

Title of Intervention: Home visits for assessment and modification of environmental hazards

Intervention Strategies: Environments and Policies

Purpose of the Intervention: To reduce the risk of falls through home visits assessing and modifying environmental hazards

Population: Older adults aged 65 years and older

Setting: Private dwellings in the community of Sydney, Australia (Central Sydney Area Health Service region); home-based

Partners: None mentioned

Intervention Description:

- Environments and Policies: An occupational therapist conducted a standardized home assessment form to record hazards. The home visit took about one hour. At the end of the visit, a list of the specific recommended home modifications for that home was given to participants. The therapist supervised the completion of any recommended home modifications, including further home visits if needed.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Home visitors
- Training: Training in home hazard assessment
- Technology: Not mentioned
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Home hazard assessment forms
- Evaluation: Logs

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures: Participants completed monthly falls logs.

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: Among people with a history of a fall, the intervention reduced the proportion of people falling during follow-up. However, the intervention was not effective among people with no history of falls.

Maintenance: Not mentioned

Lessons Learned: Home visits around the time of discharge should be considered for all hospitalized older adults who have fallen in the year before hospital admission.

Citation(s):

Cumming, R. G., M. Thomas, et al. (1999). "Home visits by an occupational therapist for assessment and modification of environmental hazards: a randomized trial of falls prevention." *J Am Geriatr Soc* 47(12): 1397-402