### Comprehensive Assessment and Solution Process for Aging Residents (CASPAR)

**Name:** Comprehensive Assessment and Solution Process for Aging Residents (CASPAR)

**Author:** Laura N. Gillin, Johns Hopkins University School of Nursing, Baltimore, MD

**How to Get It:** Contact the author: Laura N. Gillin, Johns Hopkins University School of Nursing, Baltimore, MD

**Literature:**

**Summary:** The C-CAP focuses on clients’ self-reported perceptions of their abilities in daily life - their independence, difficulty, and safety in conducting activities in their home environment and the community (Gitlin & Corcoran, 2000). This self-report is combined with collaborative observation by an occupational therapist on 22 functional items as well as an assessment of the home environment (Szanton, et al. 2011).

**Target Assessor and Audience:** Assessors: Occupational therapists along with the individual. Audience: People who are aging with disabilities.

### Client-Clinician Assessment Protocol (C-CAP)

**Name:** Client-Clinician Assessment Protocol (C-CAP)

**Author:** Lindy Clemson, Robert G. Cumming, & Robert Heard, The University of Sydney, School of Occupation and Leisure Sciences, Australia


**Literature:**

**Summary:** The FaB evaluates behavioral factors that could potentially protect against falling. It includes 30 items within 10 behavioral dimensions related to falls: cognitive adaptations, protective mobility, avoidance, awareness, pace, practical strategies, displacing activities, being observant, changes in level, and getting to the phone. According to the instruction manual, it takes 5-10 minutes to complete, and has also been found useful as: a) An assessment in clinical practice. It can give a profile of the range of strategies people are using; b) A goal setting tool; c) A prompt to discuss behavioral factors and falls and as an aide in reflective learning; and d) A way of raising awareness of the broader focus of the therapist visit.

**Target Assessor and Audience:** Assessors: Occupational therapists and other professionals. It can be self-administered by the older person, administered by interview, or sent by mail to the person prior to a home visit. Audience: Older adults living at home.

### Falls Behavioral Scale (FaB)

**Name:** Falls Behavioral Scale (FaB)

**Author:** Extended Home Living Services (EHLS)/Lifeway Mobility Wheeling, Illinois


**Summary:** EHLS received two Small Business Innovation Grants from the National Institute on Aging to develop the Comprehensive Assessment and Solution Process for Aging Residents (CASPAR). CASPAR enables practitioners to identify a client’s aging in place needs by collecting information that can be used by building professionals and occupational therapists to specify the right modifications. This assessment considers the home environment, the resident’s abilities and preferences, and the interaction between the two, combining the specific concerns of consumers, building professionals, and occupational therapists in performing home modifications assessments.

**Target Assessor and Audience:** Assessors: professionals (e.g., aging service providers, building professionals, occupational therapists, physical therapists, care managers, social workers). Audience: Aging persons living in a home setting.
## Home Assessments

| Home Safety Self Assessment Tool (HSSAT) | University at Buffalo, Department of Rehabilitation Science, Occupational Therapy Geriatric Group, Buffalo, NY | Can be downloaded free at: [http://sphhp.buffalo.edu/rehabilitation-science/research-and-facilities/funded-research/aging/home-safety-self-assessment-tool.html](http://sphhp.buffalo.edu/rehabilitation-science/research-and-facilities/funded-research/aging/home-safety-self-assessment-tool.html) | 1. Development, psychometrics and use of Home Safety Self-Assessment Tool (HSSAT). Tomlka M, Saharan S, Rajendran S, Schweitzer J, Nochajski S. (2014). American Journal of Occupational Therapy, 68 (8): 711-718. 2. Horowitz, B. P., Nochajski, S. M., & Schweitzer, J. A. (2013). Occupational therapy community practice and home assessments: Use of the Home Safety Self-Assessment Tool (HSSAT) to support aging in place. Occupational Therapy in Health Care, 27(3), 216-227. With the aim of reducing falls among older adults, this self-assessment consists of a home safety assessment checklist and solutions, illustrations of common fall hazards and solutions in ten indoor and outdoor areas of the home, assistive devices and other recommended products to prevent falls, and "how to" home improvement instructions. In addition to assessing for risk factors, the HSSAT aims to raise awareness. For example, some users may not be aware that clutter is a fall risk until they see it on the list. By reviewing each risk item, users may be able to match the risks listed with identified risks in their own home environment. The HSSAT has been translated into several languages. | For community-dwelling older adults and their informal caregivers to help assess fall risks in their homes and guide them in improving their home environment. |
|--------------------------------------|----------------------------------------------------------|
| **SAFER: Safety Assessment of Function and the Environment for Rehabilitation - Health Outcome Measurement and Evaluation (SAFER HOME)** | The In-Home Occupational Performance Evaluation (I-HOPE) targets activities performed in the home that are essential for aging in place. The purpose is to measure the effects of an incompatibility between a person’s abilities and the environment or the “person-environment misfit” of older adults and their homes. The I-HOPE helps therapists measure clients’ in-home activity performance and observe changes in person-environment fit before and after home modification interventions. It considers the client’s perspective and satisfaction while recognizing the role of the environment on performance. It is a multistep assessment that is conducted in the home of an individual. It takes approximately 60 minutes to conduct. A kit includes all necessary materials to conduct the assessment’s three steps: 1) An assessment of current in-home activities is conducted using a set of 44 cards of images depicting older adults participating in daily activities. An overall score for activity performance is then calculated; 2) Priority activities are identified for intervention and given a subjective performance and satisfaction score; 3) Performance-based rating of barriers’ influence on performance. The I-HOPE yields four sub-scores that can be used individually or as a profile of performance (activity, performance, satisfaction, total barrier severity). |
| **Westmead Home Safety Assessment (WeHSA)** | The WeHSA targets falls risk specifically, providing a systematic and extensive list to identify potential hazards in and around the home. The hazards are organized by section (e.g., Internal/External Trafficways, Seating, Bedroom, Footwear, Medication Management) with 72 items within these sections (e.g., floor mats, doors, steps/stairs) that are expanded upon with further detailed descriptors (Clemson, Fitzgerald, Heard, 1999). It is available in a short and long form. An online training module is also available that provides background and guidance on how to use the WeHSA and conduct an effective fall prevention home assessment. |

