

USC University of
Southern California

Welcome
Interprofessional Education and Collaboration for Geriatrics
(IECG) Session # 4
Functional Independence and Home Visit

Friday, January 19, 2024
1:30 p.m. – 4:30 p.m.

Interprofessional Education and Collaboration for Geriatrics (IECG)



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Welcome

Faculty Lead

Keck School of Medicine of **USC**
Geriatric Healthcare Collective

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IECG Session 4 Agenda

1:35 pm – 1:40 pm	Welcome	Lead Faculty
1:40 pm – 1:45 pm	Session # 4 Objectives	Lead Faculty
1:45 pm – 2:15 pm	Activities of Daily Living & Integration of Prior Content: <ul style="list-style-type: none">• Safety, furniture, etc.• Medication review	Faculty
2:15 pm – 2:45 pm	Home Visit Video <ul style="list-style-type: none">• Home FAST• CASPAR (section 3)	Faculty
2:45 pm – 2:55 pm	Break	
2:55 pm - 3:10 pm	Team Building & Discussion <ul style="list-style-type: none">• Checklist of prior assessments• Prioritize for the home visit• Time keeping	Lead Faculty
3:10 pm - 4:00 pm	Home Visit with Older Adult	
4:00 pm 4:30 pm	Return to Community Room Debrief & Conclusion	Lead Faculty

Session #4 - “Safety and Aging in the Home”

Lead Faculty

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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

The Problem

- Annually, ~30% of community-dwelling older adult fall (Florence et al., 2018)
- Fall rate considerations
 - Under reporting
 - Setting differences
- Lead cause of nonfatal and fatal injuries in older people (Moreland et al., 2020)
 - Cause 90% of hip fx (most often from sideways falls)
- Other outcomes: loss of independence, psychological trauma (fear of falling), cost, mortality

