Taking Action to Reduce Falls in the Home: 
New Resources for Home Modification

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• **Applied Research**

• **Information Dissemination** for consumers, professionals, providers, researchers, and policymakers

• **Professional Education and Training**
  – Executive Certificate in Home Modification Program
Growth in Aging Population

• In 2017, the 65+ pop. comprised 15.2% of U.S. population.

• By 2060, U.S. 65+ pop. projected to double from 48 million to 98 million.

Source: U.S. Census Bureau
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
Role of Home Modification in Fall Prevention
What is Home Modification?

Change the environment

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

Removing Fall Hazards
Adding Supports
Changing Behavior

University of Southern California
USC Leonard Davis
School of Gerontology
Remove Hazards
Add Supports

Remove Hazards, Add Supports
Change Behavior

• Carrying things • Reaching things
Home Modification Process

- Assessment
- Identify problems
- Specify solutions
- Set priorities
- Select products
- Secure funding
- Choose providers
- Install the modifications
- Insure quality and assess effectiveness
Who Can Play A Role in Home Modification?

- **Housing** (remodelers, contractors, handypersons, architects, service coordinators)
- **Disability** (centers for independent living, rehabilitation centers)
- **Aging** (senior centers, Area Agencies on Aging, case managers)
- **Health care** (nurses, occupational therapists, physical therapists, home care workers)
Background

The National Council on Aging (NCOA) partnered with the University of Southern California (USC) Leonard Davis School of Gerontology on a series of home modification-related projects to increase home modification awareness and activities as part of fall prevention efforts across the country.

- National Home Safety and Home Modification Workgroup
- Home Modification Inventories: programs, assessment tools, and funding sources to provide resources for families and professionals
**National Home Safety and Home Modification Workgroup**

**Mission:** Engage key stakeholders to advance home safety (HS), home modification (HM), and universal design (UD) policy, education, service delivery, and research.

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<thead>
<tr>
<th>Advocacy</th>
<th>Education and Training</th>
<th>Service Delivery</th>
<th>Research</th>
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<tbody>
<tr>
<td>• Influence HS, HM and UD policies and funding</td>
<td>• Increase professional and consumer education and training on HS, HM, and UD</td>
<td>• Support existing and new service delivery efforts in HS, HM, and UD</td>
<td>• Facilitate new and coordinated research projects in HS, HM, and UD</td>
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National Home Safety and Home Modification Workgroup

- AARP*
- Admin. for Community Living/Admin. on Aging*
- American Occupational Therapy Association*
- American Physical Therapy Association
- Bipartisan Policy Center*
- Centers for Disease Control and Prevention, National Center for Injury Prevention and Control
- Falls Prevention Coalition, New Mexico
- The Hartford Center for Mature Market Excellence
- Homes Renewed
- Inclusive Design and Environmental Access Center*
- Johns Hopkins University School of Nursing
- Meals on Wheels America*
- National Alliance for Caregiving

- National Center for Healthy Housing
- National Council on Aging, National Falls Prevention Resource Center*
- National Safety Council*
- Georgia Institute of Technology
- RL Mace Center for Universal Design*
- Rebuilding Together*
- Universal Design Living Laboratory
- University of Illinois at Chicago, Department of Occupational Therapy
- University of Southern California, Leonard Davis School of Gerontology*
- Washington University School of Medicine, Program in Occupational Therapy
• Evidence-Based Programs, Best Practices in Home Modification
• Home Assessment Tools
• Home Modification Funding Resources
## Home Modification Program Inventory

### Program Name: CAPABLE: Community Aging in Place, Advancing Better Living for Eiders

**Website/Contact:** [www.johnshopkinsolutions.com/capable](http://www.johnshopkinsolutions.com/capable)

**Goals:** To reduce the impact of disability among low income older adults by addressing individual capacities and home environment.

**Target Audience:** Low income older adults

<table>
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<tr>
<th>Program Name</th>
<th>Website/Contact</th>
<th>Program Goals &amp; Target Audience</th>
<th>Program Description</th>
<th>Delivered By</th>
<th>Training Requirements</th>
<th>Program Costs</th>
<th>Key Words</th>
<th>Published Articles about Program</th>
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</table>

**Training Requirements:**
- Interventionist training time
- In-home visit duration
- Travel time
- Supervisory meetings
- Visit preparation time
- Care coordination time between OT, RN and handyman

**Non-staff time costs include:**
- Supplies and labor for home modifications, repairs, and assistive devices
- Program materials
- Mileage (for driving to participants’ homes)
Home Assessment Tools

- Professionals & consumers
- Emphasis on interaction of individual and environment, activities
Home Modification Funding Sources

Wide variety (national, state, local):

- Housing/Community Development
- Lending
- Social Services
- Healthcare/Insurance
- Tax
- Non-Profits

Funding Sources for Home Modification

The National Council on Aging (NCOA) partnered with the University of Southern California (USC) Leonard Davis School of Gerontology on a series of projects to feature home modification and home safety programs, assessment instruments, and funding sources to provide resources for families and professionals.

For information on NCOA’s National Falls Prevention Resource Center, visit: https://www.ncoa.org/center-for-healthy-aging/falls-resource-center/. For information on USC’s Fall Prevention Center of Excellence and efforts in home modification, visit: www.stopfalls.org and www.homemods.org. If you have any updates or additions to the list below, please contact homemods@usc.edu.

<table>
<thead>
<tr>
<th>Resource</th>
<th>Description</th>
<th>Target Populations/ Eligibility Requirements</th>
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<tr>
<td>Community Development Block Grants (CDBG) Department of Housing and Urban Development (HUD)</td>
<td>CDBG is a funding stream allocated by the Department of Housing and Urban Development (HUD) to state and local governments to support housing, community, and economic development needs including home repair/improvement.</td>
<td>Homeowners, Renters, Landlords, Those with low income, Older adults, People with disabilities</td>
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<tr>
<td>HUD HOME Program</td>
<td>HOME is a newer block grant that is allocated to states and communities to support only housing activities. It funds many home repair efforts nationwide.</td>
<td>Homeowners, Renters, Landlords, Those with low income, Older adults, People with disabilities</td>
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For more information...

Fall Prevention Center of Excellence: www.stopfalls.org

Home Modification Resources
• http://stopfalls.org/resources/home-modification-tools-programs-and-funding-landingpage/

Online Executive Certificate in Home Modification Program
• www.homemods.org
• www.homemods.org/homes

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