

There's No Place Like Home: Aging Network Innovations in Home Modification

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Speakers



- Damon Terzaghi, National Association of Services United for Aging and Disabilities (NASUAD)
- Emily Nabors, MSG, USC Leonard Davis School of Gerontology
- Mark Meyers, MPA, Philadelphia Corporation for Aging
- Tori Goldhammer, MS, OTR/L, ATP, ECHM, CAPS, CEAC, LMT, DC Dept. of Aging & Community Living

Home Modifications for Older Adults

- NASUAD engaged in this initiative to raise awareness about the need for and options to provide home modifications across the aging network;
- Accessible housing is crucial component of ensuring access to HCBS and delaying or preventing the need for institutional placements;
- While there are many different programs that may help participants with home modification, they are spread across a wide range of programs, statutory codes, and government agencies;
- In many cases, one of the first and best steps that can occur is mapping the available resources and providing education to improve coordination across programs.

2019 NCI-AD Consumer Survey Shows why this Matters



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- NASUAD's NCI-AD initiative is a consumer-focused survey that looks at participant experience in publicly-funded aging and disability programs from a systems-level;
- Goal of NCI-AD is to measure:
 - ▣ The quality of publicly funded LTSS; and
 - ▣ The outcomes experienced by service recipients.
- The 2017-2018 national report, due out in September, covered 16 states and captured important information and context about participants' access to home modification services.

Key Highlights from NCI-AD

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- Proportion of people who report needing grab bars in the bathroom or elsewhere in their home but do not have them:
 - Total: 13%
 - Community: 15%
 - Nursing Home: 1%
- Proportion of people who report needing bathroom modifications (other than grab bars) but do not have them
 - Total: 14%
 - Community: 16%
 - Nursing Home: 1%
- Proportion of people who need a ramp or stair lift in or outside their home but do not have it:
 - Total: 9%
 - Community: 11%
 - Nursing Home: 0%
- Proportion of people who need some other home modification but do not have it
 - Total: 6%
 - Community: 7%
 - Nursing Home: 1%



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USC Leonard Davis School of Gerontology

- Applied Research
- Information Dissemination
- Professional Education and Training



Promoting Aging in Place by Enhancing Access to Home Modifications



Goal: to maximize older adults' ability to age in place by increasing the availability and awareness of HM at the local, state, and national levels

