

# Home Safety Self Assessment Tool (HSSAT) v.3



Occupational Therapy Geriatric Group  
Department of Rehabilitation Science  
University at Buffalo

**Falls Prevention**<sup>™</sup>  
STEP UP TO STOP FALLS

Supported by a grant from the Community Health Foundation of Western and Central New York



# **Assistive Devices and Helpful Products to Prevent Falls**

## **Disclaimer**

The products listed in this section are currently available on the market. We selected these new types of products based on our experience and public reviews.

For further information, contact the product's manufacturer and distributors. Some local home improvement centers may carry these products. The price ranges listed are as of March, 2011 and are subject to change. For installation of grab bars, railings, and other products, contact qualified professionals for installation. The number before each product (such as **1.** for Vinyl railings) coincides with that in the Picture Credits. (Pages 31-32)

## **Entrance to Front and Back**



### **1. Vinyl railing**

Hand railings on both sides of the stairs will provide support for safely climbing and descending the stairs. Vinyl railings have advantages over wooden or metallic railings in terms of durability, maintenance costs, corrosion, resistance to mold, and decay.

Price range: Approx. \$68 for 36in X 4ft section

Approx. \$210 for 42in X 8ft section



### **2. Rubber threshold ramp**

Threshold ramps can prevent stumbling and also provide accessibility to the users of a wheelchair or scooter. Rubber threshold ramps have advantages over metallic or wooden ramps in terms of traction and shock absorption. It can be trimmed to custom fit various doorways. It is available in various sizes. (Note: Threshold ramps may be needed for both sides of a threshold)

Price range: Approx. \$90 for 42”(W) X 24”(L) X 1.5”(H)

Approx. \$150 for 42”(W) X 24”(L) X 2.5”(H)



### **3. Motion sensing security lamp**

Lights with motion sensors can detect movement within a specified range and then illuminate. The motion sensing security lamp shown in the picture has a manual override feature so that the light turns on in the dark and turns itself off during the day instead of just when there is motion.

Price range: \$35 – \$70



#### 4. Suitcase/Fold ramp

Suitcase or fold ramps are easy to carry and used to bridge the gap over steps, curbs, and raised landings. To get in and out of mini vans with an end or side entrance, a fold aluminum ramp can be used.

The fold aluminum ramp with non-skid surface shown in the picture has several advantages over wooden and single-piece design ramps because it is corrosion and rust free, has a high traction surface with side rails, and a foldable design for easy transportation.

Price range: \$115 for 2ft ramp

\$279 for 6ft ramp



#### 5. Cane icetip

An ice tip is easily attached to most canes and crutches to provide good grip on an icy surface. The key feature of the attachment shown in the picture is that it has five prongs to provide greater grip than attachments with one prong, and it can be used with any type of cane.

Price range: \$6 - \$29

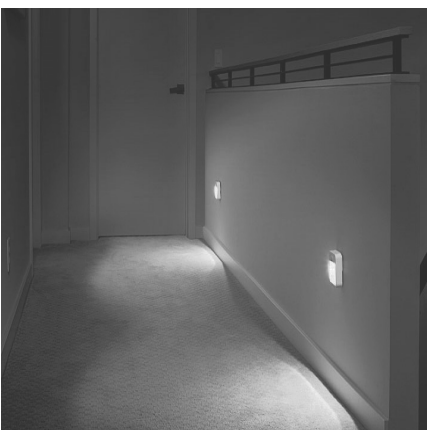


#### 6. Outdoor grab bar

A grab bar at an entrance provides support and makes it safer and easier to open an entrance door. The key feature of the plastic grab bar shown in the picture is that it is rust proof and in winter will not get as cold as a metal grab bar. Weight capacity of a recommended grab bar is generally 250 pounds and above.

