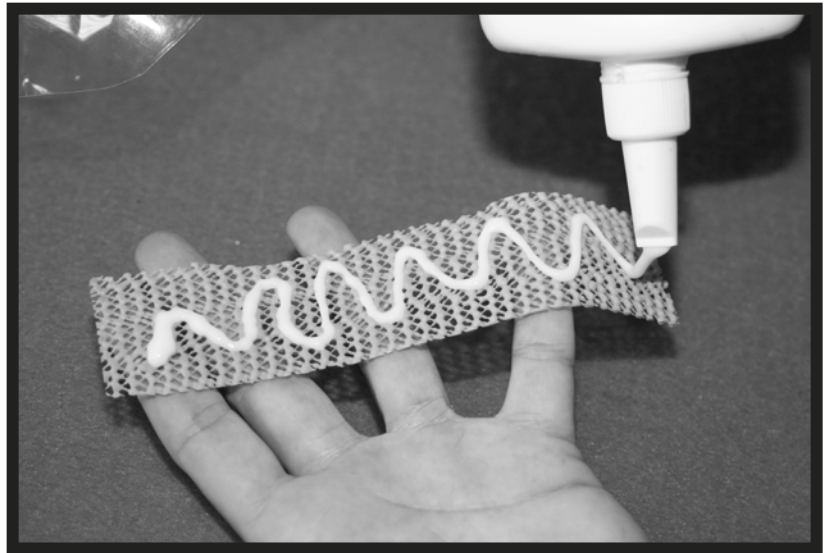


21.





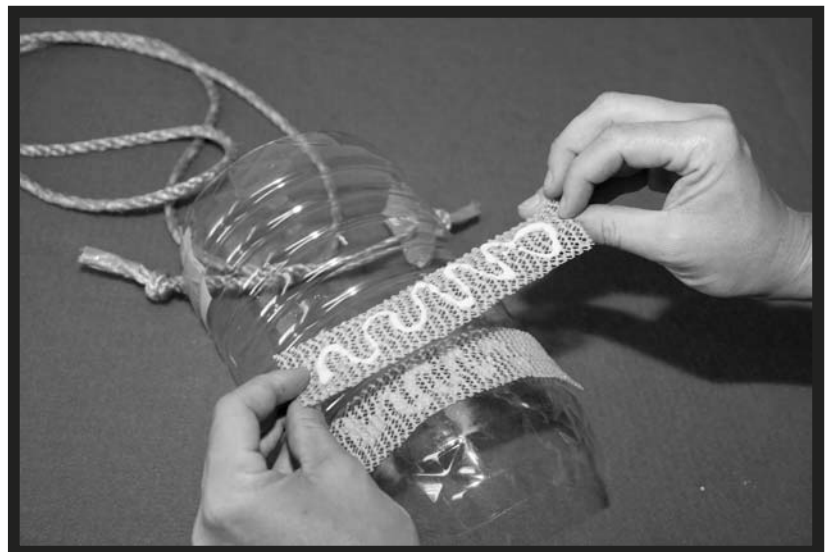
22.



23.



24.



25.

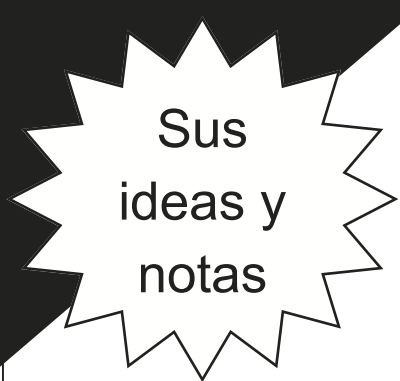


26.



## Cómo Usarlo / How to Use it



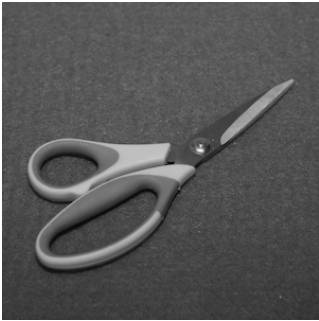


Sus  
ideas y  
notas

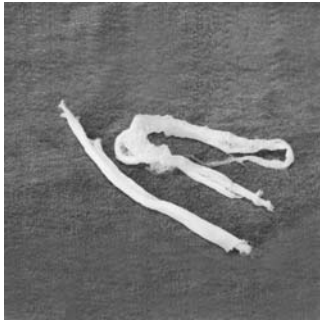
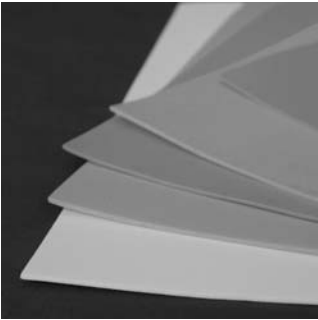
# Banda adaptada de diferentes usos para personas con control limitado de las manos / *Universal Cuff or Splint*



