

# Evidence-Based Programs with a Home Modification Component

A growing number of evidence-based programs include home modification alongside exercise or other interventions to improve older adults' functioning and reduce falls. These well-tested models can now be conducted on a wider scale in a variety of settings. To learn more about what they involve, see the details below.

<b>A Matter of Balance</b> <a href="https://mainehealth.org/about/healthy-communities/healthy-aging/matter-of-balance">https://mainehealth.org/about/healthy-communities/healthy-aging/matter-of-balance</a>		
<b>Program Goals &amp; Target Audience</b>	<b>Program Description</b>	<b>Delivered By &amp; Training Requirements</b>
<ul style="list-style-type: none"> <li>• Reduce fear of falling</li> <li>• Increase activity levels</li> <li>• <u>Target Audience:</u> Adults age 60+ who are ambulatory, able to problem solve, concerned about falling, interested in improving flexibility, balance and strength and have restricted their activities because of concerns about falling</li> </ul>	<ul style="list-style-type: none"> <li>• 8 weekly or twice weekly sessions</li> <li>• 2 hours per session</li> <li>• 8-12 group participants</li> <li>• Emphasizes practical coping strategies to reduce fear of falling and teach fall prevention strategies</li> <li>• Structured group intervention activities include group discussion, problem-solving, skill building, assertiveness training, videos, sharing practical solutions and exercise training</li> </ul>	<ul style="list-style-type: none"> <li>• 2 coaches (volunteer lay leaders) teach the class to participants</li> <li>• Guest therapist visit (1 session for 1 hour)</li> </ul> <p><u>Training Requirements</u></p> <ul style="list-style-type: none"> <li>• <u>Master Trainers:</u> 2-day training and on-going updates</li> <li>• <u>Coach/Lay leader training:</u> 8 hours and attend annual 2.5 hour training update</li> </ul>
<b>Program Costs</b>		
<ul style="list-style-type: none"> <li>• <u>Licensing Cost:</u> None. Everything is included in the training fee</li> <li>• <u>Training Cost:</u> Master Trainer session open to anyone (includes all materials): \$1,500 per Master Trainer plus travel - Group training available at an agency's location upon request: a) 11-15 attendees: \$16,000* plus \$220/person for materials b) 16-20 attendees: \$18,500* plus \$220/person for materials * plus travel, meals and lodging for 2 Lead Trainers</li> <li>• <u>Post-training Materials Cost:</u> Coach Handbook: \$20 - Participant Workbook: \$13 - Guest Therapist Handbook: \$6 - DVD (Fear of Falling and Exercise: It's Never Too Late): \$164.76/set - A Matter of Balance DVD: \$11.00 - A Matter of Balance Lay Leader Model CD-ROM for Coaches: \$2.00.</li> </ul> <p><i>*Visit the website (above) for the most up-to-date Matter of Balance cost information.</i></p>		

An evidence-based program demonstrates through evaluation: 1) to be effective for improving the health and well-being or reducing disease, disability and/or injury among older adults; 2) is proven effective with the older adult population, using experimental or quasi-experimental design; 3) has research results published in a peer-review journal; 4) is fully translated in one or more community site(s); and 5) includes developed dissemination products that are available to the public. Learn more here: [Evidence-based Program Criteria](#) (the U.S. Administration for Community Living's highest level benchmarks for evidence-based programs).

## CAPABLE: Community Aging in Place, Advancing Better Living for Elders

[https://nursing.jhu.edu/faculty\\_research/research/projects/capable/](https://nursing.jhu.edu/faculty_research/research/projects/capable/)