Price range: \$15 - \$53

## Hallway and Living Room



#### 7. Motion sensing LED light

Using automatic LED lights is an efficient way to illuminate dark hallways. The motion sensors activate the light whenever movement is detected, and the auto shut-off feature turns the light off when there is no movement for a preset duration of time. The light in the picture does not require wiring for the installation, and the built-in photocell activates light in a low-glow mode in darkness, thus saving on the battery.

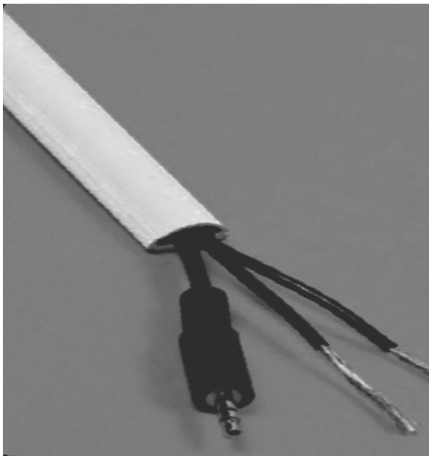
Price range: \$8 - \$40



### **8. Rug pad and double-sided carpet tape**

Rug pads can prevent mats and rugs from sliding over the floor and provides cushioning underfoot. Various pads differ in their dimensions, color, and material. Carpet tapes can also be used alone or in combination with a rug pad. The key feature of this rug pad is that it is made from eco-friendly materials.

Price range: \$7 - \$149



### **9. Single-piece cable cover**

Cable covers keep the wires and cords off the floor and eliminate the risk of falls by getting tangled in them. Cable covers such as shown in the picture are easy to install because of their single-piece design and self-adhesive backing. They can also be painted to match the color of the interior.

Price range: \$12 - \$34



### **10. Furniture risers**

Risers elevate the height of the bed, chairs, or table if they are too low. They also create considerable space under the bed for storage. The key feature of this furniture leg riser is that it is made of durable polycarbonate with interlocking design for safe stacking, and it can fit most leg types, including castors. The usual weight carrying capacity of a single riser is 600 lb. per leg.

Price range: \$7 - \$49



### **11. Standing cane with tray feature**

A standing cane provides safety and balance while getting in or out of a chair. There are several key features of this standing cane such as a fully adjustable height and length, and it features a handy multi-use swivel laptop/TV tray with cup holder and utensil compartment.

Price range: \$130 - \$180

## Kitchen



### 12. Three step ladder

A 3-step ladder with wide platform top is helpful to reach shelves. The ladder shown in the picture has several key features such as a large standing platform for stable and secure use, a thin design for saving storage space, a convenient hand grip with non-skid steps, and non-marring feet for secure footing on the ladder.

Price range: \$28 - \$153



### 13. Non-slip socks/Safe shoes

Well fit canvas shoes or athletic shoes are recommended. Shoes with more than 1.5 inch heels may cause falls. If shoes are not preferred inside the home, then wearing non-slip socks can diminish the risk of falling on bathroom, kitchen, wood and other slippery floors.. The key feature of this non-slip sock is that it has skid resistant

treads. Price range: \$2 - \$19 for non-slip socks

\$30 - \$60 for canvas shoes

\$30 - \$70 for athletic shoes



### 14. Lazy Susan

Lazy Susans can be used to save space and organize items in the kitchen. There are many shapes of Lazy Susans such as full circle, kidney shaped, and d-shaped. They can be a single tray or multi-tier shelves. They can be freestanding on a tabletop or installed in a kitchen cabinet. When installing in a cabinet, there should be appropriate clearance from the hinge and door.

Price range: \$8 - \$44 for single turntable

\$50 - \$300 for 2 tier shelf



### 15. Hallway security gate

Security gates of different shapes and sizes are available to keep children and pets away from the kitchen, or other restricted areas of the house. Some of the gates swing open in both directions with easy one hand operation. Some of the gates are tall (39.4 inches) and can expand up to 63.5 inches. (Note: When the door is open, there is still a portion of the gate on the bottom, that remains in the way. Be careful while stepping over the remaining part of the gate.)