## Herramientas / Tools



## Materiales / Materials

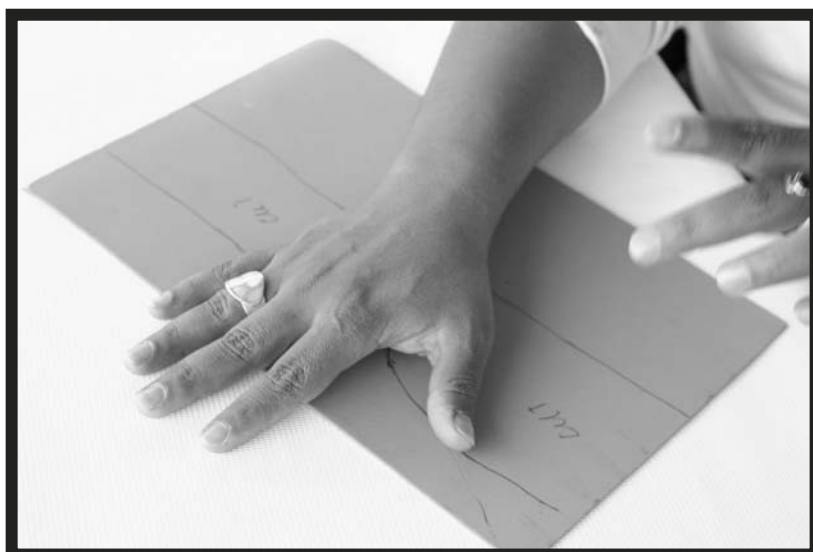




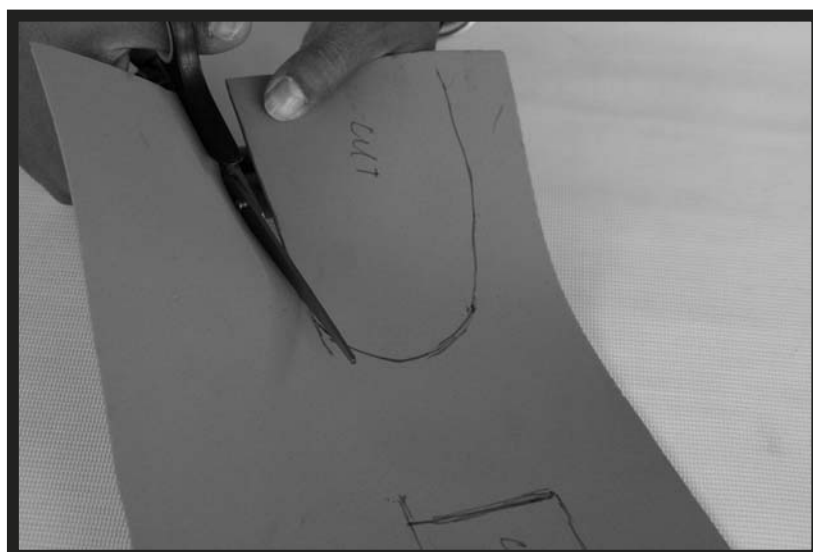
1.



2.

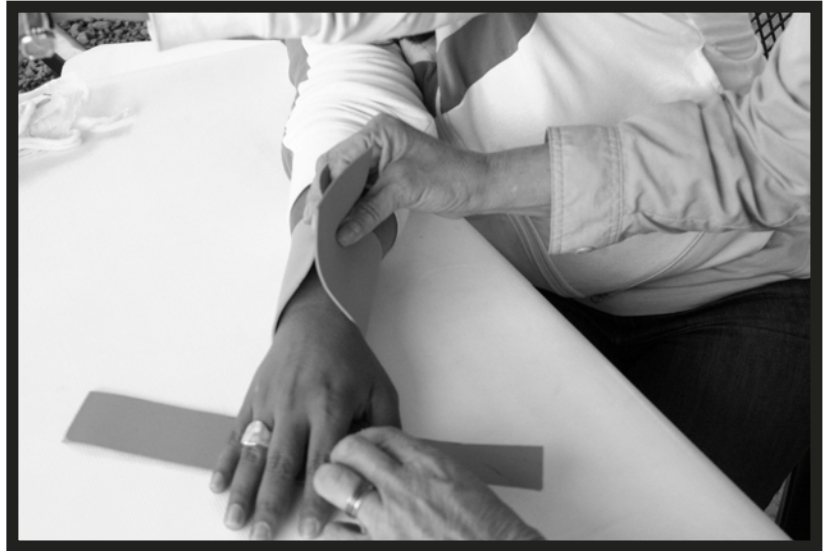


3.