Screening in the Home Environment

Aging in Place

Safety

Accessibility /
Comfort

Screening in the Home Environment



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

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



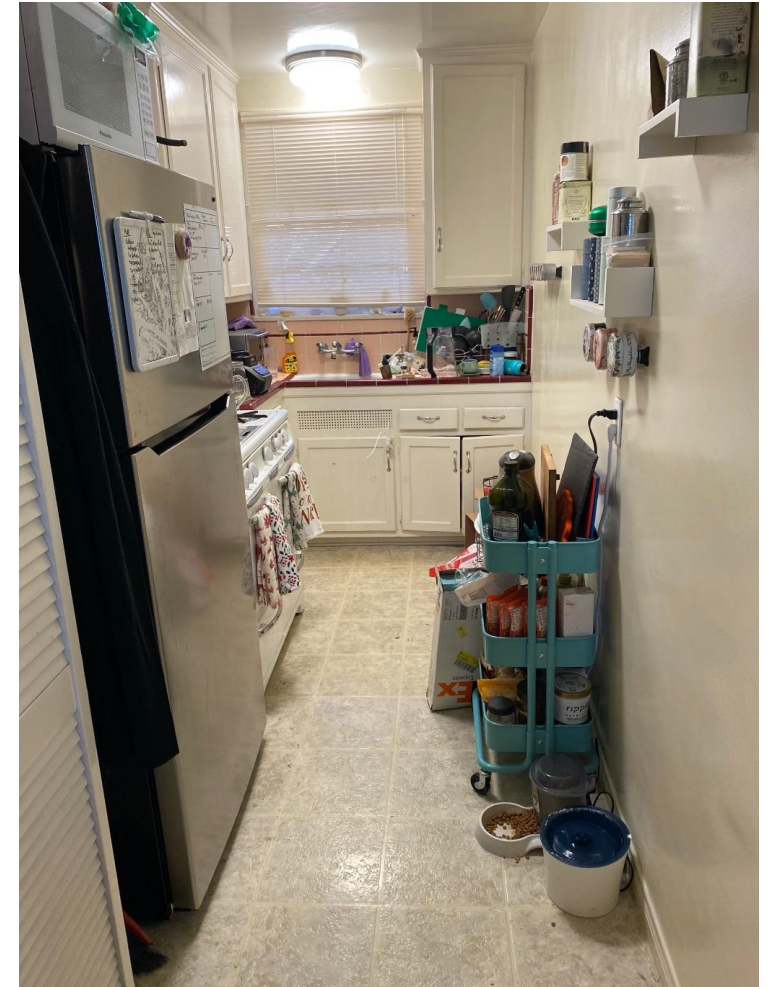
Bedroom

- ❖ 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



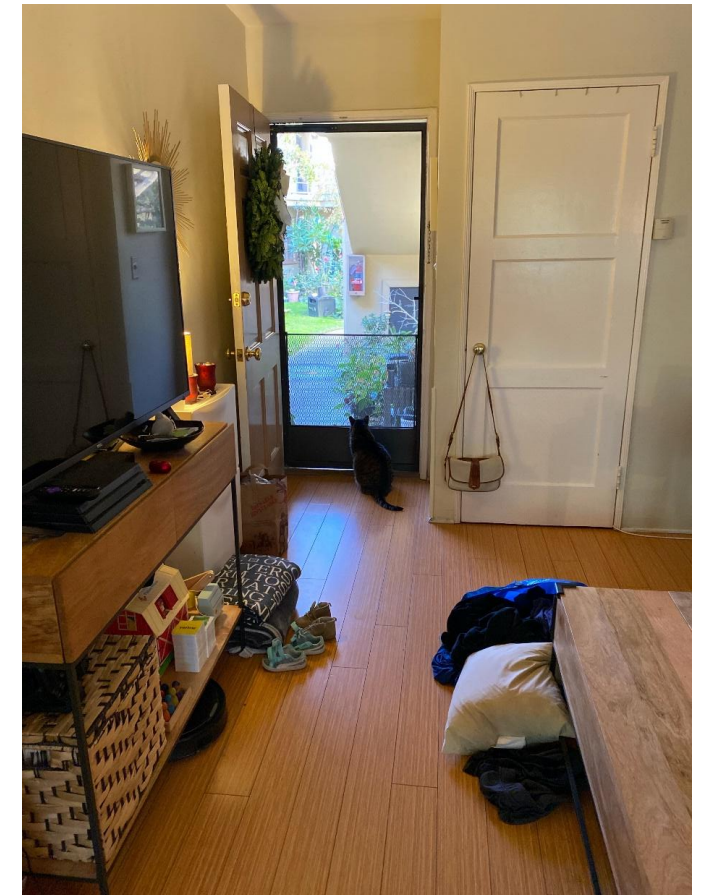


Living Room

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

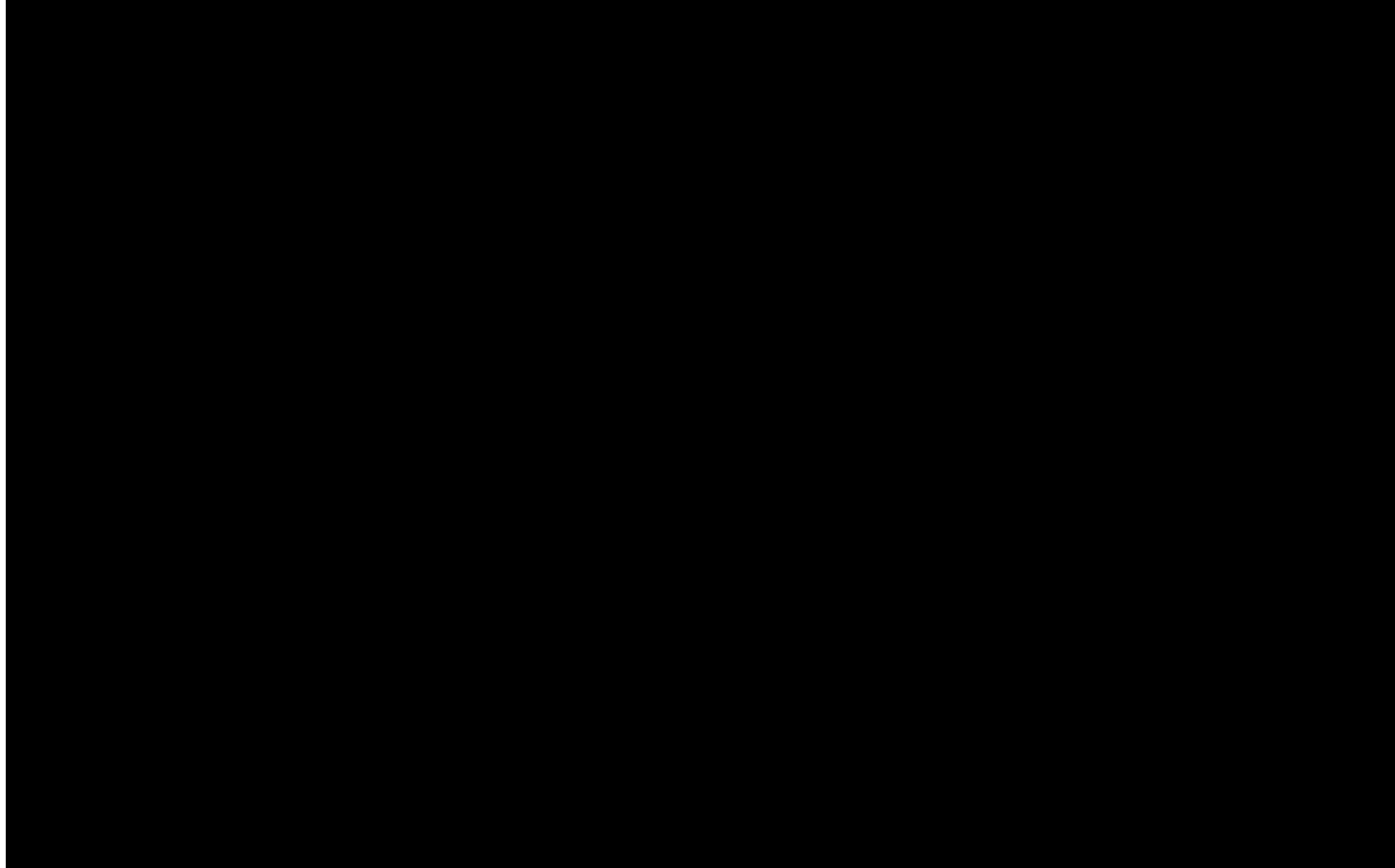
Entrances and Walkways / Paths

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



Demonstration

Example of OT Home: In-Person



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 err 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

Resources

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

https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf

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

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

- ADL-H (ADL Hoarding)

<https://www.springfieldmo.gov/DocumentCenter/View/3183/Activities-of-Daily-Living-Assessment-PDF?bidId=>

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- Lifetime Home <http://lifetimehome.org/>

- HomeMods.org <https://homemods.org/>

An abstract graphic on the left side of the slide. It features several overlapping organic shapes in shades of purple, cyan, yellow, and light blue. Some shapes are filled with patterns of small white or yellow dots, while others are solid or have dashed lines. The background is white.

Medication Review at the Home

How to ask about medications

- ❖ “Where do you keep your medicines?” Look around the home as you are walking through
 - Bedside table
 - Kitchen
 - Bathroom
- ❖ “How do you manage your medications?”
 - Help from caregivers/family?
 - System of medication administration?



Search for answers

- ❖ Look at medication bottles, lists and pillboxes
 - Last filled
 - Expiration