Price range: \$55 - \$124



### 16. Programmable stove shutdown device

Automatic stove control devices turn off the stove if a person leaves the kitchen unattended and forgets to come back. The key feature of the device in the picture is that it automatically turns the stove off when someone is not present in the kitchen. It has a motion sensor to detect the presence of an individual in the kitchen. (Note: Different models are available for either 3 or 4 prong stoves).

Price Range: \$296 - \$360

## Bedroom



### 17. Carpet trim

Carpet trims are available in different colors and materials such as metal, rubber, wood or plastic. They prevent the carpet edges from fraying and smooth the transition between a floor and a carpet and vice versa. The product shown in the picture has a fluted design for better traction and predrilled holes for easy installation.

Price range: \$4 - \$106 for approximately 2" X 72"



### 18. DECT 6.0 cordless phone

Some of the latest cordless phones offer Digital Enhanced Cordless Telecommunications (DECT) 6.0 technology that provides clearer and louder voice output that can benefit individuals with mild to moderate hearing loss. The key features of this phone are large high contrast and easy to press numbers, an intercom between handsets, sound amplification up to 30 decibels, digital answering machine, and a long battery life. Price range: \$37 - \$192



### 19. Big button remote control

Remote controls for TV and VCR with a small number of buttons are simple to use. The key features of this remote control is that it only has 6 large lighted buttons for the most basic functions and is easy to hold in your hand. Price range: \$14 - \$44



## 20. Bedside cane/bed rail

Bed side canes/bed rails provide assistance for getting in and out of bed. A long bed rail is not recommended because it can cause injuries. The device shown in the picture has the following features: an ergonomic non-slip handle, adjustable height, foldable design for easy storage and travel, an organizing pouch for essential items such as a remote control or a cordless phone, a collapsible design to get it out of the way when required, and safety strap for securing the base of the cane to the bed.

Price range: \$40 - \$160

## Bathroom



## 21. Bathtub grab bar

Some grab bars can be mounted on the edge of the bathtub by a clamping mechanism. The turning knob located on the outside of the clamping mechanism is used to secure the grab bar. The key feature of this grab bar is that it is made of plastic and stainless steel. (Note: Do not use with fiberglass bathtubs because it can damage the fiberglass).

Price range: \$22 - \$171



## 22. Right (90°) angled grab bar

Right angled grab bars are used both horizontally and vertically. These grab bars offer a left hand or right hand orientation depending upon the handedness of the user and the placement of the bathtub, shower, or toilet. The grab bar shown in the picture is ADA standards compatible with a non-slip surface. (Note: ADA guidelines say that the clearance between the grab bar and the wall should not be more than 1½").

Price range: \$81 - \$128



## 23. Raised toilet seat

Raised toilet seats assist people with bending and seating difficulties and performing toilet transfers with ease. Features of the device shown in the picture are an extra wide toilet seat for bariatric patients, height adjustable aluminum legs, padded armrests, and, a 600 pounds weight capacity.

Price range: \$13 - \$70 for raised toilet seat without arms

\$30 - \$103 for raised toilet seat with arms

\$75 - \$200 for bariatric raised toilet seat with arms

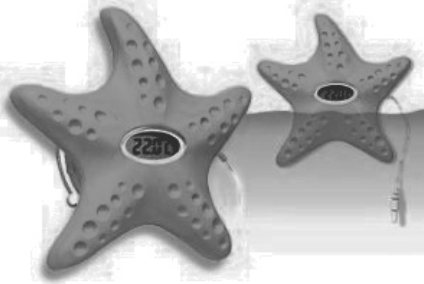




#### **24. Bath mat**

Bath mats will reduce the risk of slipping on a wet bathtub surface. The key features of this mat are use of antimicrobial materials to prevent mold and mildew, machine washable, and suction cups on the bottom. (Note: The mat should be removed from the tub, rinsed, and allowed to air dry after each use).

