



U.S. ARMY
VETERAN



EXPLORING THE NEW
OLDER ADULTS &
IN-HOME SAFETY
REPORT

SPEAKERS

- Carter Florence – Director, Strategy & Impact, Meals on Wheels America
- Heather Prill - Senior Manager, National Partnerships & Atlanta Hometown Giving, The Home Depot Foundation

CARTER FLORENCE

Director, Strategy & Impact
Meals on Wheels America



AGENDA

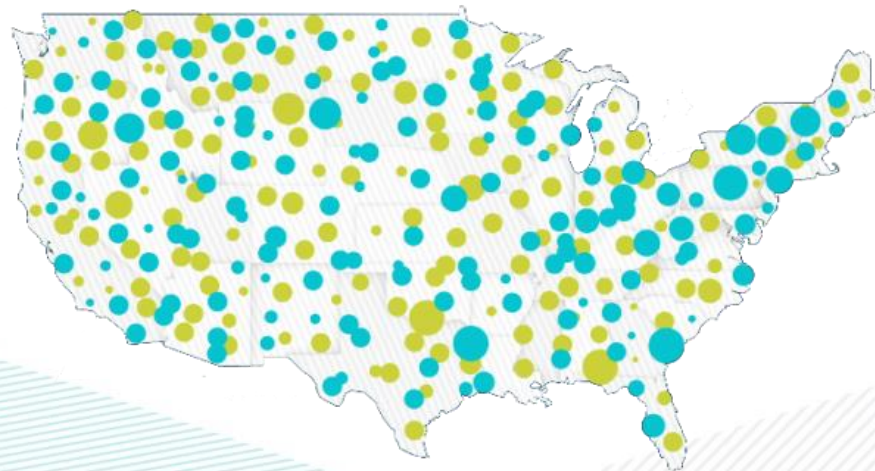
- Introduction
- Why this report
- What we learned
- What's working & who's doing it
- Where do we go from here

POLL

- Who's in the audience?
 - Meals on Wheels America Member
 - Yes
 - No

MEALS ON WHEELS AMERICA

A national leadership organization supporting the 5,000+ local community-based Meals on Wheels programs across the country through advocacy, education, research and national partnerships and campaigns.



POLL

- How familiar with in-home safety are you?
 - Not at all – I'm just curious.
 - Somewhat – I've heard of it, but want to learn more.
 - Very – I work with in-home safety prevention programs.

WHY THIS REPORT



IT'S MORE THAN JUST A MEAL

- Aging is a multifaceted issue.
- Our Members respond to the challenge in different ways.
- We're here to support members and provide thought leadership nationally in the aging arena.