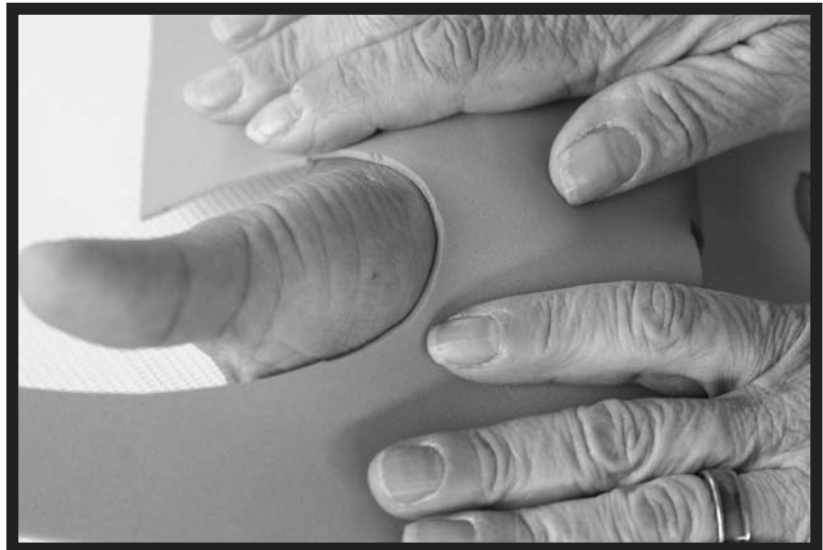




4.



5.



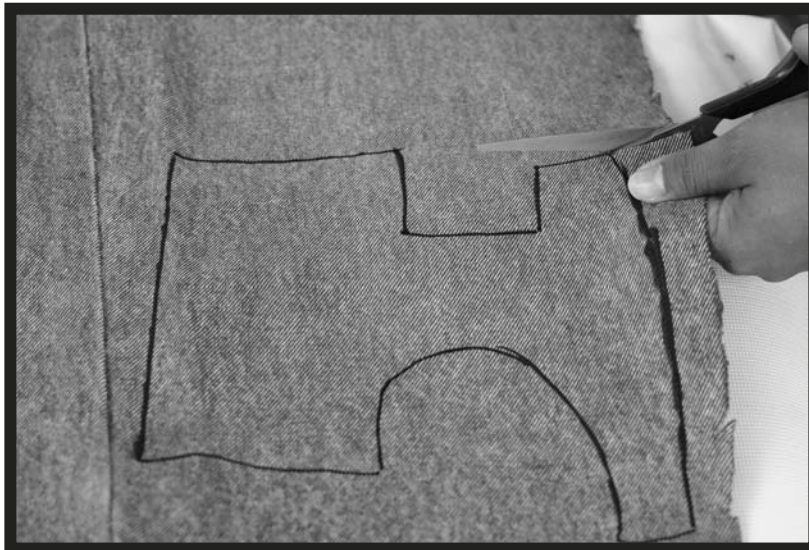
6.



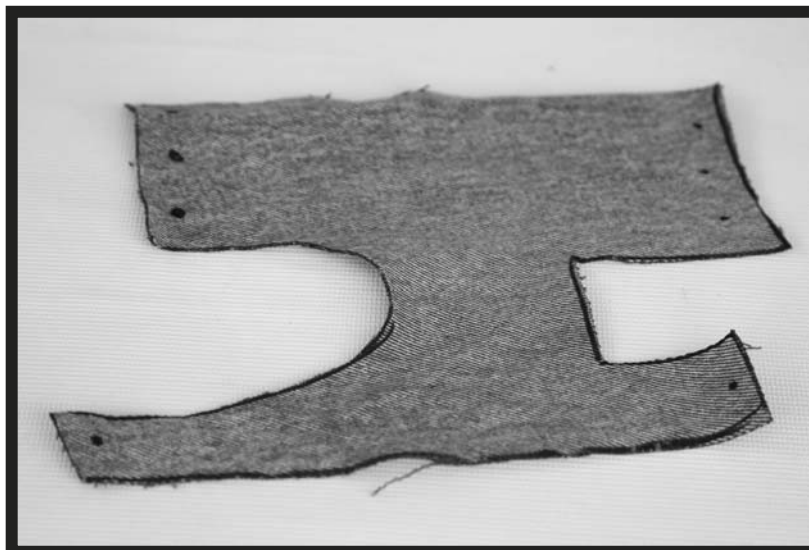
7.