Price range: \$6 - \$69



#### **25. Water alarm with temperature monitor**

Water alarm devices send an audible alarm when the water reaches the base of the unit, to prevent the overflow of water. The key features of the device are: having both a water alarm and temperature monitor within one unit and temperature display on the LCD screen that alerts the user if the water is too hot.

Price range: \$16 - \$17



#### **26. Walk-in bathtub**

Walk-in bathtubs offer a swing-in door that allows the user to walk in and out of the bathtub with ease. Some of the walk-in bathtubs also have a seating feature. The swing-in door can either be on the left or right side of the bathtub depending on the orientation of the bathroom. The bathtub shown in the picture has a non-slip bottom surface with arm support inside the tub, and an optional whirlpool system. (Note: Be careful of the elevated step height before getting in or out of the bathtub).

Price range: \$1570 - \$6548

### **Staircases and Laundry Room/Basement**



#### **27. Stairs grab bar**

Specially designed grab bars can be installed on the walls alongside the stairs. The key feature of the grab bar shown in the picture is that its curved design allows for continuous support around the corner of the stairs.

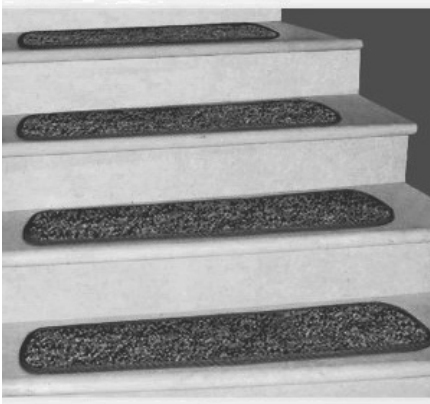
Price range: \$57 - \$166



### 28. Stair railing with a good grip

Stair railings are available in a wide variety of designs, styles and materials. They provide support while climbing or descending the stairs inside the home. They can be made of wood, iron, steel, or vinyl. The design that allows for a good grip, as shown in the picture, is highly recommended instead of handrails that are too fat or wide to comfortably grip.

Price range: \$150 - \$200 for 8 feet section  
\$300 - \$360 for 10 feet section



### 29. Stair treads

Stair treads prevent accidental slips while ascending or descending the stairs. They are available in various colors and shapes. The stair treads shown in the picture have skid-resistant rubber backing. These stair treads attach to the surface of the stairs by “hook-and-loop” fastening strips (Velcro). The “hook” strip is sewn into the stair tread and the “loop” strip is glued to the stairs. These strips are used to attach and detach the stair tread when needed.

Price range: \$56 - \$387 for a pack of 12 - 13 pieces.



### 30. Stairs LED lighting kit

When installed on stairs, the motion-activated LED lights illuminate the areas that need additional lighting. The light shown in the picture is battery powered and comes with universal joints (interchangeable joints) that are easy to install.

Price Range: \$50 – \$127

## Personal Emergency Response System and Fall Detecting Device



### 31. Fall detection system

Personal emergency response systems (PERS) detect falls and alert the caregivers, or emergency response call center, or 911 for a monthly fees. These devices use internet or phone lines to send out the alert. The key features of this device are as follows: Tracking the daily activities of a user on a website, automatic fall detection and alert message to family members, automatic reminders if not worn, can be used with compatible cell phone to send alert and fall location.