Program Goals & Target Audience	Program Description	Delivered By & Training Requirements
<ul style="list-style-type: none"> <li>• <u>Goals:</u> To reduce the impact of disability among low income older adults by addressing individual capacities and the home environment.</li> <li>• <u>Target Audience:</u> Low income older adults</li> </ul>	<ul style="list-style-type: none"> <li>• 5-month, client-led program</li> <li>• Occupational Therapist provides up to 6 home visits, Registered Nurse (up to 4 home visits), handyman (full day's work of home mods, assistive devices, and repairs).</li> <li>• Directly addresses all risk factors for falls: medications, low vision, decreased leg strength, safe ADL ability, and home safety risks.</li> <li>• Addresses participants' own goals, e.g., to get upstairs, take a shower, or walk out the front door—and barriers that interfere with achieving these goals.</li> </ul>	<ul style="list-style-type: none"> <li>• Occupational Therapist</li> <li>• Registered Nurse</li> <li>• Handyman</li> </ul>
<h3>Program Costs</h3>		
<p><u>Most of the costs are staff costs (RN, OT, and Handyman)</u></p> <ul style="list-style-type: none"> <li>• Interventionist training time</li> <li>• In-home visit duration</li> <li>• Travel time</li> <li>• Supervisory meetings</li> <li>• Visit preparation time</li> <li>• Care coordination time between OT, RN and handyman</li> </ul> <p><u>Non-staff time costs include:</u></p> <ul style="list-style-type: none"> <li>• Supplies and labor for home modifications, repairs, and assistive devices)</li> <li>• Program materials</li> <li>• Mileage (for driving to participants' homes)</li> </ul>		

## FallScope

<https://ncoa.org/article/evidence-based-program-fallscope>

Program Goals & Target Audience	Program Description	Delivered By & Training Requirements
<p><u>Goals:</u></p> <ul style="list-style-type: none"> <li>• Increase falls prevention behaviors and falls self-management skills</li> <li>• Improve recognition of fall threats (personal traits and circumstances that could cause a fall) &amp; self-efficacy</li> <li>• Enhance fall threat recognition and prevention behaviors with multimedia</li> <li>• Prevent participant falls and reduce fall risk</li> </ul> <p><u>Target Audience:</u> Adults 50+ who have fallen OR are experiencing regular loss of balance, AND are at risk for falls OR are concerned about falling</p>	<p>A one to six-month personalized multimedia behavior change program delivered in two to four one-on-one sessions utilizing easy-to-use software (provided) that includes:</p> <ul style="list-style-type: none"> <li>• Evidence-based fall risk screening and standardized FallsTalk interview (10-20 minutes) which creates customized intervention components and reports;</li> <li>• FallScope interactive multimedia training (one or two 15-30 min. sessions);</li> <li>• Fall-related log training (5-10 min.); and telephone check-ins (2-5 min. each);</li> <li>• Follow-up interview and log review (10-20 min.); e) FallScope interactive multimedia evaluation (10- 15 min.)</li> </ul>	<ul style="list-style-type: none"> <li>• One to four trained facilitators</li> <li>• Interview, follow-up and phone check-ins; multimedia training and multimedia evaluation can be delivered by <u>Training Requirements</u></li> <li>• One or two days completed separately. Two days of FallsTalk training and demonstration of competency are required before FallScope training can begin</li> <li>• In-person training is mandatory to insure fidelity, FallScope training is a pre-requisite for enrollment in Advanced FallScope</li> <li>• Included software matches trainee's abilities</li> <li>• Training is offered at various sites or can be delivered onsite for groups</li> </ul>

## Program Costs

- Licensing Cost: Included in the training costs.
- Training Cost: FallsTalk training plus \$250 - \$490 depending on program components (1 or 2 days which must be taken separately from FallsTalk training and each other); Package includes training, software, multimedia elements, support for one year, and required competency testing.
- Annual Subscription Cost: Starts at \$600 including FallsTalk license. Fee is based on both the number of users on-site and program components (see website for details). Subscription provides on-going site support, software and multimedia element updates, as well as web-based training

## Home Hazard Removal Program (HARP)

<https://ncoa.org/article/evidence-based-program-home-hazard-removal-program-harp>

Program Goals & Target Audience	Program Description	Delivered By & Training Requirements
<p><u>Goals:</u></p> <ul style="list-style-type: none"> <li>• Reduce individual's number of falls</li> <li>• Reduce fall hazards in the home</li> <li>• Improve individual's ability to manage their fall risk</li> </ul> <p><u>Target Audience:</u> Older adults at high risk of falling in the community</p>	<p>A behavioral intervention of 1-5 sessions conducted in the home that addresses fall risk behaviors and home hazards for older adults at high risk for falling. It includes:</p> <ul style="list-style-type: none"> <li>• A comprehensive assessment of the person, their behaviors, and their home environment;</li> <li>• A plan for removing hazards in the home;</li> <li>• A booster session three months after the services are delivered.</li> </ul>	<ul style="list-style-type: none"> <li>• A trained occupational therapist</li> </ul> <p><u>Training Requirements</u></p> <ul style="list-style-type: none"> <li>• Online training</li> </ul>

