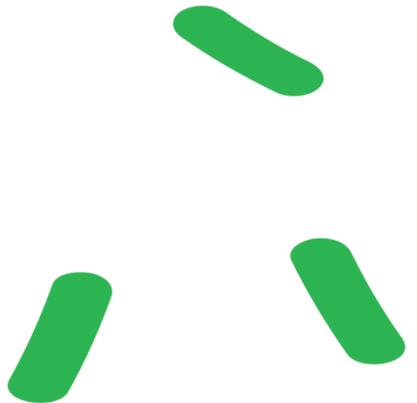


Proof That You Are Right!

Effectiveness of virtual OT and adaptive equipment for improving health outcomes



and how you can build a program in your community.



PRESENTED BY BRANDY ARCHIE, OTD, OTR/L, CLIPP

Objectives



Understand the Impact

Examine key findings from AskSAMIE's demonstration project including reductions in falls, rehospitalizations, and improvements in quality of life



Explore Scalable Solutions

Evaluate how adaptive equipment and virtual OT assessments can be integrated into clinical practice to create cost-effective, personalized aging-in-place solutions.



Develop Community Programs

Learn how to design and implement a virtual OT and adaptive equipment program in your community to support aging-in-place initiatives

Dr. Brandy Archie

OTD, OTR/L, CLIPP

-
- Founder of AskSAMIE.com
 - OT for 17 years
 - Experience in home health, acute, inpatient rehab, SNF, pediatrics, outpatient neuro rehab
 - Current certifications in living in place
 - Past certifications in low vision, driving rehabilitation and brain injury specialist

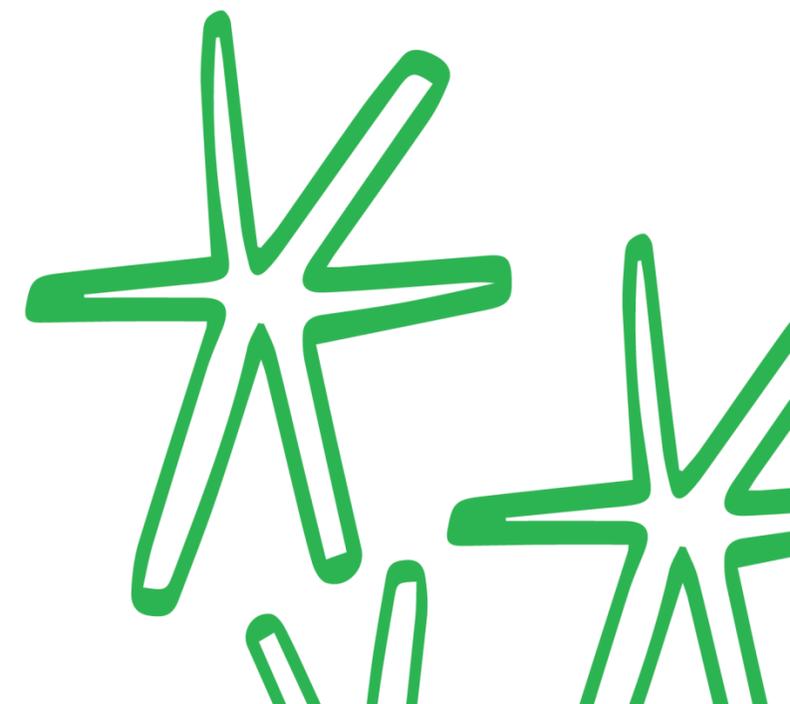


Problem

Aging in place is what 90% of older adults want—but only 40% of US homes are ready for it.

-AARP Research. 2021 Home and Community Preferences Survey: A National Survey of Adults Age 18-Plus