Price range: \$100 - \$400

## **Picture Credits for Assistive Devices and Helpful Products (as of March, 2011)**

1. Vinyl and resin railing: <http://www.thevinyloutlet.com/railgallery.html>
2. Rubber threshold ramp: <http://www.allegromedical.com/wheelchair-accessories-c545/ez-access-rubber-threshold-ramp-with-beveled-sides-p555797.html>
3. Motion sensing security lamp: [http://www.homedepot.com/h\\_d1/N-5yc1vZ1xhu/R-100125618/h\\_d2/ProductDisplay?langId=-1&storeId=10051&catalogId=10053](http://www.homedepot.com/h_d1/N-5yc1vZ1xhu/R-100125618/h_d2/ProductDisplay?langId=-1&storeId=10051&catalogId=10053)
4. Suitcase ramp for mobility devices: <http://www.allegromedical.com/travel-aids-c6857/ez-access-suitcase-ramps-advantage-series-2-3-4-5-and-6-ft-lengths-p555734.html>
5. Cane icetip: [http://www.amazon.com/Duro-Med-Prong-Grip-Crutch-Attachment/dp/B0009STN2E/ref=cm\\_cr\\_pr\\_pb\\_t](http://www.amazon.com/Duro-Med-Prong-Grip-Crutch-Attachment/dp/B0009STN2E/ref=cm_cr_pr_pb_t)
6. Outdoor grab bar: [http://www.amazon.com/distributed-by-Dynamic-Living-com-Outdoor-Entryway/dp/B001925SLY/ref=sr\\_1\\_13?s=hpc&ie=UTF8&qid=1288965190&sr=1-13](http://www.amazon.com/distributed-by-Dynamic-Living-com-Outdoor-Entryway/dp/B001925SLY/ref=sr_1_13?s=hpc&ie=UTF8&qid=1288965190&sr=1-13)
7. Motion sensing LED light: <http://www.coolstuffcheap.com/mb723.html>
8. Rug pad: [http://www.walmart.com/ip/Eco-Grip-Rug-Saver-Pad/10963059?sourceid=1500000000000003260370&ci\\_src=14110944&ci\\_sku=10963059](http://www.walmart.com/ip/Eco-Grip-Rug-Saver-Pad/10963059?sourceid=1500000000000003260370&ci_src=14110944&ci_sku=10963059)
9. Single-piece cable cover: [http://www.homedepot.com/h\\_d1/N-5yc1vZ1xhu/R-202331945/h\\_d2/ProductDisplay?langId=-1&storeId=10051&catalogId=10053#BVRRWidgetID](http://www.homedepot.com/h_d1/N-5yc1vZ1xhu/R-202331945/h_d2/ProductDisplay?langId=-1&storeId=10051&catalogId=10053#BVRRWidgetID)
10. Furniture Risers: [http://www.amazon.com/Clear-Bed-Risers-Set/dp/B000L3QBKE/ref=pd\\_cp\\_e\\_0](http://www.amazon.com/Clear-Bed-Risers-Set/dp/B000L3QBKE/ref=pd_cp_e_0)
11. Standing cane with tray feature: [http://www.amazon.com/Standers-2052-Able-Tray/dp/B0026IBSUA/ref=pd\\_sim\\_hpc\\_6](http://www.amazon.com/Standers-2052-Able-Tray/dp/B0026IBSUA/ref=pd_sim_hpc_6)
12. Three step ladder: [http://www.amazon.com/Rubbermaid-RM-3W-3-Step-Steel-Stool/dp/B003EYVF7G/ref=sr\\_1\\_3?ie=UTF8&qid=1294332215&sr=8-3](http://www.amazon.com/Rubbermaid-RM-3W-3-Step-Steel-Stool/dp/B003EYVF7G/ref=sr_1_3?ie=UTF8&qid=1294332215&sr=8-3)
13. Non-slip Socks: <http://www.silverts.com/show.cfm/image/19140-non-skidslip-sockshospital-socks/pink>
14. Lazy Susan: <http://www.artfactory.com/wall-lazy-susan-p-3014.html>
15. Tall security gate: <http://www.richelldogsgates.info/>
16. Programmable stove shutdown device: <http://www.daily-jeff.com/news/article/4740009>
17. Carpet trim: [http://www.homedepot.com/h\\_d1/N-5yc1vZ1xhu/R-100141363/h\\_d2/ProductDisplay?langId=-1&storeId=10051&catalogId=10053](http://www.homedepot.com/h_d1/N-5yc1vZ1xhu/R-100141363/h_d2/ProductDisplay?langId=-1&storeId=10051&catalogId=10053)