## Healthy Steps for Older Adults

<https://www.aging.pa.gov/aging-services/health-wellness/Healthy%20StepsFallPrevention/Pages/default.aspx>

Program Goals & Target Audience	Program Description	Delivered By & Training Requirements
<p><u>Goal:</u> to prevent falls, promote health, and ensure that older adults can remain as independent as possible for as long as possible, Healthy Steps for Older Adults aims to increase knowledge and awareness, introduce steps to reduce falls and improve health and well-being, and provide referrals and resources.</p> <p><u>Target Audience:</u> Adults age 50 and over, including adults with low health-literacy (ability to read, understand, and act on health information).</p>	<ul style="list-style-type: none"> <li>Two workshops lasting approximately two hours each, held in the community at locations such as senior community centers and health care organizations within and outside of Pennsylvania. Both workshops can be held in one day or over a two day period. The workshops address common causes of falls, including: environmental safety; balance, strength, flexibility, endurance exercises; nutrition; foot health; sensory deficits (vision/hearing); side effects of medication; health status/disease states, including substance abuse; the need to maintain an active lifestyle; social connectedness; mental and spiritual well-being. Referral and follow-up are important components.</li> </ul>	<p><u>Delivered By:</u></p> <ul style="list-style-type: none"> <li>One to two certified instructors.</li> </ul> <p><u>Training Requirements:</u></p> <ul style="list-style-type: none"> <li>Workshop Leaders are required to take three online courses prior to attending a two-day classroom training. The online courses are approximately 45 minutes each in length and the two-day workshop runs approximately 6.5 hours each day.</li> </ul>
<h3>Program Costs</h3>		
<ul style="list-style-type: none"> <li>Healthy Steps for Older Adults workshops are offered at no charge through Pennsylvania's 52 Area Agencies on Aging. Other organizations and facilities outside of Pennsylvania's Area Agency on Aging network can purchase a license to train Workshop Leaders and to conduct workshops. For more information on costs, email <a href="mailto:wellness@pa.gov">wellness@pa.gov</a>.</li> </ul>		

## Program of All Inclusive Care for the Elderly (PACE)

[www.npaonline.org](http://www.npaonline.org)

Program Goals & Target Audience	Program Description	Delivered By & Training Requirements
<p><u>Program Goals:</u></p> <ul style="list-style-type: none"> <li>Comprehensive and seamless service delivery system and integrated Medicare and Medicaid financing.</li> </ul> <p><u>Target Audience:</u></p> <ul style="list-style-type: none"> <li>Eligible individuals are age 55+ and meet the clinical criteria to be admitted to a nursing home but choose to remain in the community. An array of coordinated services is provided to support PACE participants to prevent the need for nursing home admission</li> </ul>	<p>Interdisciplinary team assesses participants' needs; develops care plans; and delivers or arranges for all services (including acute care and, when necessary, nursing facility services), either directly or through contracts. PACE programs provide social and medical services, primarily in an adult day health center setting referred to as the "PACE center," and supplement this care with in-home and referral services in accordance with the participants' needs. Each participant can receive all Medicare- and Medicaid-covered services, as well as other care determined necessary by the team.</p>	<p><u>Delivered By:</u></p> <ul style="list-style-type: none"> <li>An interdisciplinary team, consisting of professional and paraprofessional staff.</li> </ul> <p><u>Training Requirements:</u> For a health care organization to be approved as a PACE program, the State must elect PACE as a voluntary State option under its Medicaid plan. In addition, the prospective PACE organization and the State must work together in the development of the PACE provider application. On behalf of the prospective provider, the State submits the application to the Centers for Medicare and Medicaid Services with assurance of the State's support of the application and its contents. Each approved PACE program receives a fixed amount of money per PACE participant regardless of services utilized.</p>