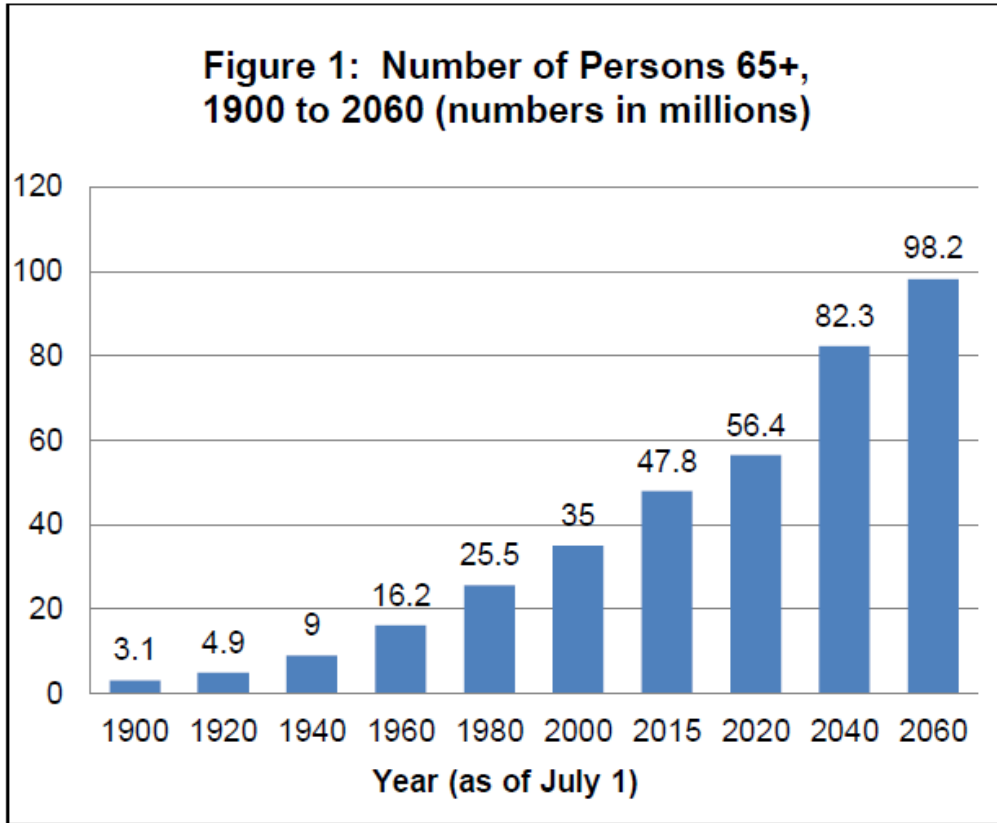
1. Develop a knowledge base

2. Improve coordination among HM programs

3. Train aging network to deliver, promote access to HM

4. Improve access to and use of HM by older adults and caregivers

People Aging in Community



Aging in Place maintains access to resources, social connections, and supports independence (*Pynoos, et al, 2006*).



Sources: **Chart:** 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; **Photo:** National Council on Aging

Housing Does Not Support an Aging Population



Photo by [Milly Eaton](#) from [Pexels](#)



Where Do Falls Occur?

55% - Inside the House

23% - Outside Near House

22% - Away from Home

55%



23%



22%



Sources: National Health Interview Survey, 1997-8 (Kochera, 2002); Kitchen Photo: Person, Environment, Performance Laboratory, Washington University in St. Louis, School of Medicine, Program in Occupational Therapy

What is Home Modification?



Change the environment



Remove Fall Hazards



Add Supports



Change Behavior

Benefits of Home Modifications



Make daily activities easier

Save \$/Cost effective



Reduce falls, injuries

Support caregivers



Reduce depression

Avoid institutional settings



Increase activity



Increase social connectedness

Home Modification Examples: Bathroom

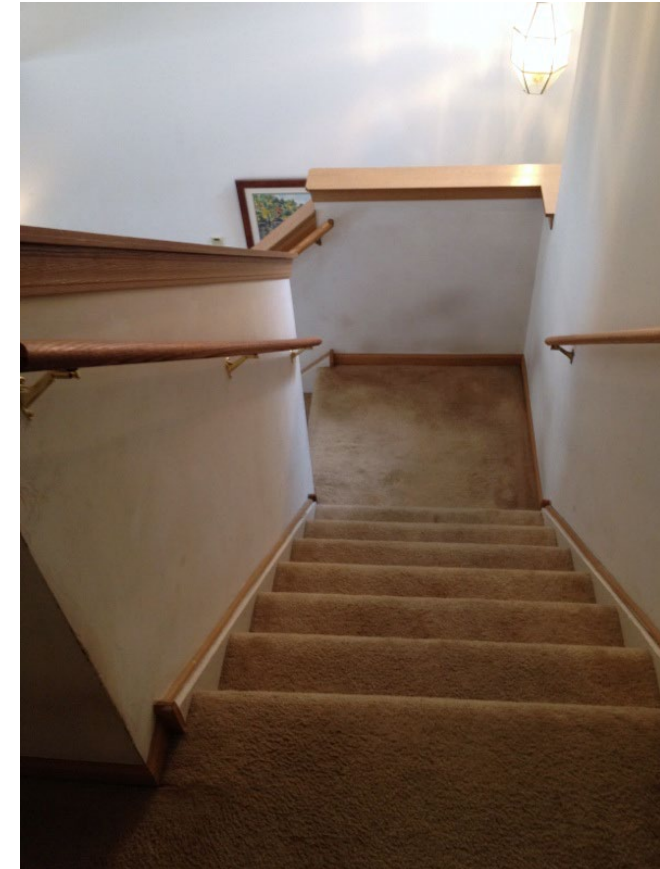


Eskaton, Sacramento, CA

Home Modifications in the Kitchen



Home Modifications for the Stairs



Home Modification Process



Intake

Assessment



Set Priorities



Secure
Funding



Installation



Follow Up

SUAD Home Modification Activities



- Administer/monitor statewide HM services via AAA or Title VI orgs
- Integrate HM services within HCB and/or LTC programs
- Jointly administer programs with other state agencies that include HM
- Conduct activities to raise awareness about HM among consumers
- Educate/train professionals on HM
- Advocate to increase HM funding, policies and/or services
- Incorporate strategies to address individuals' HM needs into the state plan
- Participate in task forces/planning activities with other agencies the state

