

HARP

Home Hazard Removal Program

The Home Hazard Removal Program (HARP) is a behavioral intervention that targets fall risk behaviors and home hazards for older adults at high risk for falling. The elements of the intervention are:

- A comprehensive assessment of the individual, their behaviors, and the environment
- A home hazard removal plan
- Remediation of hazards
- A booster session 6 months after the intervention

HARP is delivered by an occupational therapist (OT) in the older adult's home. It is tailored to the participant and their home environment. Together, the OT and the participant identify hazards and develop a plan to address them. The primary mechanisms for resolving hazards in HARP are minor architectural modifications (e.g., grab bars), adaptive equipment, task modification, and education and self-management strategies to improve awareness of fall risks.

Target Audience: Older adults at high risk of falling (i.e., has experienced a previous fall, is worried about falling, has a balance or gait impairment)

Health Outcomes:

- Reduced number of falls
- Reduced fall hazards in the home
- Improved ability to manage fall risk

Delivered by: An occupational therapist

Program Type: Individual

Format: In-person at home

Length: 1-5 sessions

Training: Online

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