**Contact the authors:** Teresa Chiu, Rosemary Oliver, COTA Health, Toronto, ON, Canada


**Westmead Home Safety Assessment (WeHSA)**

Lindy Clemson, The University of Sydney, School of Occupational Therapy, Australia


**SAFER HOME v3** assesses a person's ability to safely carry out functional activities in the home. It can also be used to evaluate the effectiveness of an intervention and changes following an intervention. Using interview and observation of client participating in activities, SAFER HOME assesses 74 items around the home divided into 12 domains. Level of safety concern is rated on a 4-point (0–3) scale.

**Assessors:** Occupational therapists, informal caregivers. The tool was originally designed for older adults with physical rehabilitation or mental health needs. It has been expanded for use with younger adults with physical or mental health needs or developmental disabilities.

**Assessors:** Occupational therapists and other professionals. Audience: The I-HOPE is to be used by trained therapists. The I-HOPE Assist was developed for use by informal caregivers.

**Audience:** Therapists and other professionals.

**Assessors:** Occupational therapists and other professionals. Audience: The I-HOPE Assist was developed for use by informal caregivers.


http://www.fallsprevention.onlineworkshops.com.au

https://starcklab.wustl.edu/i-hope-kit/
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<tr>
<th>Name</th>
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<tr>
<td>Check for Safety: A Home Fall Prevention Checklist for Older Adults</td>
<td>Centers for Disease Control and Prevention</td>
<td>Available in English and Spanish. Order free copies at: <a href="https://www.cdc.gov/steadi/patient.html">https://www.cdc.gov/steadi/patient.html</a></td>
<td>N/A</td>
<td>This home safety checklist aims to help identify and eliminate fall hazards in the home. Organized by area of the home, it identifies common fall risks and recommendations to address them. The brochure also contains a section on Other Things You Can Do to Prevent Falls, including information on physical activity, vision, medications, and more.</td>
<td>N/A</td>
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<tr>
<td>HomeFit Guide</td>
<td>AARP</td>
<td><a href="http://www.aarp.org/liveable-communities/info-2014/aarp-home-fit-guide-aging-in-place.html">http://www.aarp.org/liveable-communities/info-2014/aarp-home-fit-guide-aging-in-place.html</a></td>
<td>N/A</td>
<td>The AARP HomeFit Guide was created to help people stay in the home they love by turning where they live into a “lifelong home,” suitable for themselves and anyone in their household. The guide offers solutions that range from simple do-it-yourself fixes to improvements that require skilled expertise.</td>
<td>N/A</td>
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<tr>
<td>Rebuilding Together Safe at Home Checklist</td>
<td>Rebuilding Together, Administration on Aging (AoA), and American Occupational Therapy Association (AOTA)</td>
<td><a href="http://www.aota.org/-/media/Corporate//Files/Practice/Aging/rebuilding-together/RT-Aging-in-Place-Safe-at-Home-Checklist.pdf">http://www.aota.org/-/media/Corporate//Files/Practice/Aging/rebuilding-together/RT-Aging-in-Place-Safe-at-Home-Checklist.pdf</a></td>
<td>N/A</td>
<td>This list was developed to identify fall hazards, home safety, and accessibility issues for the homeowner and family members. Home safety, fall prevention, and accessibility modification interventions are included on the reverse side of the list.</td>
<td>N/A</td>
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<tr>
<td>Remodeling Today Guide: Design Ideas for the Kitchen and Bathroom</td>
<td>The Hartford Center for Mature Market Excellence</td>
<td><a href="https://www.thehartford.com/sites/the_hartford/files/remodeling-guide.pdf">https://www.thehartford.com/sites/the_hartford/files/remodeling-guide.pdf</a></td>
<td>N/A</td>
<td>This guide provides smart ideas and solutions to help residents incorporate Universal Design into the kitchen and bathroom when remodeling so they may live comfortably and independently in their home. It is organized into two sections - Kitchen and Bathroom - with a checklist of universal design features to consider for inclusion when remodeling. It also includes resources on working with contractors and professionals.</td>
<td>N/A</td>
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