



ADVANCING IN-HOME SAFETY CHECKS



EMILY NABORS, MSG
Program Manager
USC Leonard Davis School of Gerontology
emily.nabors@usc.edu

MEALS ON WHEELS AMERICA

2018 MEALS ON WHEELS ANNUAL CONFERENCE & EXPO

FALL PREVENTION CENTER OF EXCELLENCE

Leonard Davis School of Gerontology

- Applied Research
- Information Dissemination
- Professional Education & Training



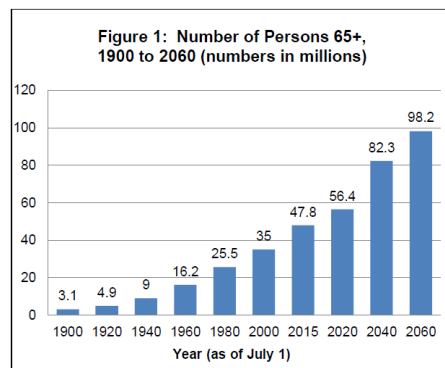
GROWTH IN AGING POPULATION

In 2017:

- 65+ pop. = 15.2% of U.S. population (48 million)

By 2060:

- U.S. 65+ pop. projected to double to 98 million



Source: U.S. Census Bureau, Population Estimates and Projections From: A Profile of Older Americans, 2016, Administration on Aging Administration for Community Living U.S. Department of Health and Human Services

HOUSING STOCK NOT MEETING DEMAND



38% households 65+ include at least 1 person living with a disability



Rate increases to >44% among very low-income older households

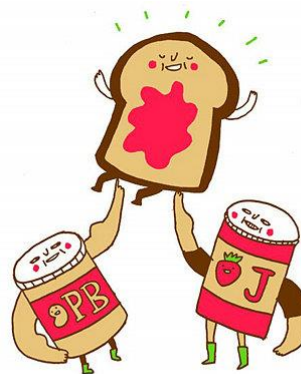


Only 1% of housing has 5 key universal design features

Source: Bipartisan Policy Center, Healthy Aging Begins at Home, 2016

HOME MODIFICATION AND MOWA

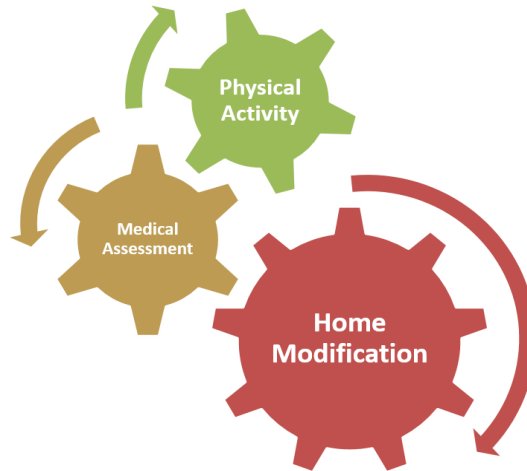
- Key position to educate, assess, refer
- Shared Goal:
Keep older adults safe and supported in their homes!



GO TEAM!

Image: <https://clipartxttras.com/>

ROLE OF HOME MODIFICATION IN FALL PREVENTION



WHAT IS HOME MODIFICATION?

Change the environment

- ✓ Make daily activities easier
- ✓ Reduce accidents
- ✓ Support independent living



HOME MODIFICATION PROCESS

- Assessment
- Identify problems
- Set priorities
- Specify solutions
- Select products
- Secure funding
- Choose providers
- Install modifications
- Insure quality and assess effectiveness



BEST PRACTICE

Interaction between the individual and their environment



Source: Eskaton, CA,
<https://www.livabledesign.com/>

SELECTING AN ASSESSMENT

DIFFERENT ASSESSMENTS MEASURE DIFFERENT THINGS

What to consider when selecting an assessment tool?