 - How many pharmacies are they using
 - Look inside bottles
- ❖ OTC medications
- ❖ Supplements
- ❖ Ask about alcohol
- ❖ Ask about Cannabis





10 Minute Break

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Team Building and Small Group Discussion

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IECG Tools and Assessments

IECG Tools			
<i>Highlight all tools you used from each session and choose one to reflect on for the below questions</i>			
Session 1	Session 2	Session 3	Session 4
<ol style="list-style-type: none"> 1. AUDIT-C 2. C-SSRS 3. GAD-7 Anxiety 4. Loneliness Scale 5. MyPlate for Older Adults 6. Nutritional Health 7. PHQ-9 8. SAFE-T 	<ol style="list-style-type: none"> 1. AGS Beers Criteria 2. Clock Drawing 3. Elder Abuse Tool 4. Medication Reconciliation Card 5. Mini-Cog 	<ol style="list-style-type: none"> 1. 4-Stage Balance Test 2. 30-second chair stand 3. Oral Health Assessment Tool 4. Timed Up and Go (TUG) <p><i>**All assessments must be completed in-person**</i></p>	<ol style="list-style-type: none"> 1. Katz Index of Independence in Activities of Daily Living 2. Lawton-Brody Instrumental Activities of Daily Living

Discussion Questions

1. Discuss ending communication and the relationship with your assigned older adult partner.
2. Discuss your experience about visiting an older adult's home, and conducting a home safety check.



Home Visit with Older Adult

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Reflection Questions



1. What were your expectations about conducting a home visit?
2. What was your team's experience visiting an older adult's home in person?
3. How was the in-person experience different from other sessions?
4. Describe one highlight and one challenge you have learned about caring or communicating with your older adult partner.
5. Describe one highlight and one challenge that you have learned about collaborative health care being part of an interprofessional team.

