“Safety and Aging in the Home”

Screening for Concerns in the Home Environment

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Objectives

• Discuss common components of a home evaluation.
• Identify instructions for a virtual home tour.
• Describe considerations and safety precautions for performing a home screen in a virtual environment.
• Identify how to locate and use screening tools for assessing the home environment in a virtual format, including the CDC “Check for Safety” and Clutter Image Rating Scale.
OVERVIEW AND INSTRUCTIONS
Home Assessments

**Areas**: bathroom(s), bedroom(s), kitchen, living room, dining room, stairs, entrances/hallways, laundry, garage, yard

**Other factors**: flooring, walkways, thresholds, lighting, children, pets, BEHAVIOR
Instructions for Virtual Home Tour

(With Video)

• STOP – provide them with directions **before** they move
  – Walk slowly and carefully into a room
  – Stand still
  – Very slowly move the camera from one side of the room to the other
  – Cue them for specifics
  – Go to next room

• Have them flip the camera view so it’s not in selfie mode

• CDCD Check for Safety screening tool to guide

• **SAFETY SAFETY SAFETY!!!**
Instructions for Virtual Home Tour
(With Photographs)

• Have resident take pictures of the home
  – Discuss the home in advance and make a list of areas you want them to take pictures of
  – Ask them to take pictures in highest resolution possible
  – Photos showing all areas of each room
  – Email photos to you, review and discuss in your next phone call

• SAFETY SAFETY SAFETY!!!
Instructions for Virtual Home Tour
(No Video or Photos)

• Have resident describe their home and complete the CDC Check for Safety screening tool (or other if you prefer) together
  – Take notes as you go
  – Share the results of the screening tool with your older adult, including the recommended changes
CONSIDERATIONS
Considerations

- **Homes are very personal and private spaces.** People may be uncomfortable or even embarrassed with how their home looks. It is critical to avoid making your resident feel uncomfortable, pressured or judged.
  - Discuss in advance so you can both agree when you’re going to do the home tour so they aren’t “put on the spot”
  - Emphasize this is for your learning
  - Consider having another person do this if concerned about resident’s safety (e.g., spouse, caregiver, neighbor, grandchild)
  - Keep it informal – ask for a “tour” of the home
  - Can complete in multiple visits
Considerations

• SAFETY SAFETY SAFETY!!!
  – Use good judgment and air on the side of caution
  – If your older adult may be a fall risk, do NOT have them perform a video home tour (unless a family member who is not at risk of falling does this for them)
  – Instead, use either the “Photographs” or “No Video or Photos” approach

Photo from Skitterphoto
Considerations

• Motion sickness
  – If you are susceptible to motion sickness or other concerns, it may be a good idea to have a small block of time post-evaluation for recovery in the event you experience motion sickness or other side effects.
  – You may also wish to take additional measures and have some remedies on hand to help combat motion sickness.

• Connectivity
  – Internet connectivity may be better in some areas of the home than others.
DEMONSTRATION
ROOMS OF THE HOME
Bathroom

- On/off toilet
- In/out of shower or tub (if used)
- Turning knobs
- Grip surfaces
- Visibility and lighting/glare
- Bars
- Throw rugs
- Tools to wash body
Bedroom

- Where do they sleep?
- In/out of bed
- Lighting (day and night time)
- Carpeting and rugs
- Free of clutter
- Adjustable clothes bars
- Sleep hygiene
Kitchen and Dining

• Accessibility
• Tidy shelving, counters and table tops
• Stove safety
• Grip floor
• Rugs and mats
• Chair weight and height
Living Room

- Position end/coffee tables
- Tidy cords
- Accessible phones
- Chair and couch height
- Tidy room
- Bags/purses off the floor
Entrances and Walkways / Paths

- Space / width
- Cords, tripping hazards
- Carpet
- Stair and step safety
- Lighting
- Thresholds
- Mats and rugs
Resources and References

• CDC “Check for Safety” (screening tool and recommendations)

• Home Fast (screening tool)
  https://ses.library.usyd.edu.au/handle/2123/14750

• Clutter Image Rating Scale
  https://www.hoardingconnectioncc.org/Hoarding_cir.pdf

• Lifetime Home http://lifetimehome.org/
• HomeMods.org https://homemods.org/