8.



9.





10.



11.



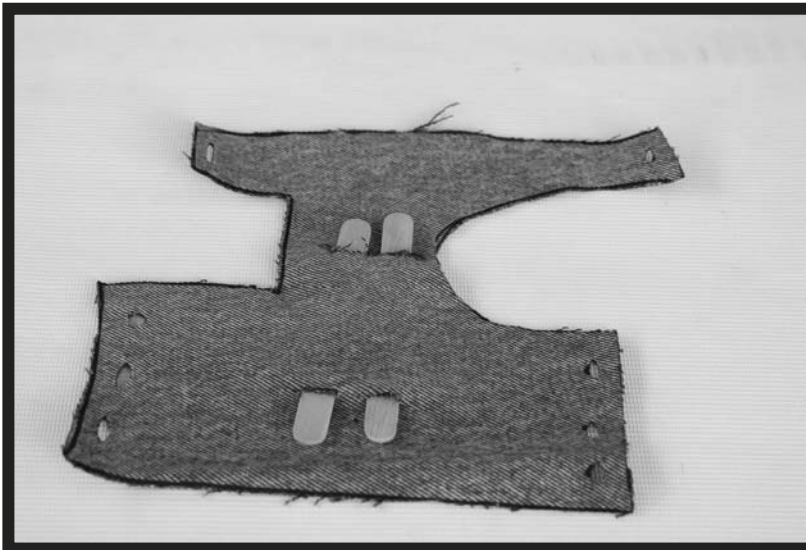
12.



13.



14.



15.





16.



17.

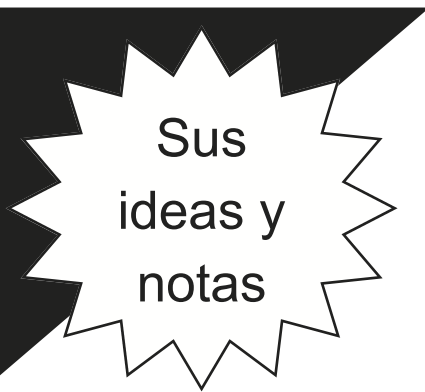


18.



## Ideas y Variaciones / Ideas & Variations





Sus  
ideas y  
notas







1.



2.



3.



4.



5.



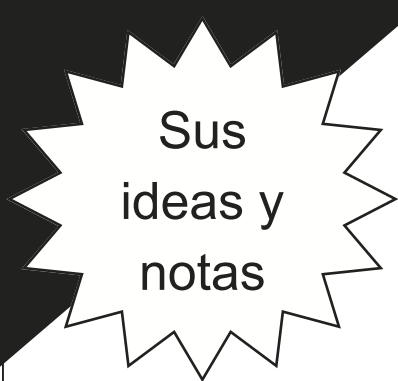
6.



## *Cómo Usarlo / How to Use It*







Sus  
ideas y  
notas

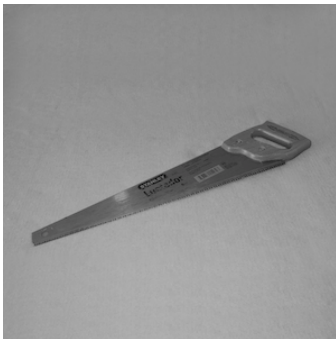
# Glosario de Herramientas / *Tools Glossary*



**Tijeras**  
***Scissors***



**Cuchilla de cortar carton**  
***Box Cutter***



**Sierra**  
***Saw***



**Marcadores**  
***Markers***

# Glosario de Herramientas / *Materials Glossary*



**Libro**  
***Book***



**Cepillo de Pelo**  
***Hair Brush***



**Botella de Agua**  
***Water Bottle***



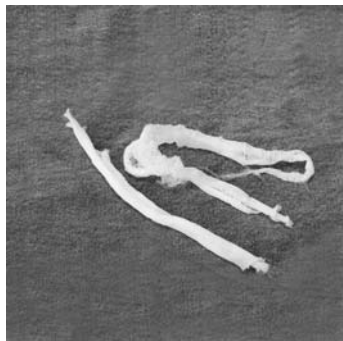
**Palos**  
***Sticks***



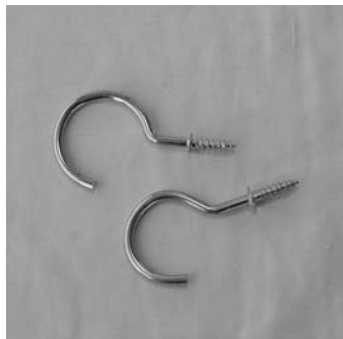
**Caja de Cartón**  
***Cardboard Box***