State HM Funding Sources



- Dept of Agriculture
- Assistive Technology Program
- Dept of Energy
- Dept of Housing and Urban Development
- Housing Finance Agency
- Medicaid Office
- Dept of Rehabilitation
- Dept of Social Services
- Dept of Veterans Affairs



State HM Funding Examples



- Alaska Dept of Health and Social Services, HAIP
- Colorado Dept of Health Care Policy & Financing, Home Modification Benefit Program
- Illinois Dept of Aging, Community Care Program
- Iowa Dept on Aging & Veterans Health Administration, VD-HCBS
- Wyoming Dept of Health, Home Services Program
- Pennsylvania Dept on Aging, OPTIONS Program



Thank you!

Emily Nabors, MSG

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www.homemods.org

www.stopfalls.org

Philadelphia Corporation for Aging's (PCA)

HOUSING DEPARTMENT Mark Myers, Housing Director



Philadelphia Corporation for Aging

Area Agency on Aging - 1973

Private Non-Profit – 700 employees

Mission is to help people remain in their homes and communities for as long as possible.



PHILADELPHIA CORPORATION FOR AGING

Enriching lives, preserving dignity.™

PCA HOUSING DEPARTMENT

Housing Department Mission: Improve the safety, accessibility and affordability of housing for older Philadelphians and those with disabilities (est. 1980).

Only AAA in the State of Pennsylvania that has a Department dedicated to housing services.

All together PCA funded 1,123 home repairs and modifications in Fiscal Year 2019.

Framework: Safe Homes for Seniors

- 1) Repairs & Modifications** – To enhance PCA's home repair and modification programs through new funding streams and new partners.
- 2) Educate Seniors** – To empower seniors to make their homes safer and healthier.
- 3) Advocacy** – To promote specialized agendas and to connect with larger initiatives.

Minor Repairs vs. Modifications

Repairs “fix” something that is broken ie:

- Repair or installation of exterior doors
- Installation of dead bolt locks
- Replace leaky faucets
- Repair toilets
- Replace basement wooden steps



Minor Repairs vs **Modifications**

Home modifications “adapt” something to a person’s particular needs ie:

- Adapting existing bathroom fixtures
- Installing grab bars and hand-held showers
- Installing hand railings and intercom systems
- Smoke detectors and carbon monoxide alarms



PCA's Signature Housing Program: SHARP

Senior Housing Assistance and Repair Program (SHARP)

- Provides minor repairs and modifications to homeowners 60 + in Philadelphia to improve the home's safety, security and accessibility.
- Max \$2,500 per household every 5 years. \$1,500 towards Repairs / \$1,000 towards Mods.
- Cost Sharing
- Budget = Approximately \$1,750,000



PCA's Signature Housing Program: SHARP

Through SHARP in FY 2019 we provided the following:

- Handheld Showers 500
- Hand Rails 200
- Grab Bars 1,500
- Kitchen Faucets 350
- Bathroom Faucets 250
- Exterior Iron Railings 400

Other PCA Housing Services

- Caregiver Support Program (Modifications)
- Community Health Choices (formerly PCA Waiver)
- Options Program (Modifications)
- Managed Care Organizations – Health Springs (Modifications)
- Special Grants – Del Mar (Major Repairs)
- PCA's In Home Support Program (Minor Repairs)
- PCA Helpline – Affordable Housing List

2019 Snapshot

– SHARP	721
– Waiver	244
– Options	35
– CSP	12
– MCO	24
– Delmar Fund	87
TOTAL	1,123



Frequently Asked Questions

- Can you fix my roof?
- Where am I on the waiting list?
- My toilet is running, can you come out to fix it?
- Does Housing help people relocate?
- How long does a housing job take to complete?
- When do we use an O.T. and why?
- Does Housing perform repairs for Waiver consumers?
- Does Housing help with title work?

