

HARP

Home Hazard Removal Program

The Home Hazard Removal Program (HARP) is an intervention to reduce the risk of falls for older adults. HARP is delivered by an occupational therapist (OT) in the older adult's home. It is tailored to the individual and their home environment. HARP takes place in 2-5 sessions and includes:

1. Assessment of the individual, their behaviors, and their environment
2. A home hazard removal plan
3. Remediation of home hazards
4. Self-management strategies to reduce behavioral risks

Together, the OT and the participant identify hazards in the home and develop a plan to address them. The most common ways that hazards are resolved in HARP are through minor architectural changes (e.g., installing grab bars), adaptive equipment, task modification, and education and self-management strategies to improve the older adult's awareness of fall risks.

Hazard	Possible Solutions
Loose rug	Apply rug grips, remove rug
Reaching for items	Keep frequently used items on lower shelves, provide a reacher for small items
Lack of hand support	Install grab rails in the bathroom and sturdy railings on stairs

HARP is an **evidence-based program** under Title III of the Older Americans Act and may be available through an Area Agency on Aging near you. Out-of-pocket costs of home modifications are usually around \$300, and the cost of OT time is typically covered by insurance.

For more information, contact the Participation, Environment, and Performance Laboratory at peplab@wustl.edu

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