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## **Person-environment fit among older adults with long-standing spinal cord injury: Housing accessibility and housing adaptations**

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**Introduction:** Housing accessibility is an important aspect to consider as supporting independent living. Housing adaptations are one way to bridge a potential gap between the person's capacity and the environmental demands. Person-environment fit (P-E fit) in terms of housing accessibility has not been investigated among older adults with spinal cord injury (SCI).

**Objective:** This study aimed to: I) Describe common housing adaptations among older adults with SCI; II) investigate accessibility problems in the dwelling and close surroundings among older adults with SCI.

**Method:** Selected data from a cross-sectional study on aging with SCI in southern Sweden, the Swedish aging with spinal cord injury study (SASCIS), was used (N=122). Frequency analyses of housing adaptations and environmental barriers (EB) were performed complemented by ranking of the EB generating the most accessibility problems.

**Results:** There were housing adaptations in a majority of the dwellings (76%). The most common were ramp at entrance, wheelchair accessible stovetop, and ceiling lift in bedroom. Wall-mounted cupboards and shelves placed high (in the kitchen) were the EB causing the most accessibility problems followed by high thresholds and storage area out of access.

**Conclusion:** This study provides knowledge about what environmental challenges older adults with long-standing SCI are facing. Despite housing adaptations, considerable accessibility problems can remain. With a more systematic approach to assessments of environmental barriers in housing there is a potential for more efficient planning of housing adaptations. This information can be useful for occupational therapists when planning housing for this group.