HUNGER



1 IN 6 seniors struggles with hunger

LIVING IN ISOLATION



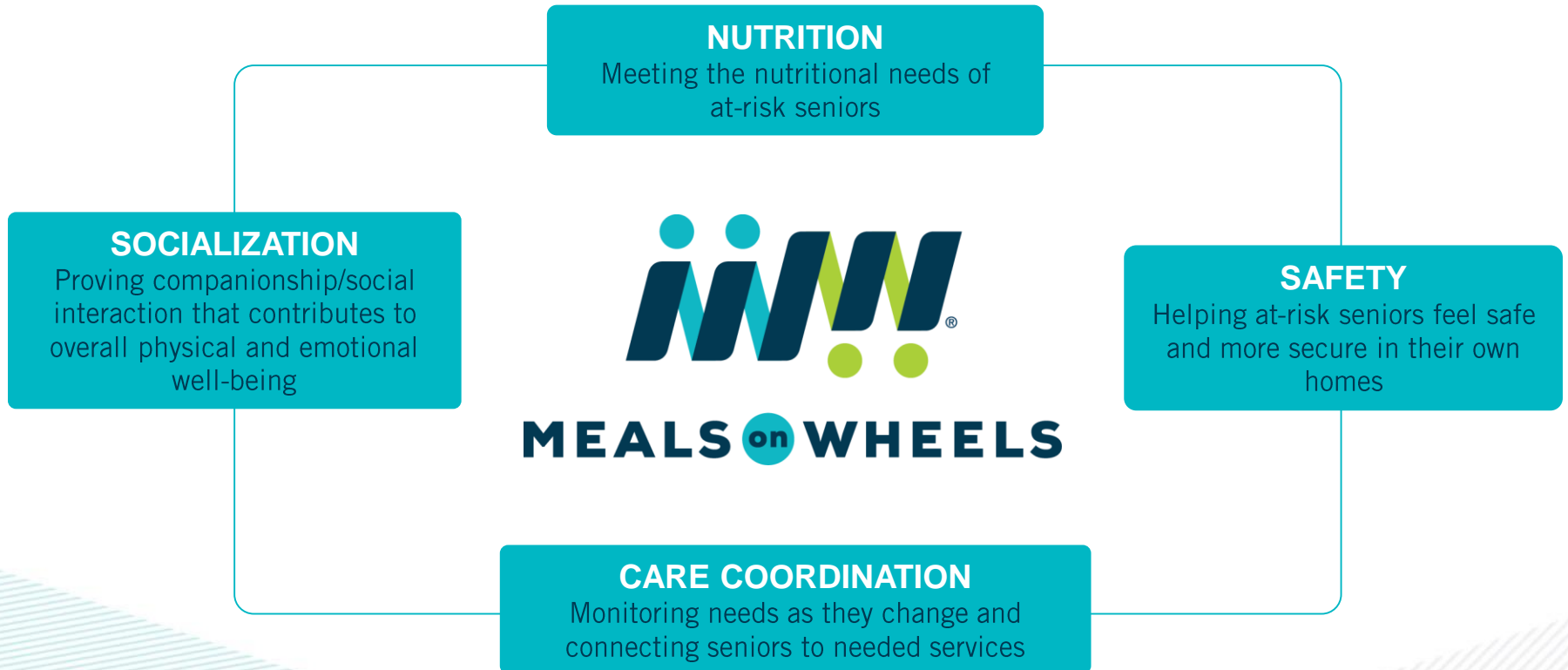
1 IN 4 seniors live alone

SAFETY



Falls alone cost
\$31 BILLION each year

MEALS ON WHEELS



OLDER ADULTS AND IN-HOME SAFETY

WHAT PROMPTED THIS ANALYSIS?

- Awareness of significant and growing issue
 - Falls at home continue to increase, despite increased attention to aging in place, age-friendly communities and home safety.
- Fragmented efforts to solve issue offering opportunities for knowledge sharing and collaboration



Meals on Wheels' clients report fewer falls, which cost our nation **\$31 BILLION** each year.

WHAT WE LEARNED



AGING IN PLACE IS THE GOAL, BUT...

It's challenging:

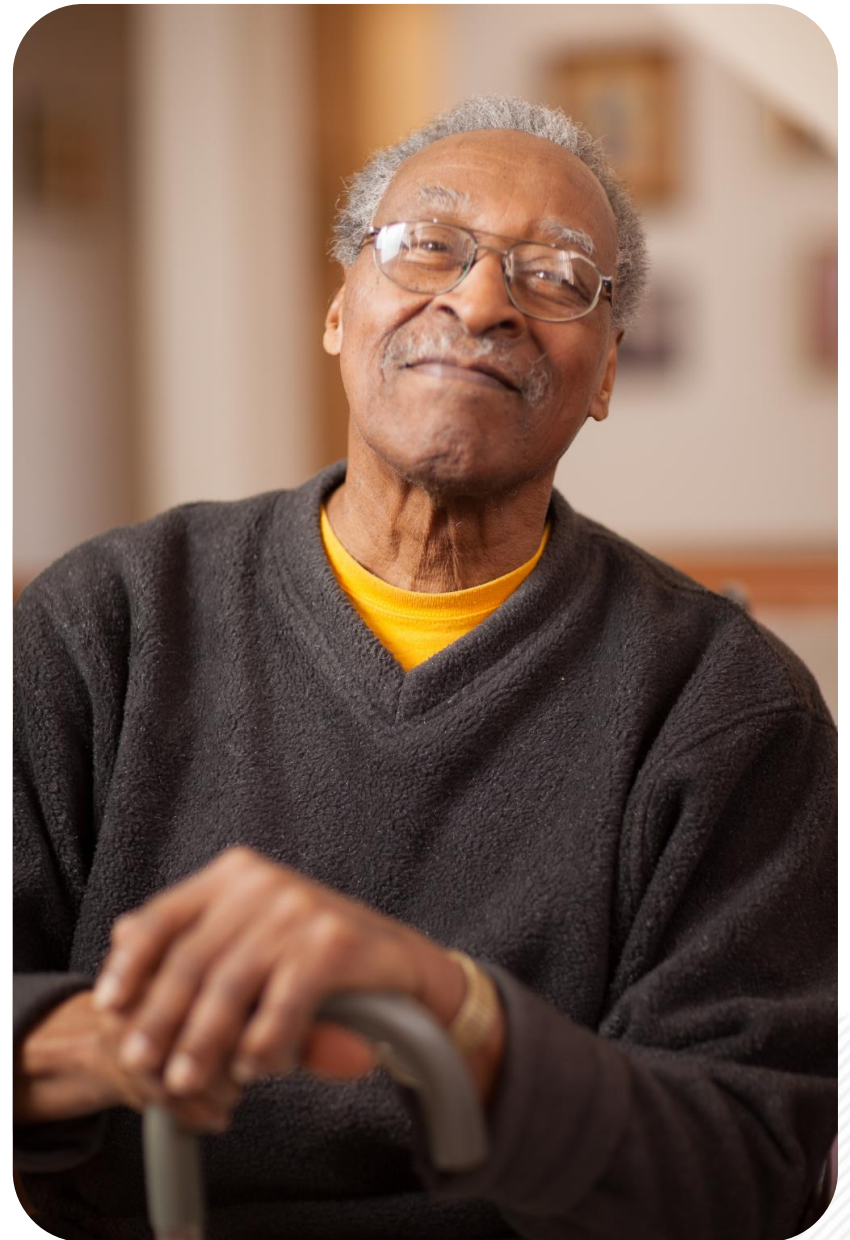
1. Environmental



It's challenging:

2. Individual

- Increase in mobility issues as we age
- Greater risk of falls
- Of American's 65 and older, 39% experience some type of disability



KEY FINDINGS

MAIN CHALLENGES TO AGING IN PLACE

1. Homes are poorly suited to accommodate aging in place.
 - Unable to manage the disabilities that come later in life
2. In-home accidents are rising in frequency.
 - Cost of treating falls is skyrocketing
3. Home modifications are not easy or affordable.
 - Especially among low-income homeowners

WHAT'S WORKING



SOLUTION STRATEGIES

1. In-home safety assessment and modification
2. In-home interventions
3. Community-based interventions
4. Technology

1. IN-HOME SAFETY ASSESSMENT & MODIFICATION

- Home entry safe
- First floor accessible
- Clear, sturdy pathways
- Slip-proof bathrooms
- Accessible kitchen
- Improve lighting & electrical
- Organize