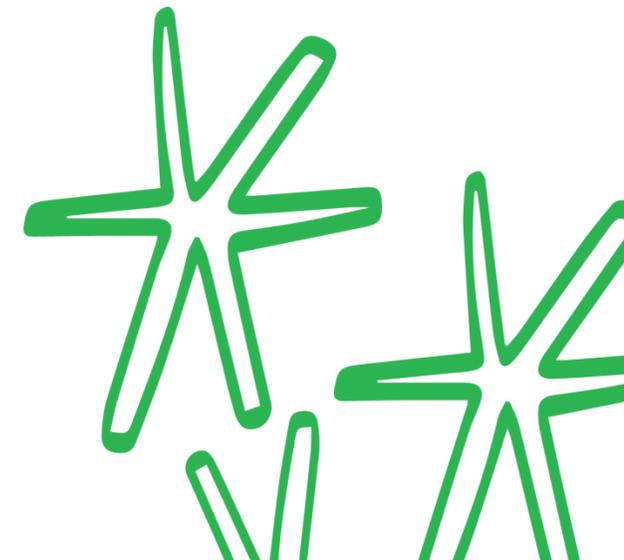
-Aging-Ready Homes in the United States—Perception Versus Reality of Aging-Accessibility Needs: 2019



Experience



- Occupational Therapy - helps people live life so clearly we should be central in aging in place
- Daily experiences of success from OT treatment
- What formal, well studied programs exist?



Evidence Based Program



CAPABLE

- Occupational Therapy evaluation
- Nurse-led education
- Handyman level home modifications and equipment
- Average \$3000 per participant
- About 1/2 the funds to the service providers
- Lower rehospitalizations, improve aging in place ability
- 44 programs in 17 states





Ask SAMIE™

Grant funding for home modifications

AskSAMIE Community Project

Getting adaptive equipment to modify your home is often recommended after a hospital stay. But paying for it unexpectedly is sometimes not feasible.

If this is your situation and you are willing to let us follow up with you a few months after set up then apply to be apart of the AskSAMIE Community Project.

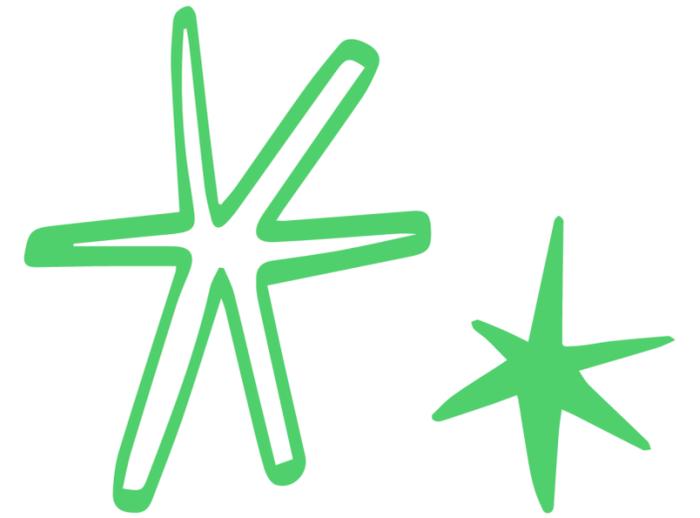
APPLY ONLINE @
AskSAMIE.com

Get an answer in 1 business day so you can get the help you need quickly! Questions? Send an email to Hello@AskSAMIE.com

ELIGIBILITY

Age 55+
KC Metro Resident (MO/KS)
350% of federal poverty level or less

In partnership with



METHODS OF STUDY

AskSAMIE Community Project *Demonstration Project Insights*

Tech enabled, occupational therapy led home modification program structured:

- to help the “forgotten middle” and down
- decrease cost per participant
- test if outcomes were comparable to the CAPABLE Program.

Sandra

Case Study

- Home bound
- Lives with husband
- Split level home
- Severe LE edema, limited mobility, fatigue, SOA, glaucoma
- Medicare + Medicaid
- Fixed income



Sandra

Case Study: Method

- Short application completed online
- Used AskSAMIE tools for bottom up, client centered approach
- Virtual OT assessment
- Ordered equipment
- Scheduled handyman
- Follow up immediate, 3 mo & 6 mo



Sandra

Case Study: Materials

Item	Purpose
Bed Wedge	Elevate swollen legs
Daylight Bulbs	High contrast, better reading
Closet Rod Extender	Reach clothes from w/c
Lift Chair	Independent transfers
Outdoor Railings	Community Mobility
Foldable Reacher	Pick up from floor
Reusable Underpad	Incontinence & Cost
Virtual Exercise Coach	Accountability for moving



