Implementing Aging in Place Programs & Technology in the Community

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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
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.

<table>
<thead>
<tr>
<th>Task</th>
<th>People with difficulty</th>
<th>Receiving help with activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dressing</td>
<td>6.0 million</td>
<td>3.3 million</td>
</tr>
<tr>
<td>Bathing</td>
<td>4.5 million</td>
<td>2.8 million</td>
</tr>
<tr>
<td>Walking</td>
<td>4.5 million</td>
<td>2.2 million</td>
</tr>
<tr>
<td>Getting out of bed</td>
<td>3.9 million</td>
<td>1.9 million</td>
</tr>
<tr>
<td>Using the toilet</td>
<td>3.3 million</td>
<td>1.3 million</td>
</tr>
<tr>
<td>Eating</td>
<td>2.2 million</td>
<td>1.0 million</td>
</tr>
</tbody>
</table>


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How best to reduce Aging in Place difficulties?

Solving difficulties for aging in place

“Do for…”

“Do for self”

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Evidence-Based Aging in Place Programs

CAPABLE

H A R P
Home Hazard Removal Program
An evidence-based fall prevention intervention to reduce falls for community-dwelling older adults

VEST INC
HOME SAFE AND SMART

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CAPABLE

Pilot project implementing CAPABLE with the Allegheny County Area Agency on Aging

- 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)
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
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 (e.g., tighten stair rail, install grab bar)
Home Safe & Smart

Health Monitoring

Smart Speaker

Sensors & Controls
- Climate
- Security
- Motion

Lights & Plugs