Education and Advocacy

- Communications Department's Milestones Magazine
- Special Events
- Senior Centers & Falls Prevention
- Safe Homes for Seniors Listserv – 135 advocates from Housing and Aging Professions
- Sit on Committees – ie. Visitability Committee, Philadelphians Against Bed Bugs, Healthy Rowhouse, etc.
- Quarterly Housing Counselor's Meeting

My Contact

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SAFE AT HOME



TORI GOLDHAMMER, MS, OTR/L, ATP, ECHM, CAPS, CEAC
CLINICAL MANAGER, SAFE AT HOME PROGRAM

District of Columbia

As of 2016, the population of 65 and older in the District (DC) was ~79,000 or ~11.6% of DC population

Since 1975 the DC “Office on Aging” served District seniors

Age Friendly City

2019 the “Office on Aging” became the “Department of Aging and Community Living”

Background

- In 2011 the DC Falls Free Coalition was founded
- Goals of the Coalition included advocating for a grant based home modification for Seniors in the District of Columbia
- February 2015 the DC Office on Aging (DCOA) provided Home Care Partners (HCP) with a \$56,000 grant to run a small pilot program

2015 Pilot program

Pilot program:

- February through July, Occupational Therapists (OT's) conducted home assessments and provided reports with recommendations for fall prevention including home modifications
- Beginning July, DCOA began funding the modifications up to \$1000 per household
- 85 clients were seen; 37 received funded modifications (average \$727 per client)
- Outcomes
 - 22% decrease in “fear of falling” as measured by the Falls Efficacy Scale (FES)
 - 48% decrease in “home safety hazards” as measured by the SAFER HOME assessment

Safe at Home

Full program launched January 2016

Mission: To promote aging in place for older adults (60 years and above) and residents living with a disabilities (18 to 59 years old) by offering home accessibility adaptation grants that reduce the risk of falls and reduce barriers that limit mobility.

Safe at Home Grants

FY 16: DC dollars: \$10,000 grant per household

FY 17: Combination of CDBG and DC dollars; \$10,000 half fiscal year, decreased to \$6000

FY 18 and 19: DC dollars: \$6000 per household

Eligibility

1. DC Resident
 - Renters, homeowners and condo/co-op
2. Age 60+ or 18-59 with disability
3. Income: based on Area Median Income (AMI) for a “household”

Household Size	Household Income Applicant Pays 0% of Adaptation Costs *Qualifies for Home Security Camera	Household Income Applicant Pays 50% of Adaptation Costs	Household Income Applicant Pays 75% of Adaptation Costs
1	\$68,000	\$68,001-\$76,500	\$76,501-\$85,000
2	\$77,700	\$77,701-\$87,390	\$87,391-\$97,100
3	\$87,400	\$87,401-\$98,280	\$98,281-\$109,200
4	\$97,050	\$97,051-\$109,170	\$109,171-\$121,300

Protocol

First Occupational Therapy (OT) visit

- Up to 7 standardized assessments
- Balance/strength, vision, home environment, fall risks and goals/concerns