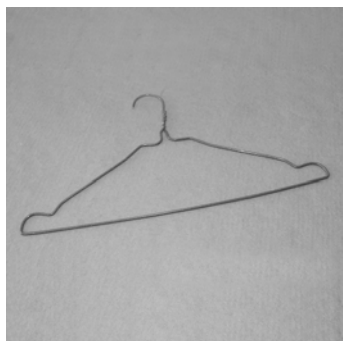
## Glosario de Herramientas / *Materials Glossary*



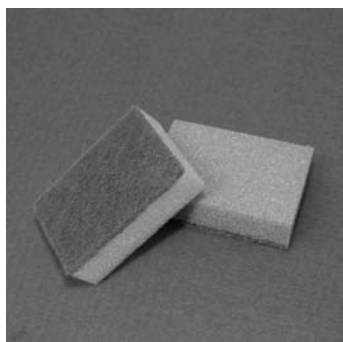
**Tela Delgada**  
*Thin cloth*



**Ganchos**  
*Hooks*



**Gancho/ Sercha de Ropa**  
*Clothes Hanger*



**Esponja**  
*Sponge*



**Mango de Escoba**  
*Broom Handle*

# Glosario de Herramientas */ Materials Glossary*



**Cuchara**  
***Spoon***



**Soga**  
***Rope***



**Bandas/ Cintas de Goma**  
***Rubberbands***



**Hules de Pelo/ Banda Para el Pelo**  
***Hair Bands***



**Cepillo de Dientes**  
***Toothbrush***

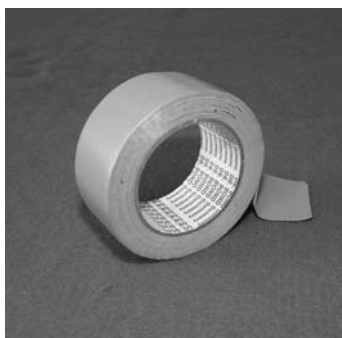
## Glosario de Herramientas / *Materials Glossary*



**Hules de Pelo/ Bandas para el Pelo**  
*Hair Band*



**Toalla Pequeña**  
*Wash Cloth*



**Cinta Adhesiva Resistente**  
*Duck Tape*

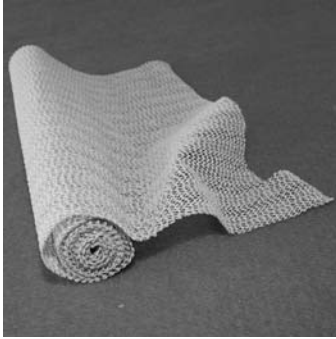


**Marcadores**  
*Markers*



**Goma**  
*Glue*

# Glosario de Herramientas / *Materials Glossary*



**Un Rollo de Material Antideslizante**  
***Shelf Liner***



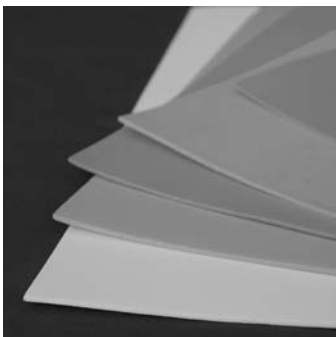
**Gorra**  
***Hat***



**Paletas de Helado**  
***Popsicle Sticks***



**Material de Lona**  
***Jeans Material***



**Papel de Esponja Delgada**  
***Foam***



Booklet  
8.5" x 11"

SIDE / ORIENTATION

Vertical

# Inside Back

**BLEED** - To create the 1/8" bleed, to ensure that ink coverage goes to the edge of the final trim size, extend any graphics/artwork to the edge of this template.

**SAFETY GUIDE** - No text beyond this line

**TRIM** - This is the actual cut line of the final trim size/size ordered.

Booklet  
8.5" x 11"

SIDE / ORIENTATION

Vertical

# Back Cover

**BLEED** - To create the 1/8" bleed, to ensure that ink coverage goes to the edge of the final trim size, extend any graphics/artwork to the edge of this template.

**SAFETY GUIDE** - No text beyond this line

**TRIM** - This is the actual cut line of the final trim size/size ordered.