Key Findings



Falls Reduction

**Reported fear of falling
reduced to 5% by 6 months**



Rehospitalization Decrease

**Rehospitalizations
decreased from 27% to 8%
after interventions.**

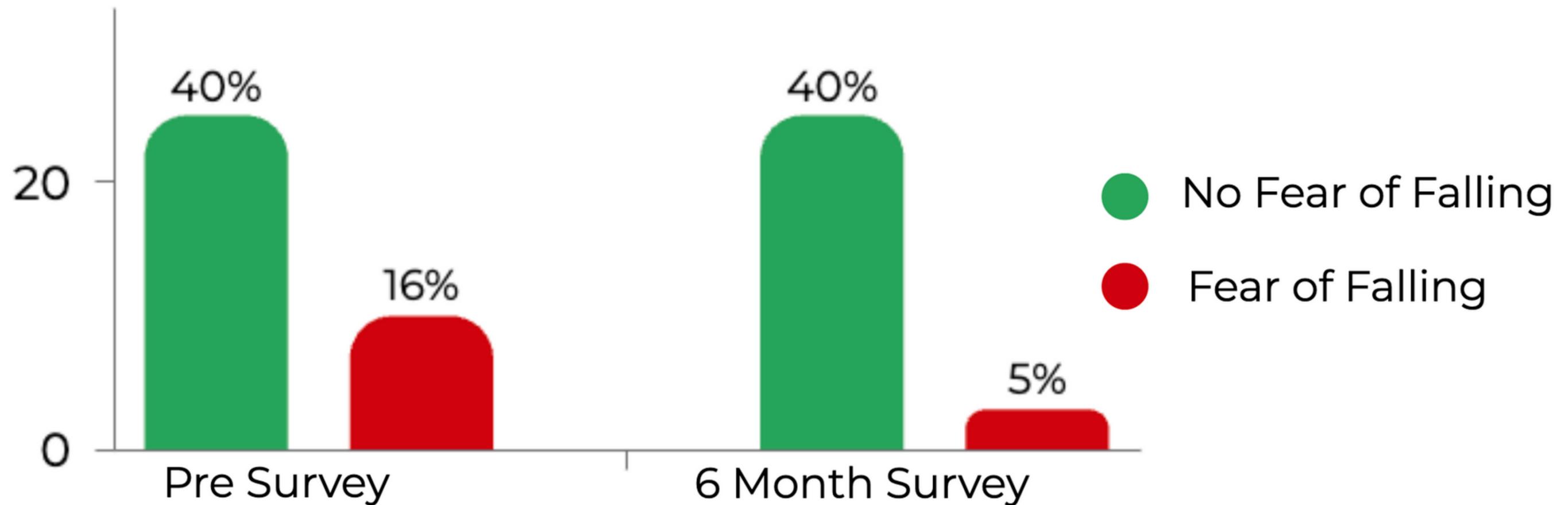


Quality of Life Improvement

**67% of older adults
reporting an increase in