18. DECT 6.0 cordless phone: <http://shop.clarityproducts.com/products/clarity/d613-dect-6-0-loud-cordless-answering-machine-big-button-phone/?cat=dect-6-0-amplified-cordless-phones>
19. Big button remote control: <http://www.amazon.com/Tek-Pal-Button-Remote-Control/dp/B0016RNSHS>
20. Bedside cane: [http://www.amazon.com/Standers-2041-BedCane/dp/B000GUHG6K/ref=sr\\_1\\_1?ie=UTF8&s=hpc&qid=1294338253&sr=8-1-catcorr](http://www.amazon.com/Standers-2041-BedCane/dp/B000GUHG6K/ref=sr_1_1?ie=UTF8&s=hpc&qid=1294338253&sr=8-1-catcorr)
21. Bathtub grab bar: [http://www.amazon.com/Drive-Adjustable-Clamp--Tub-Rail/dp/B001BLT196/ref=sr\\_1\\_4?ie=UTF8&qid=1294349836&sr=8-4](http://www.amazon.com/Drive-Adjustable-Clamp--Tub-Rail/dp/B001BLT196/ref=sr_1_4?ie=UTF8&qid=1294349836&sr=8-4)
22. Right angled grab bar: <http://www.shopinpro.com/store/product/tabid/60/p-182-l-shaped-grab-bar.aspx?catid=161>
23. Raised toilet seat: [http://www.amazon.com/Tall-Ette-725881000-Extra-Elevated-Toilet/dp/B000AYG7ZS/ref=sr\\_1\\_8?s=hpc&ie=UTF8&qid=1294348063&sr=1-8](http://www.amazon.com/Tall-Ette-725881000-Extra-Elevated-Toilet/dp/B000AYG7ZS/ref=sr_1_8?s=hpc&ie=UTF8&qid=1294348063&sr=1-8)
24. Bath mat: [http://www.amazon.com/Rubbermaid-18x36-Brown-Bath-Mat/dp/B000VBC1SC/ref=cm\\_cr\\_pr\\_product\\_top](http://www.amazon.com/Rubbermaid-18x36-Brown-Bath-Mat/dp/B000VBC1SC/ref=cm_cr_pr_product_top)
25. Water alarm with temperature monitor: <http://www.amazon.com/Starfish-Warter-Alarm-Temperature-Monitor/dp/B000V22BKY>
26. Walk-in bathtub: <http://www.ameriglide.com/item/AmeriGlide-Sanctuary-Full.html>
27. Stairs grab bar: <http://www.grabbarspecialists.com/products.php?cat=591>
28. Stair railing with a good grip: <http://www.vandykes.com/product/victorian-wooden-handrail>
29. Stair treads: [http://www.amazon.com/12-Attachable-Carpet-Stair-Treads/dp/B0040UIP0I/ref=pd\\_sbs\\_misc\\_15](http://www.amazon.com/12-Attachable-Carpet-Stair-Treads/dp/B0040UIP0I/ref=pd_sbs_misc_15)
30. Stairs LED lighting kit: <http://ecobatteries.net/Motion-Sensor-Stair-and-Hallway-LED/M/B0020MLFQO.htm>
31. Fall detection system: <http://www.wellcore.com/buy/single-user-system/>

# **Instruction for Home Modifications to Prevent Falls: ADA Guidelines**

By Dean Carroll OTR/L

Americans with Disabilities Act of 1990 (ADA) established guidelines for wheelchair users and individuals with disabilities in the community. ADA guidelines are designed to meet the needs of the majority of users, no matter what their ability or disability level is. Although it does not specially apply to residential homes, it is important to keep the ADA guidelines in mind when modifying homes for an individual's need.

