Living Life to the fullest with a Digestive Disease

BY: LYNN E. WOLFSON
Lynn - 7 years old in the second grade
My Ostomy Team won the Bronze Medal at our first triathlon at Trade Winds Park.
At the Ho Chi Minh City Post Office in Viet Nam with my intravenous feeding rolling backpack.
Zev working hard at The Cupboard
Zev and Lynn on a Hop On Hop Off Bus in Philadelphia For a Nutrishare Conference
Zev in Los Angeles for an UOAA conference
Lynn’s Law

1. Having a shelf at seated level - for ostomy and catheterizing supplies
2. A hook five feet above the floor by the toilet to hang feeding backpacks.
3. A sink and paper towels in all handicap stalls.
4. A sign on handicap stalls stating they are for handicap only.
5. A syringe disposal box in bathrooms with four or more stalls.
It may not be the law yet...but The United Ostomy Associations of America has adopted these guidelines based on Lynn’s Law!!

What is an ostomy?
Ostomy surgery is a life-saving procedure that allows bodily waste to pass through a surgically created stoma on the abdomen instead of the rectum. Known as a “pouch” or “ostomy bag,” it connects the colon, small intestine, or bladder to an external surgically created pouch for continued diversion surgeries.

In the United States approximately 100,000 ostomy surgeries are performed annually, and there are between 75,000 - 1 million people with an ostomy or continent diversion.

Why make your restrooms ostomy friendly?
Not all disabilities are visible. Most handicapped restrooms have accessible accommodations for people with physical disabilities. However, they often lack accessibility for people with other qualifying medical conditions such as people living with an ostomy or continent diversion or those who utilize medical supplies such as catheters.

It is important for those living with an invisible disability to have access to facilities that provide accommodations that will allow care of their infra needs including self-catheterization, and ensuring changing disposal of their ostomy pouch and other medical supplies in a safe and clean environment.

Ostomy-Accessible Accommodations Include:

Accessible Signage
- Include a universally understood graphic of a figure with an ostomy
  (as recommended below) or indicate in writing “ostomy friendly facility”

Hooks
- To hang ostomy supply travel bags or personal belongings, preferably near the
  toilet area, while emptying or changing ostomy pouches

Shelf
- To provide a sanitary surface on which to lay out ostomy supplies which may include
  pouch, water, adhesive remover, or deodorizers, if an emergency pouch change is needed
- Preferably a shelf that folds down and is positioned within reach of the toilet
  so that an ostomate can access their supplies

Mirror
- Allows ostomates to see their stoma while catheterizing or changing their pouch

Sanitary Receptacle
- To enable clean safe disposal of any used ostomy supplies
- To ensure privacy discretion, this should ideally be located within the restroom stall for all genders

Sink and Soap Dispenser/Paper Towels
- To provide warm water to rinse the skin area, if needed
- To ensure cleanliness and proper personal sanitary hand-washing hygiene

For more information, please visit
www.ostomy.org or call 1-800-826-0826
Ori –
January 18, 2023
2 years old
1. The Cupboard – Contact Jewish Federation of Broward County
2. United Ostomy Associations of America – ostomy.org
3. Oley Foundation (National tube and intravenous group) – Oley.org
4. REACH – Hirschspring’s Disease Society – reachhd.org
5. South Florida Ostomy and Tube Feeding/HPN Support Group
   - Lynn Wolfson (954) 562-7417 and Facebook: South Florida Ostomy and Tube Feeding/HPN Support Group
6. Digestive Disease National Coalition – DDNC.org
7. Lynn’s Law – lynnslaw.org