quality of life**

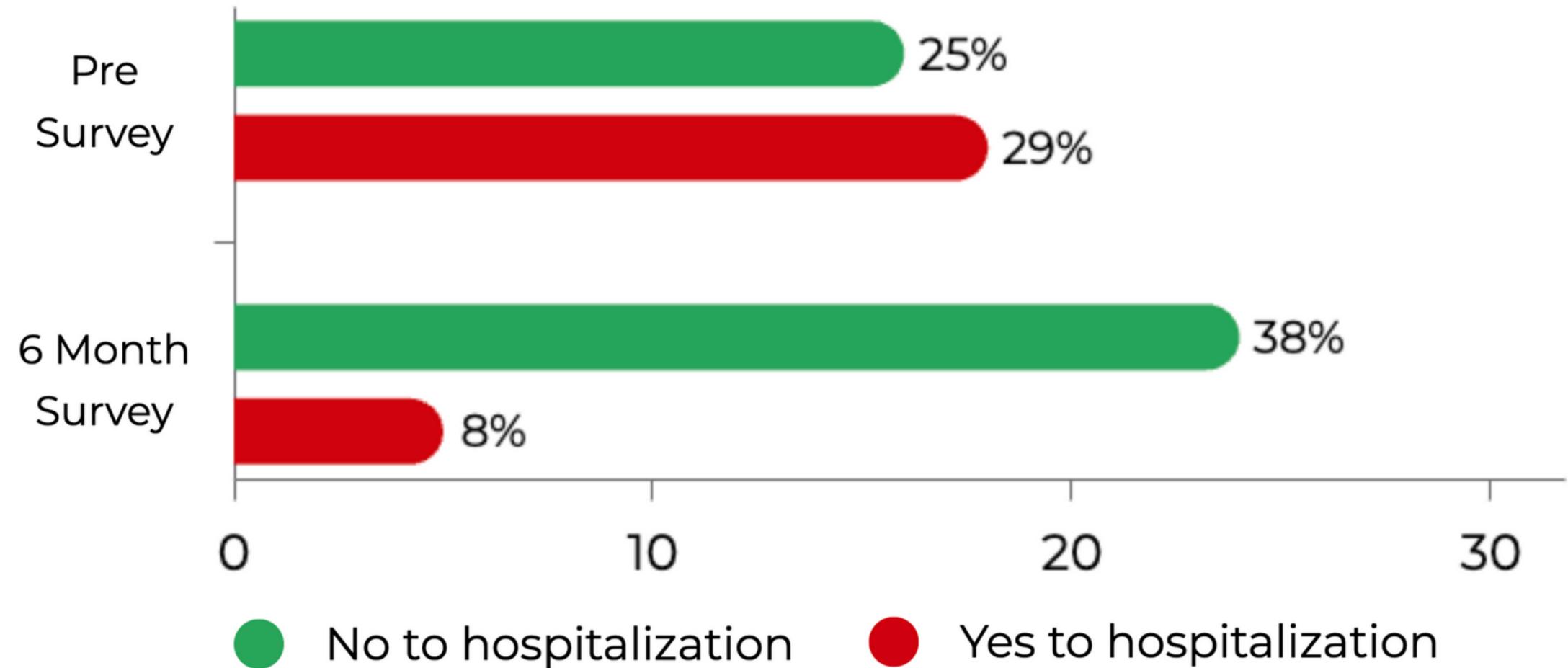
Falls Reduction Over Time

- The Fall Efficacy Scale assessed grantees' fear of falling.
- Increased fear of falling is linked to higher fall risk.
- Four surveys were conducted over time.
- Fear of falling decreased after adaptive equipment installation.



