

Title of Intervention: Community and Home Injury Prevention Program for Seniors (CHIPPS)

Website: <http://www.sfdph.org/dph/comupg/oprograms/CHPP/Injury/CHIPPS.asp>

Intervention Strategies: Environments and Policies, Individual Education

Purpose of the Intervention: To reduce the number of home injuries for older adults

Population: Older adults

Setting: Homes of the participants in San Francisco, California; home-based

Partners: University of California at Berkeley School of Public Health, University of California at San Francisco School of Medicine, Volunteers in Service to America (VISTA), San Francisco Conservation Corps

Intervention Description:

- Environments and Policies: VISTA outreach workers using a detailed safety assessment instrument assessed the homes of the participants for safety hazards. The outreach workers then made recommendations and assisted the participants in some interventions such as removing clutter and lowering hot water thermostats. The San Francisco Conservation Corps performed home safety modifications such as the installation of railings, grab bars, nonskid strips and smoke alarms. Participants were given a 6 month calendar to record falls, burns and scalds.
- Individual Education: Participants were counseled about injury risk factors such as clutter, loose rugs and electrical cords. They were given written material on home safety, pedestrian safety and safety when using public transportation. A pharmacist conducted a medication assessment and counseled participants regarding the use and side effects of their medications. Some participants were selected for more extensive medication intervention that included health education regarding medications and in some cases consultation with their physician regarding potential problems in their current drug use.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Outreach workers, translators, pharmacist
- Training: Not mentioned
- Technology: Not mentioned
- Space: Homes
- Budget: Home modifications were free of charge
- Intervention: Written materials, workers for home modification, calendars
- Evaluation: Not mentioned

Evaluation:

- Design: Pre- and Post-test with no control
- Methods and Measures:
 - Participants recorded falls, burns and scalds on calendars for six months before the intervention and six months afterwards.

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: The rate of falls was reduced significantly after the intervention. Significant differences were also seen in the number of scalds and burns occurring before and after the intervention. The rate of the three outcomes combined was highly significantly reduced.

Maintenance: Not mentioned

Lessons Learned: The Community and Home Injury Prevention Program for Seniors (CHIPPS) program intervention had a significant impact on the risk of falls for the elderly. It is feasible to provide home environment modifications at relatively low cost using existing community resources.

Citation(s):

Plautz, B., D. E. Beck, et al. (1996). "Modifying the environment: a community-based injury-reduction program for elderly residents." *Am J Prev Med* 12(4 Suppl): 33-8.