

Project Title

Home Safety Self Assessment Tool (HSSAT)

Sponsoring Organizations

1. University at Buffalo, Department of Rehabilitation Sciences – Occupational Therapy Geriatric Group

Summary of Program

In order to prevent falls at home, the Occupational Therapy Geriatric Group at the University at Buffalo created the Home Safety Self Assessment Tool (HSSAT) to disseminate information regarding how to prevent falls in Erie County, NY. The HSSAT has been found to be useful in reducing the occurrence of falls at home. This has been confirmed by a fall prevention study that was conducted in Erie County. An online version of this tool is available at www.agingresearch.buffalo.edu.

The HSSAT consists of three sections:

1. **The Home Safety Self Assessment Checklist:**

Use the checklist to find and correct/fix the hazards for every room/area in your home that could cause you to trip/fall. Rooms covered in this booklet include:

- Entrance to front door/front yard
- Entrance to back/side door
- Hallway/foyer
- Living Room
- Kitchen
- Bedroom
- Bathroom
- Staircases
- Laundry Room/Basement

2. **Home Modification Services:**

Lists service providers in Erie County who perform home modifications such as installing grab bars and railings or widening the doorway of a bathroom. These service providers responded to our request to develop this list. They are insured and have experience in home modification and remodeling and are willing to perform a small job at your home.

3. **Other Local Resources:**

Provides other services related to home modification.

Impact on Falls Prevention

Through this work there was a reduction in identified home hazards from an average of 12 at program initiation to 5 at six month follow up.