It's Not Easy to Say Goodbye: Ending Your Relationship with the Older Adult



IECG Program: A Personal & Professional Relationship with an Older Adult

- ❖ Started with orientation
- ❖ Weekly phone conversation (15-20 weeks)
- ❖ Four Friday afternoon team & didactic sessions (Oct, Nov, Dec, Feb)
- ❖ Ends with wrap up
 - One month between now and end of program
 - Two options:
 - ending relationship now
 - continue in less structured program extension, end in May (semester's end)



To Continue or Not?

Let older adult partner know that the program is *officially ending* at end of February

If you wish to continue, then discuss this with the older adult

- ❖ “The IECG Program officially ends in two weeks, but we have been given the option of continuing. I would like to continue to speak with you every week. What do you think?”
- ❖ Student commitment:
 - Inform IECG staff of intention to continue speaking/meeting with older adult
 - Weekly communication continues through end of semester
 - At least once a week for 5- 10 mins (could be more frequent or longer)
 - Social connection; less structured, no curriculum topics, no team check-ins
 - Notification to staff:
 - Urgent issue
 - Decision to cease meeting with older adult



Relationships Commonly End

PLANNED

Teachers

- end of each school year

Friendships

- relocation/move away

Colleagues

- change of jobs

UNEXPECTED

People stop showing up

- Patients change insurance

People fade away

Illness and death



Intentionally Ending A Relationship

Planned

- Think ahead of time what you will say
- Rehearse

Reflect on the experience

- Expectations at beginning
- Summarize what learned

Share feelings

- frustrations, fears, regrets, and wishes

Offer resources if appropriate

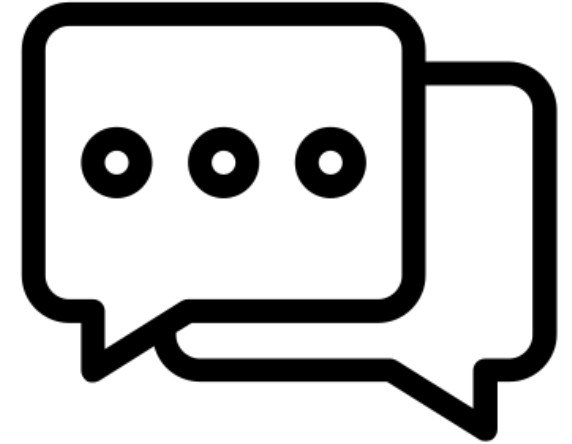
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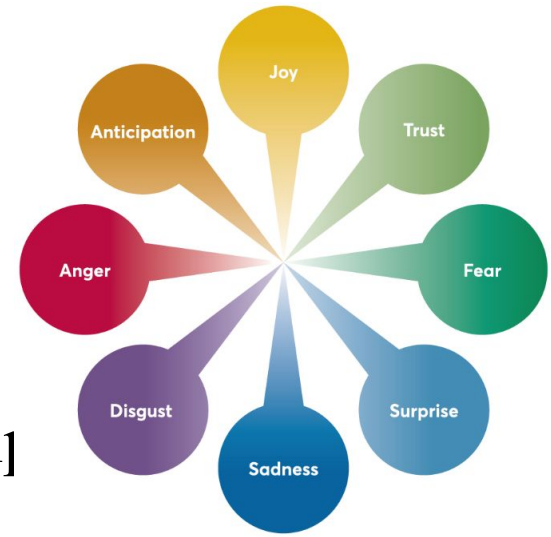
Starting the Conversation

What you might say:

- “I’ve enjoyed to talking with you over the past 6 months and learned so much...
- “I can’t believe we’ve been talking for almost 6 months
- “I never expected to have this opportunity to connect with an older adult and am so appreciative
- “I will be a much better [discipline] because I have had this opportunity to speak with you
- “When we started talking, I wasn’t sure what to expect and now....



Emotional Response



Gratitude

- “I am so thankful for ...”

Fulfillment

- “This experience has allowed me to listen and be a better [disci]

Confidence/empowerment

- “I have learned so much...”

Abandonment

- “While you and I aren’t going to be talking anymore, there are places I can refer you to ...”

Disappointment

- “I am sorry we weren’t able to”

Lack of closure/completeness

- “ I’ve never found it easy to say good-bye”

Relationship is Two Ways: What Has It Been Like for the Older Adult?