FOCUS: Environment, person, or both (activities)

POPULATION: Older adults, persons with dementia

ADMINISTRATOR: Occupational therapist or caregiver

FORMAT: Checklist, observation, interview

TAKE ACTION

HOME MODIFICATION INVENTORIES

Home Assessments for Falls Prevention



Name	Author	How to Get It	Literature	Summary	Target Assessor and Audience
ASSESSMENT TOOLS FOR USE BY PROFESSIONALS					
Comprehensive Assessment and Solution Process for Aging Residents (CASPAR)	Extended Home Living Services (EHLIS) Wheeling, Illinois	Can be downloaded free at: https://www.ehls.com/home-assessments-grants/	1. Sanford, JA, Butterfield, T. (2005). Using Remote Assessment to Provide Home Modification Services to Underserved Elders. <i>The Gerontologist</i> , 45(3): 389-398. https://doi.org/10.1093/geronj/45.3.389 2. Pynoss, J., Sanford, J., and Rosenfelt, T. A Team Approach for Home Modifications OT Practice, April 8, (2002), 15-19.	EHLIS received two Small Business Innovation Grants from the National Institute on Aging to develop the Comprehensive Assessment and Solution Process for Aging Residents (CASPAR). CASPAR enables practitioners to identify a client's aging in place needs by collecting information that can be used by building professionals and occupational therapists to specify the right modifications. This assessment considers the home environment, the resident's abilities and preferences, and the interaction between the two, combining the specific concerns of consumers, building professionals, and occupational therapists in performing home modifications assessments.	Assessors: professionals (e.g., aging service providers, building professionals, physical therapists, occupational therapists, case managers, social workers). Audience: Aging individuals living in a home setting.
Client-Clinician Assessment Protocol (C-CAP)	Laura N. Gitlin, Johns Hopkins University School of Nursing, Baltimore, MD	Contact the author: Laura N. Gitlin, Johns Hopkins University School of Nursing, Baltimore, MD	1. Gitlin L. N., Corcoran M. (2000). Client-Clinician Assessment Protocol (C-CAP). Philadelphia: Thomas Jefferson University. 2. Petersson I, Fisher AG, Hemmingsson H, et al. The client-clinician assessment protocol (C-CAP): Evaluation of its psychometric properties for use with people aging with disabilities in need of home modifications. OTJR: Occupation, Participation and Health 2007;27:140-148. 3. Scanton SL, Thorpe RJ, Boyd C, Tanner EK, Left B, Agree E, Xue DX, Allen JK, Seplati CL, Weiss CO, Guralnik JM, and Gitlin LN. Community Aging in Place, Advancing Better Living for Elders (CAPABLE): A Bio-Behavioral-Environmental	The C-CAP focuses on clients' self-reported perceptions of their abilities in daily life - their independence, difficulty, and safety in conducting activities in their home environment and the community (Gitlin & Corcoran, 2000). This self-report is combined with collaborative observation by an occupational therapist on 22 functional items as well as an assessment of the home environment (Scanton, et al. 2011).	Assessors: Occupational therapists along with the individual. Audience: People who are aging with disabilities.

ASSESSMENT EXAMPLES

PROFESSIONAL

- **CASPAR**, Comprehensive Assessment and Solution Process and for Aging Residents
 - Extended Home Living Services (EHLS)
 - <https://www.ehls.com/national-grants/>
- **Home Safety Self Assessment Tool (HSSAT)**
 - Dept. of Rehabilitation Science, University at Buffalo, NY
 - <http://sphhp.buffalo.edu/rehabilitation-science/research-and-facilities/funded-research/aging/home-safety-self-assessment-tool.html>

ASSESSMENT EXAMPLES

FAMILIES & INDIVIDUALS

- **Check for Safety: A Home Fall Prevention Checklist for Older Adults**, Centers for Disease Control and Prevention (CDC)
- **HomeFit Guide**, AARP
- **Rebuilding Together Safe at Home Checklist**, Rebuilding Together, Administration on Aging (AoA), and American Occupational Therapy Association (AOTA)

CHECK FOR SAFETY: A HOME FALL PREVENTION CHECKLIST FOR OLDER ADULTS

CENTERS FOR DISEASE
CONTROL (CDC)

Link:

<https://www.cdc.gov/steady/patient.html>

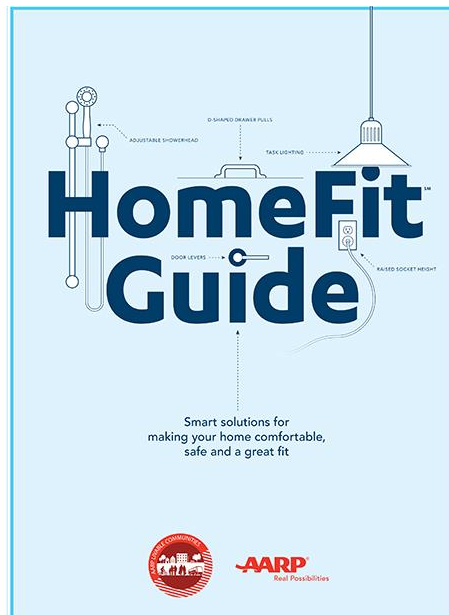


HomeFit Guide

AARP

Link:

<https://www.aarp.org/livable-communities/info-2014/aarp-home-fit-guide-aging-in-place.html#>



REBUILDING TOGETHER SAFE AT HOME CHECKLIST

REBUILDING TOGETHER, AOA, & AOTA

Link:

<https://www.aota.org/~media/Corporate/Files/Practice/Aging/rebuilding-together/RT-Aging-in-Place-Safe-at-Home-Checklist.pdf>



Safe AT HOME Checklist
Created in partnership with the Administration on Aging and the American Occupational Therapy Association

Rebuilding Together
1899 L Street NW, Suite 1000
Washington, DC 20036
800-473-4229
www.rebuildingtogether.org

Rebuilding Together has long recognized that greater attention must be given our elderly population, so they may age-in-place and safely in their homes. We have also built lasting national partnerships with Area Agencies on Aging, AARP, American Occupational Therapy Association, National Association of Home Builders, National Council on Aging, and others.

Use this list to identify home safety, fall hazards and accessibility issues for the homeowner and family members. Home safety, fall prevention and accessibility modification interventions on the reverse side of this page can help prioritize your work. Underline or use a highlighter to note problems and add comments.

1. EXTERIOR ENTRANCES AND EXITS <ul style="list-style-type: none"><input type="checkbox"/> Note condition of walk and drive surface; existence of curb cuts<input type="checkbox"/> Note handrail condition, right and left sides<input type="checkbox"/> Note light level for driveway, walk, porch<input type="checkbox"/> Check door threshold height<input type="checkbox"/> Note ability to use knob, lock, key, mailbox, peephole, and package shelf<input type="checkbox"/> Do door and window locks work easily?<input type="checkbox"/> Are the house numbers visible from the street?<input type="checkbox"/> Are bushes and shrubs trimmed to allow safe access?<input type="checkbox"/> Is there a working door bell?	8. TELEPHONE AND DOOR <ul style="list-style-type: none"><input type="checkbox"/> Phone jack location near bed, sofa, chair?<input type="checkbox"/> Able to get phone, dial, hear caller?<input type="checkbox"/> Able to identify visitors, hear doorbell?<input type="checkbox"/> Able to reach and empty mailbox?<input type="checkbox"/> Wears neck/wrist device to obtain emergency help?<input type="checkbox"/> Is there an answering machine?<input type="checkbox"/> Is there a wireless phone system?
2. INTERIOR DOORS, STAIRS, HALLS <ul style="list-style-type: none"><input type="checkbox"/> Note height of door threshold, knob and hinge types; clear width	9. STORAGE SPACE <ul style="list-style-type: none"><input type="checkbox"/> Able to reach closet rods and hooks, open bureau drawers?<input type="checkbox"/> Is there a light inside the closet?
	10. WINDOWS <ul style="list-style-type: none"><input type="checkbox"/> Closening mechanism at 42 inches from floor?

COLLABORATE

Local partnerships with Meals on Wheels around home safety:

- **HUBS Baltimore, Maryland** (Meals on Wheels Central Maryland)
- **Habitat for Humanity** (Southern Bend, IN; Ypsilanti, MI; Bucks Co, PA)
- **Rebuilding Together** (Alexandria, VA; Austin, TX)
- **Regional/state Fall Prevention Programs** (Pima Co, AZ; Guernsey Co, OH)

RESOURCES

Fall Prevention Center of Excellence: www.stopfalls.org

Home Modification Resources and Information:
www.homemods.org

The Lifetime Home: www.lifetimehome.org

Emily Nabors: emily.nabors@usc.edu