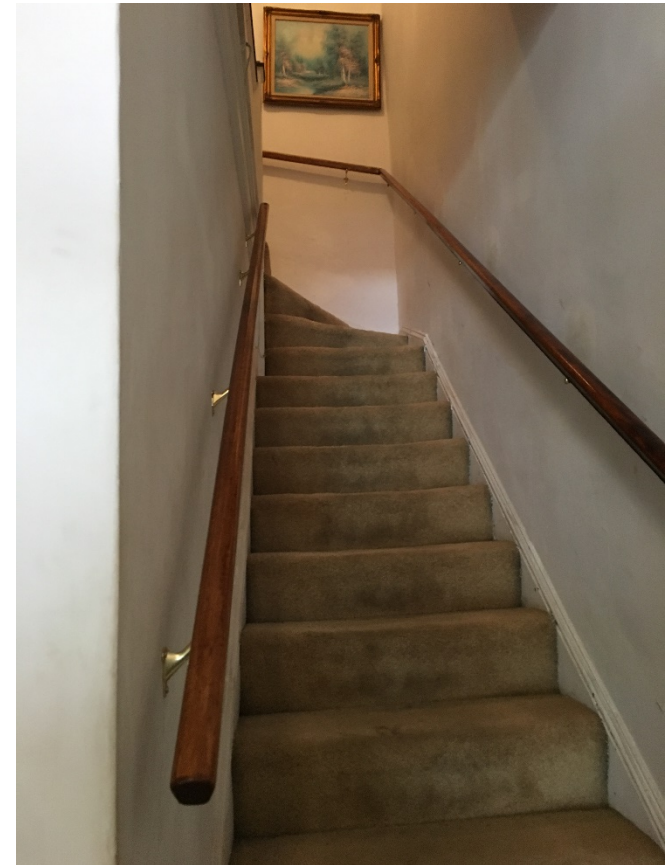
Scope of work completed

- Vetted contractors
- Price list based on up front bidding
- One year warranty on all installed products

Final OT visit

- Repeat goals/concerns and home environment assessments
- Train on equipment
- Add additional equipment and recommendations as needed

Rails



Stairlift



Tub Cut



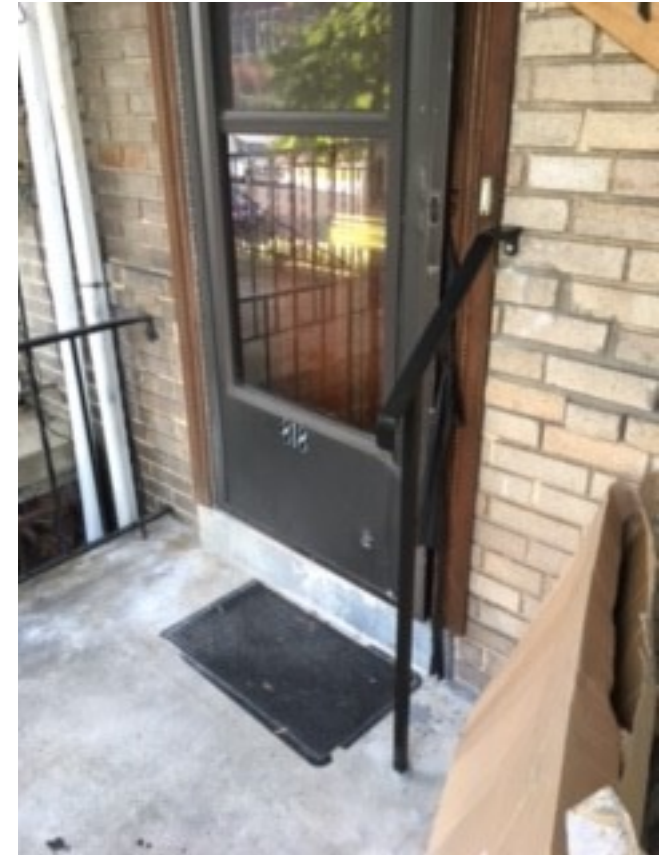
Transfer Bench



Toilet



Exterior



Re-enter program

1. Significant change in functional status
2. 3 years passed
3. Moved

Demographics

Single women

80+ years of age

Homeowner

Data

FY 16: **455** clients; Georgetown University study revealed:

- Falls decreased from 0.92 per person per year to 0.24 falls per person per year after the modifications.
- Drop in the percentage of participants who experienced a fall, from 36% before to 10% after modifications.

FY 17: 52% reduction in *SAFER scores and a 49% reduction in *FES scores at the completion of Safe at Home services based on **585** clients received pre and post OT visits

FY 18: 56 % reduction in SAFER scores and a 47% reduction in FES scores at the completion of Safe at Home services based on **852** clients who received pre and post OT visits

FY 19: Goal **855** clients

**SAFER = SAFER Home Safety Assessment*

**FES = Falls Efficacy Scale*

Unique

\$6000 grant

Renters and Owners

Occupational Therapists

- Additional training required for home modifications
- Pre and post installation visits
- Outcome data collected

Contractors

- Set pricing with **specific products**
- Vetted contractors experienced with home modifications
- No product specific vendors, must be able to manage a complete job

Challenges

Maintaining equipment

Home repairs

Dollars limited to “household” vs. “per client”

Keeping up with demand in timely manner

Questions?

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