- Zero-threshold shower
- Raised toilet
- Grab bars
- Lever-style handle

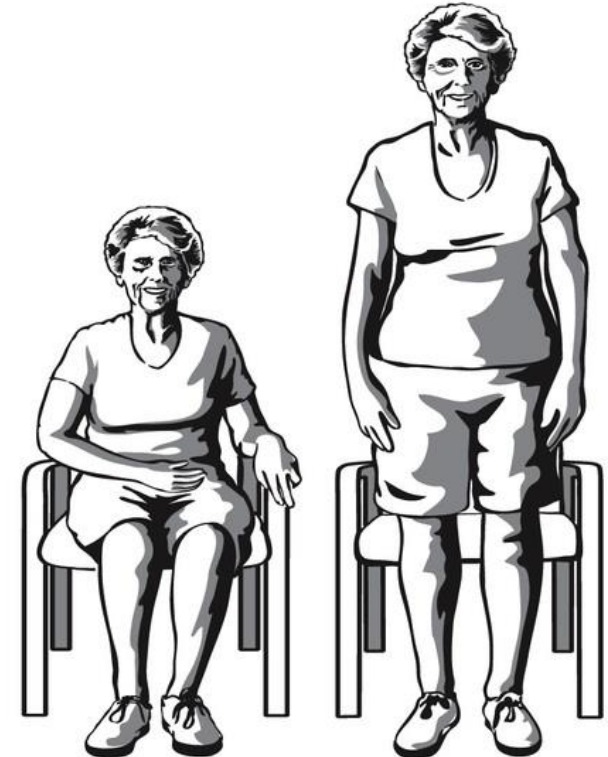


2. IN-HOME INTERVENTIONS



Sit to stand – one hand

- ▶ You could do this exercise while you watch TV
- ▶ Sit on a chair which is not too low
- ▶ Place the feet behind the knees
- ▶ Lean forwards over the knees
- ▶ Use one hand to help you stand up
- ▶ Repeat  times



3. COMMUNITY-BASED INTERVENTIONS



Community Aging in Place-Advancing Better Living for Elders (CAPABLE)

Registered
Nurse



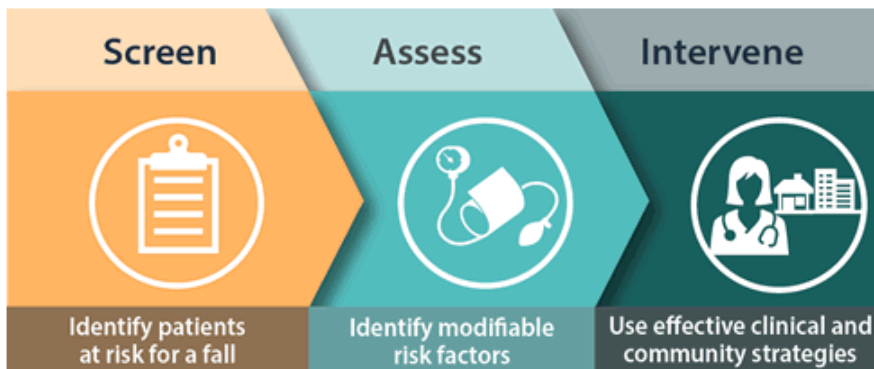
Occupational
Therapist



Handyman



3. COMMUNITY-BASED INTERVENTIONS



3 Questions to Ask Your Older Adult Patients

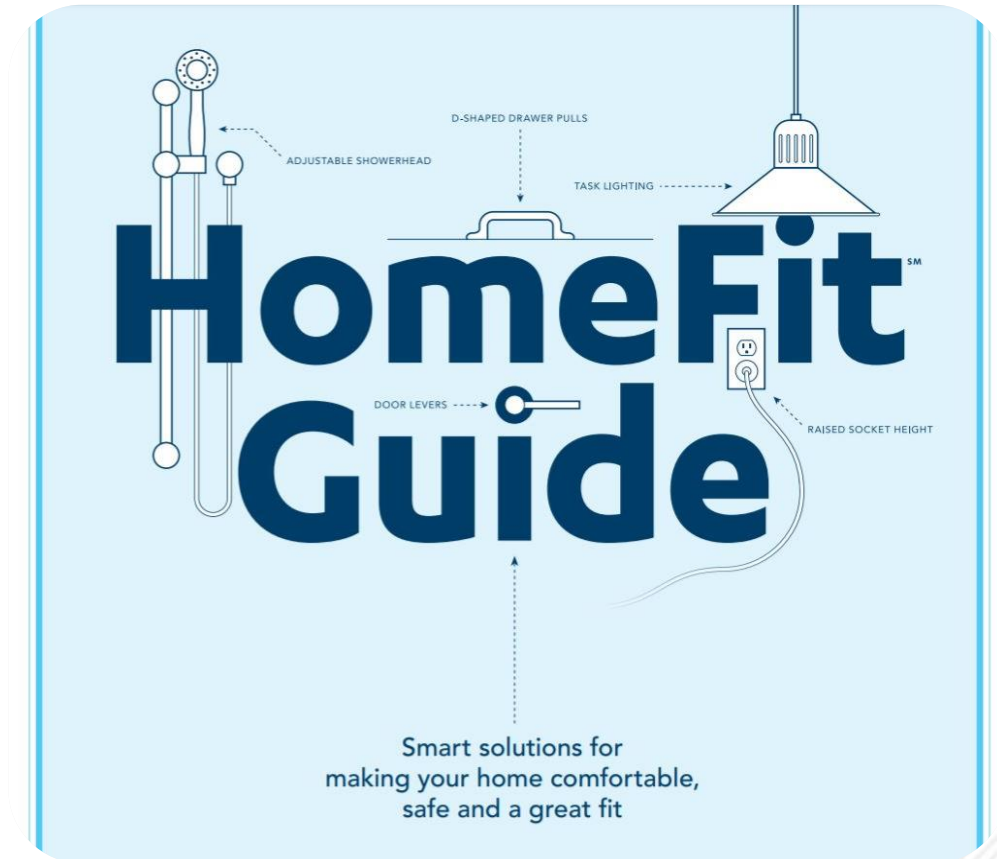
When you see patients 65 and older, make these three questions a routine part of your exam:

1. Have you fallen in the past year?
2. Do you feel unsteady when standing or walking?
3. Do you worry about falling?

If your patient answers “yes” to any of these key screening questions, they are considered at increased risk of falling. Further assessment is recommended.

4. TECHNOLOGY

- Wearables
- Telehealth
- Online Resources



INTERVENTIONS BEST PRACTICES

- Diverse approaches to create safer, healthier homes and prevent falls:
 - Technology-based solutions
 - Increased home inspections, repairs and modification programs
 - Preventative fall risk reduction through targeted balance and exercise programs
 - Policy/government-level initiatives, tax credits, etc.
- The most effective interventions for persons at moderate to high risk of falls are multi-factorial, and include environmental modifications, medication management and physical activity.

WHO'S DOING WHAT?



The Home Depot Foundation

Heather Prill









Disaster Relief



Homeless Veterans



Combat-Wounded Veterans

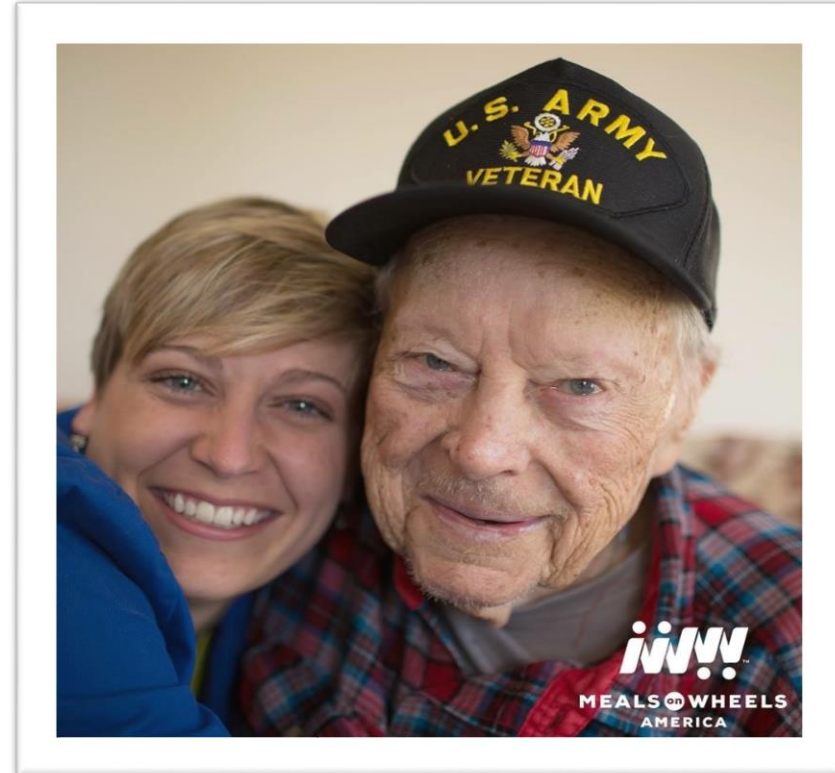


Senior Veterans



Since 2014:

- **\$4M** Awarded to MOW Affiliates
- **300+** veterans served
- **Affiliate Partners**
 - Meals on Wheels Central Texas, Austin, Texas
 - Osceola Council on Aging, Kissimmee, Florida
 - Meals on Wheels San Francisco, California
- **Incubator Programs**
 - LifeCare Alliance in Columbus, Ohio
 - MAC, Inc. in Salisbury, Maryland
 - Senior Neighbors in Grand Rapids, Michigan





LOCAL MODELS FOR HOME MODIFICATION SUPPORT

- Habitat for Humanity
- Rebuilding Together for America
- Purple Heart Homes



NOT JUST BOOTS ON THE GROUND

- Bipartisan Policy Center
 - Senior Health & Housing Task Force
- National Center for Healthy Housing
 - Healthy Housing Standard

IT TAKES A VILLAGE

- CAPS Certification, National Home Builders Association
- Occupational Therapists



Certified Aging-In-Place Specialist
Houses For Living. Homes For Life.



The American
Occupational Therapy
Association, Inc.

FUNDING PARTNERS

- Wells Fargo Housing Foundation
- State Tax Credits

ADDITIONAL RESOURCE SUPPORTS

- National Council on Aging
 - National Falls Prevention Resource Center
 - Falls Free Initiative
 - A Matter of Balance
 - Stepping On



National Council on Aging

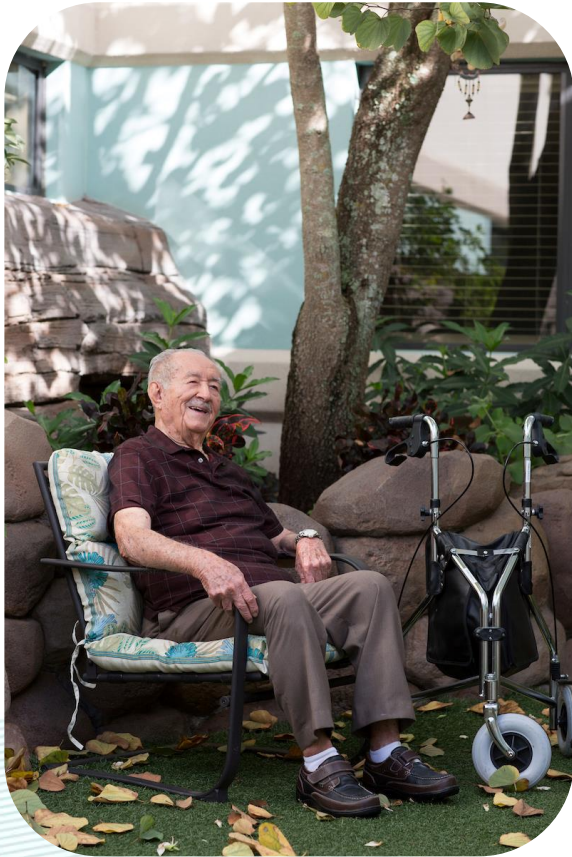
WHERE DO WE GO FROM HERE?



TRENDS

- The connection between health and housing is strong
- Leaders and planners are leveraging data
- Funders and programs want evidence-based efforts and accountability
- Openness to new models (i.e., value-based payment and integrated care)

WHAT'S AHEAD



Increasing In-Home Safety. Building upon knowledge from external stakeholders and initial learnings

Preventing Falls. Implementing proven models in Meals on Wheels settings

CALL TO ACTION

Access the Report:

<https://www.mealsonwheelsamerica.org/theissue/research/older-adults-and-in-home-safety>

Tell us more:

<http://bit.ly/2F01ML1>

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IN-HOME SAFETY**



MEALS on WHEELS AMERICA

TOGETHER, WE CAN DELIVER®