Reduction in Rehospitalizations Over Time

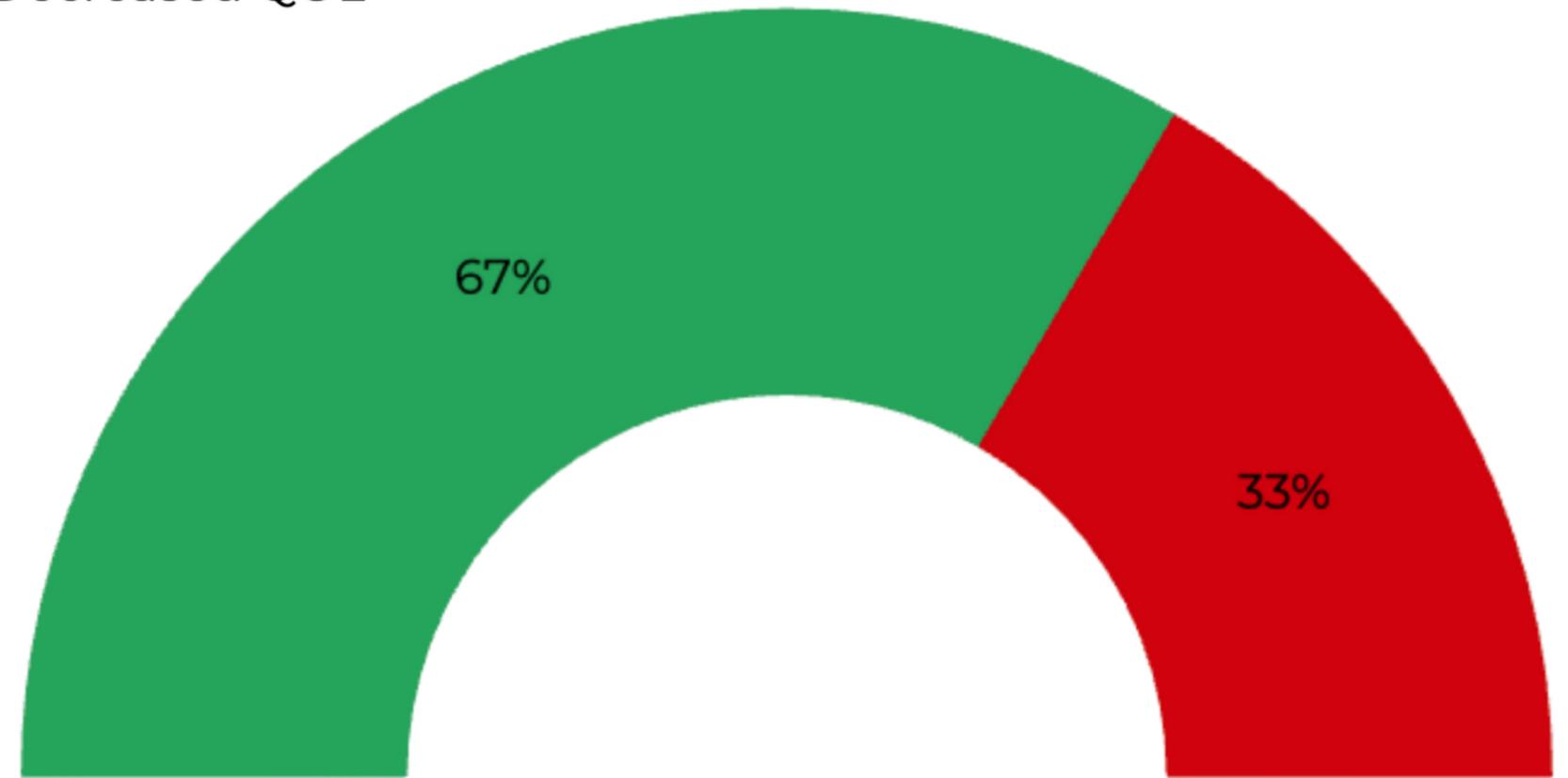
- Survey questions focused on hospital, emergency room, and urgent care visits.
- Grantees responded with yes/no answers.
- Analysis showed a decrease in rehospitalization rates post-equipment installation.



Quality of Life Improvement Over Time

- WHOQOL-BREF scale used to track grantee's quality of life
- Results categorized into four domains: physical, psychological, social, environmental
- Each domain scored 0-100, with 100 indicating high quality of life
- Quality of life increased across all domains during the project

- Increased QOL
- Decreased QOL



15%

Increase from pre survey to 6 month survey on average environmental quality of life scores.

94

Out of 100, is the the highest environmental QOL score at 6 month survey.

50%

Increase in environmental quality of life from pre survey to 6 month survey in 64128 zip code



Scalable Solutions



Virtual Assessments

Streamlines access to occupational therapy for older adults.



Adaptive Equipment

Enhances safety and independence for seniors aging in place.



Handyman Options

Affordable way to improve living spaces for older adults

Implementing Scalable Solutions



Virtual Assessments

- PRN Occupational Therapist
- Home Health OT
- Outpatient OT
- OTConnected by AskSAMIE



Adaptive Equipment

- Stock Common Items
- Fundraising and Donations
- Profits from Selling Equipment
- AskSAMIE



Handyman Options

- Partner w/ local Handyman
- TaskRabbit or Angie.com
- Habitat for Humanity Volunteers

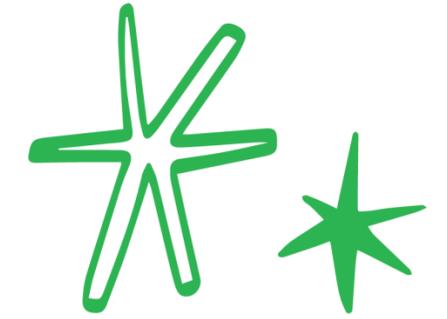
Understanding Impact

Adaptive equipment-led home modifications work!

Programs can be scalable and repeatable with tech.

Worth the effort of crafting a sustainable program that serves your community.





SHAPE THE FUTURE

Discussion: *Program Integration*

How can you create a sustainable home modification program for older adults?

- Funding
- Occupational Therapy
- Adaptive Equipment
- Handyman





Reflection

**What questions
can I answer?**



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