Implementing Aging in Place Programs & Technology in the Community

Pamela E. Toto, PhD, OTR/L, BCG, FAOTA, FGSA

Photo by Centre for Ageing Better on Unsplash

University of Pittsburgh

#BoldMovesSHRS

HHL HEALTHY HOME LABORATORY

What is Aging in Place?

➡️ The ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level (Center for Disease Control, 2013)

➡️ Includes active participation in daily activities

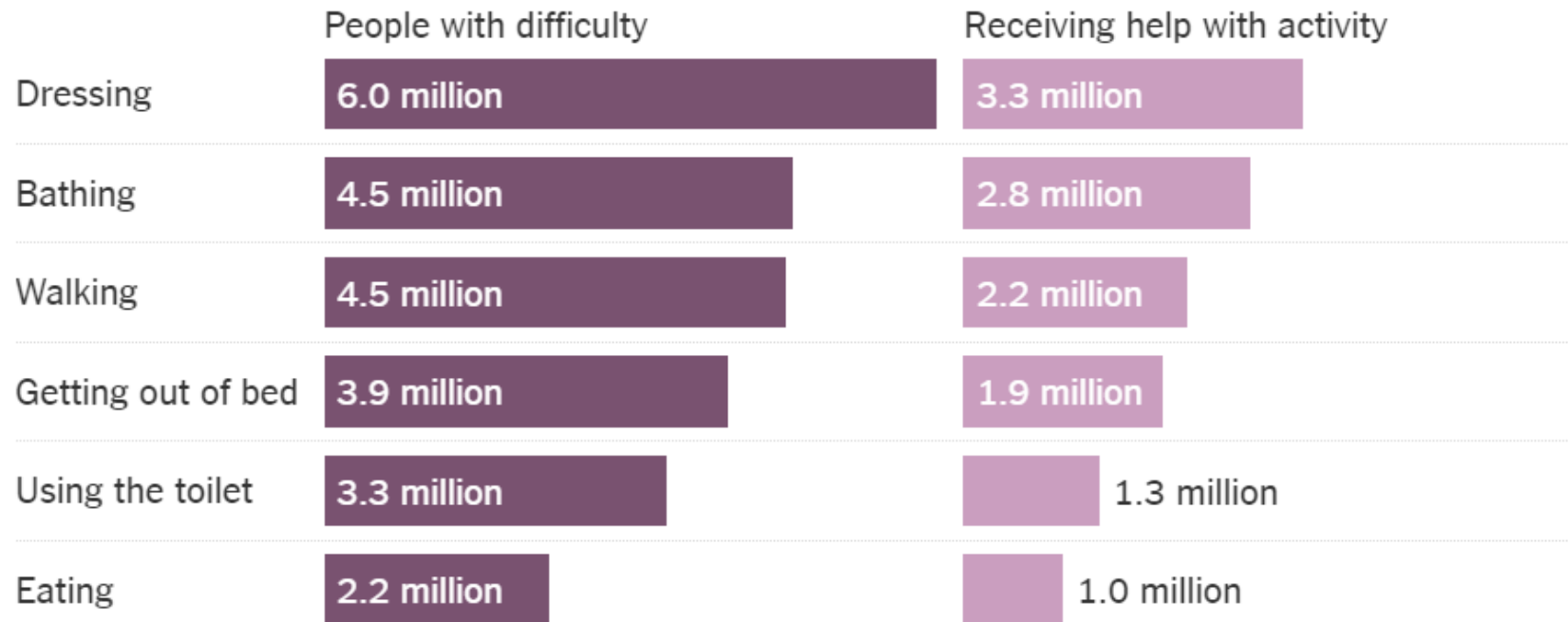➡️ Examples: showering, cooking family dinners, grocery shopping, volunteering at the church

Source: Vladimir Soares, Jaddy Liu and Andre Ouellet on Unsplash

University of Pittsburgh

#BoldMovesSHRS

HEALTHY HOME LABORATORY

Why is Aging in Place difficult?

Many older adults struggled with basic tasks

Almost 20 percent of those 65 and older reported having difficulty with one or more basic daily tasks. Of those, many were not receiving help.

	People with difficulty	Receiving help with activity
Dressing	6.0 million	3.3 million
Bathing	4.5 million	2.8 million
Walking	4.5 million	2.2 million
Getting out of bed	3.9 million	1.9 million
Using the toilet	3.3 million	1.3 million
Eating	2.2 million	1.0 million

Source: New York Times/KFF Health News analysis of Health and Retirement Study data from 2020

University of Pittsburgh

#BoldMovesSHRS

HEALTHY HOME LABORATORY

Evidence-Based Aging in Place Programs

CAPABLE

HARP
Home Hazard Removal Program

An evidence-based fall prevention intervention to reduce falls for community-dwelling older adults

VEST INC
HOME SAFE AND SMART

University of Pittsburgh

#BoldMovesSHRS

HHL HEALTHY HOME LABORATORY

CAPABLE

- Install/repair interior or exterior railings
- Install grab bars
- Install flexible shower hoses
- Install new doorbells
- Add new or replace old power strips
- Install tub safety strips
- Repair broken steps
- Smooth thresholds
- Repair/replace door locks
- Lighting (add, repair, change)

Pilot project implementing CAPABLE with the

Allegheny County Area Agency on Aging

University of Pittsburgh

CAPABLE

Allegheny County Department of Human Services

HEALTHY HOME LABORATORY

Home Safe & Smart

➡️ **Vest is a new faculty led start-up company that partners with UPMC Health Plan to help Medicare and Medicaid members successfully age in place**

➡️ **Home SAFE and SMART (HSS) is a Vest pilot program that builds on existing evidence-based interventions**

➡️ **HHS Coordinated Service Model:**

- Occupational Therapy Assessment
- OT Guided Home Modifications and Equipment
- Smart Home Technology
- Training on equipment, mods and smart tech

University of Pittsburgh

VEST INC
HOME SAFE AND SMART

UPMC HEALTH PLAN

HHL HEALTHY HOME LABORATORY

Home Safe & Smart

Person-centered solutions + training

| Fitting and training (adaptive equipment through UPMC benefit) | Alternate or additional equipment acquisition and training | Acquisition and installation of minor modifications (ex. tighten stair rail, install grab bar) |

University of Pittsburgh

VEST INC
HOME SAFE AND SMART

UPMC HEALTH PLAN

HHL HEALTHY HOME LABORATORY

Home Safe & Smart

Health Monitoring

Smart Speaker

Sensors & Controls
- Climate
- Security
- Motion

Lights & Plugs

University of Pittsburgh

VEST INC
HOME SAFE AND SMART

UPMC HEALTH PLAN

HHL HEALTHY HOME LABORATORY