## SAIL (Strategies and Action for Independent Living)

<http://www.sailseminars.com/>

Program Goals & Target Audience	Program Description	Delivered By & Training Requirements
<p><u>Goals:</u></p> <ul style="list-style-type: none"> <li>Physical activity program that reduces fall risk factors by increasing strength and improving balance.</li> </ul> <p><u>Target Audience:</u></p> <ul style="list-style-type: none"> <li>Primary focus is on community-dwelling adults 65 years and older with a history of falls. SAIL is able to accommodate people with mild mobility difficulty.</li> </ul>	<ul style="list-style-type: none"> <li>SAIL is offered three times a week in a one-hour class. The duration of the class is determined by the organization providing it. The recommended class size of 8-15 people. The class includes warm up, aerobics, mandatory balance exercises, mandatory strength exercises, stretching, and education, which includes the topic of home safety. The exercises can be done standing or seated.</li> </ul>	<p><u>Delivered By:</u></p> <ul style="list-style-type: none"> <li>Fitness, exercise science, and healthcare professionals who have completed the SAIL Instructor training.</li> </ul> <p><u>Training Requirements</u></p> <ul style="list-style-type: none"> <li>Instructors must complete online or in-person training.</li> <li>Experience working with and teaching physical activity to older adults is preferred, and current CPR and First Aid certification is recommended.</li> </ul>
<p><b>Program Costs</b></p>		
<ul style="list-style-type: none"> <li>SAIL is a public-domain program. There are no initial site license fees and no yearly renewal fees for conducting SAIL classes. The program can be provided free of charge or for a small fee for seniors as an approved Administration for Community Act Title 3D funding requirement. Living evidence-based program that meets the Older Americans</li> </ul>		

## Stepping On

<https://wihealthyaging.org/stepping-on-consumer>

Program Goals & Target Audience	Program Description	Delivered By & Training Requirements
<p><u>Goals:</u></p> <ul style="list-style-type: none"> <li>Offer strategies and exercises to reduce falls and increase self-confidence in making decisions and behavioral change in situations where older adults are at risk of falling</li> </ul> <p><u>Target Audience:</u></p> <ul style="list-style-type: none"> <li>Community-residing, cognitively intact older adults who are at risk of falling, have a fear of falling or who have fallen one or more times in a year</li> </ul>	<ul style="list-style-type: none"> <li>7 weeks, 2 hours per week</li> <li>A home visit or follow-up phone call by the program leader to facilitate follow-through with preventive strategies and to assist with home adaptations</li> <li>2-hour booster session after 3 months</li> </ul> <p>Format includes workshops; balance and strength exercises during sessions and at home; guest expert presentations on topics including exercise, vision and falls, medication management, and community safety; fall risk self-assessments; and a display of useful items to prevent falls.</p>	<p><u>Delivered By:</u></p> <ul style="list-style-type: none"> <li>Trained leader</li> <li>Trained peer leader</li> </ul> <p><u>Training Requirements:</u> 3-day training for Leaders</p>
<h3>Program Costs</h3>		
<ul style="list-style-type: none"> <li><u>Licensing Cost:</u> Included in the training cost</li> <li><u>Training Cost:</u> On-site Wisconsin training (which includes the first 3-year license, the Freiberg Press Stepping On Manual, weights and the toolkit, and one fidelity check, by videotape, per Leader): - For Wisconsin residents: \$250 - For non-Wisconsin residents: \$1,500 for up to two people from an organization; \$1,200 for 3+ people - Off-site training: \$12,000 for training up to 20 individuals, PLUS the cost of the two trainers' flights, hotels, daily food allowance. In addition, the local (other state) must arrange for and provide: 20 of the Stepping On Manuals, copying of toolkit and other materials, room rental, snacks and lunches for 3 days, weights, arranging for a guest expert physical therapist on the first afternoon of the 3-day training, getting A-V equipment (power point projector, screen, DVD player, etc.), general training items including easels, flipcharts, nametags, table tent cards, etc., and arranging for Stepping On display and sample display items</li> </ul>		

**Resources:** The Fall Prevention Center of Excellence at the USC Leonard Davis School of Gerontology offers information on how to make homes safe and where to find services, programs, and funding support: [homemods.org](http://homemods.org).



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