Engage older adult partner in the conversation

Offer them time to reflect on the experience

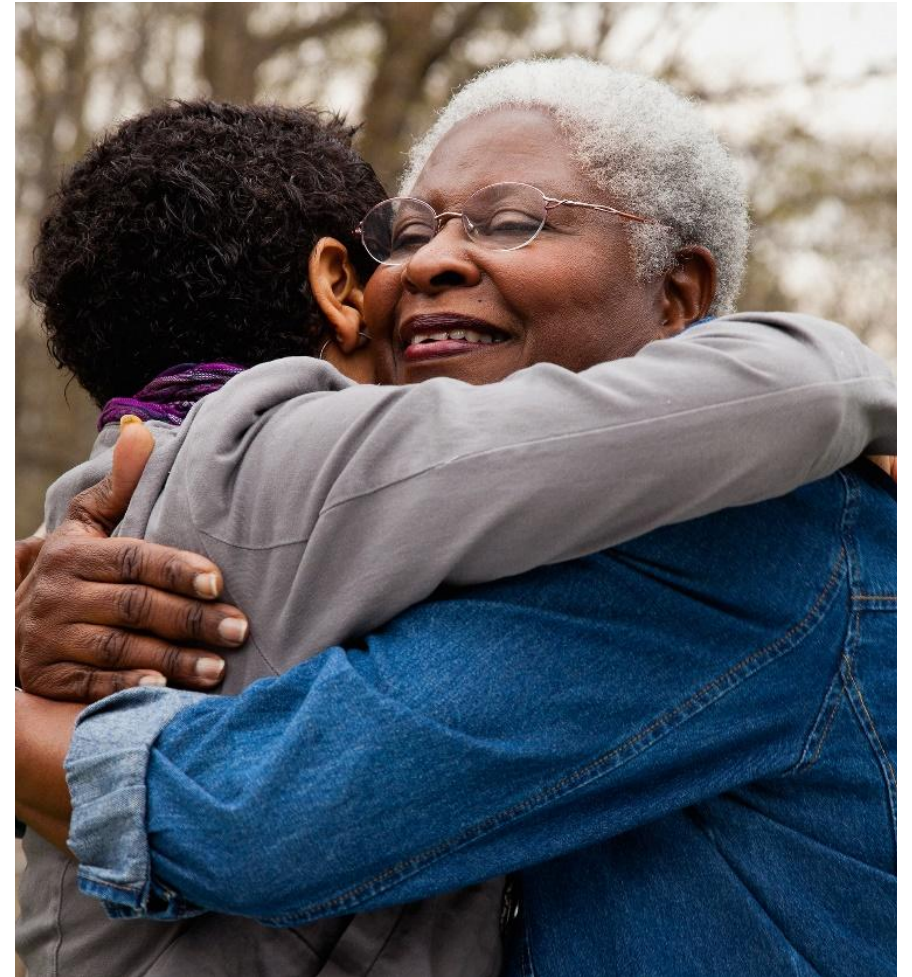
Provide opportunity for closure

What you might say:

- “What did you expect IECG to be like when you started?”
- “Several topics were covered. Was there one that was your favorite? Or one that stuck out to you?”
- “Now that IECG is ending, what's a memory from our conversations that will stick with you?” (This would be a great opportunity to share what memory sticks out to you)



**When done properly,
ending with intention
can help people leave the
relationship with a sense
of closure, wellbeing,
and confidence in the
future.**



**See you back at the HSC campus for the
IECG Wrap-up/Final Session
Friday, February 23, 2024**

Next IECG Sessions

The IECG course will meet in person for six sessions on Friday afternoons over the academic year.

- Friday, September 8, 2023 1:30 pm – 4:30 pm
- Friday, October 20, 2023 1:30 pm – 4:30 pm
- Friday, November 10, 2023 1:30 pm – 4:30 pm
- Friday, December 1, 2023 1:30 pm – 4:30 pm
- Friday, January 19, 2024 1:30 pm – 4:30 pm
- **Friday, February 23, 2024 1:30 pm – 4:30 pm**



RESOURCES

Please review the full version of the resources which can be located by accessing the GWEP website:

Link: <https://gwep.usc.edu/interprofessional-geriatrics-curriculum-egc-2023-2024/>

- Activities of Daily Living (ADL)
- Activities of Daily Living Scale (I.A.D.I.)

Questions

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Thank you for attending



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