ADA guidelines have already been proven to be effective for most people. Many homes in Erie County were built prior to 1976 and before the current, more standardized building codes. Those homes were not built for wheelchair use, walker access, and older adults. For these homes, home modification may be necessary using ADA guidelines.

Most commonly needed modifications are:

- bathroom grab bars near the toilet and in the shower or the tub;
- railings on both sides of a stairway, if possible;
- widening of door frames for greater access to common areas such as bathrooms, kitchens, and bedrooms; and
- repair and removal of structural barriers such as inadequate flooring, uneven transitions between flooring surfaces, and other non-structural barriers such as furniture.

Structural issues and barriers to meeting ADA guidelines are:

- limited floor space,
- limited wall space for installing grab bars,
- wall studs that are generally 16 inches on center,
- unknown barriers within walls, and
- financial limitations.

Common devices and features for consideration are:

- smooth versus textured grab bars,
- one stair railing versus two stair railings,
- height of grab bars in comparison to the user, and
- minimum width of door frames for walker and wheelchair access.

The following pages are figures for: toilet grab bars, shower access, grab bar spacing, wheelchair ramps, and wheelchair turning space from Department of Justice, Code of Federal Regulations, ADA Standards for Accessible Design and they are available from <http://www.ada.gov/adastd94.pdf>.

# Toilet Grab Bars

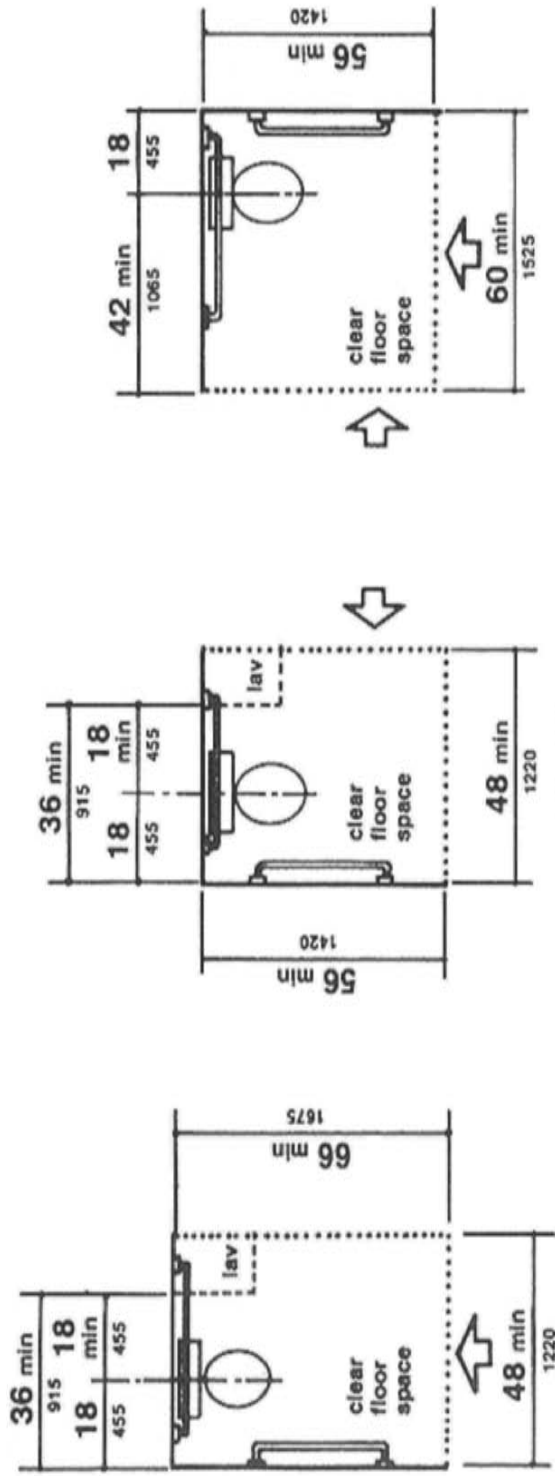
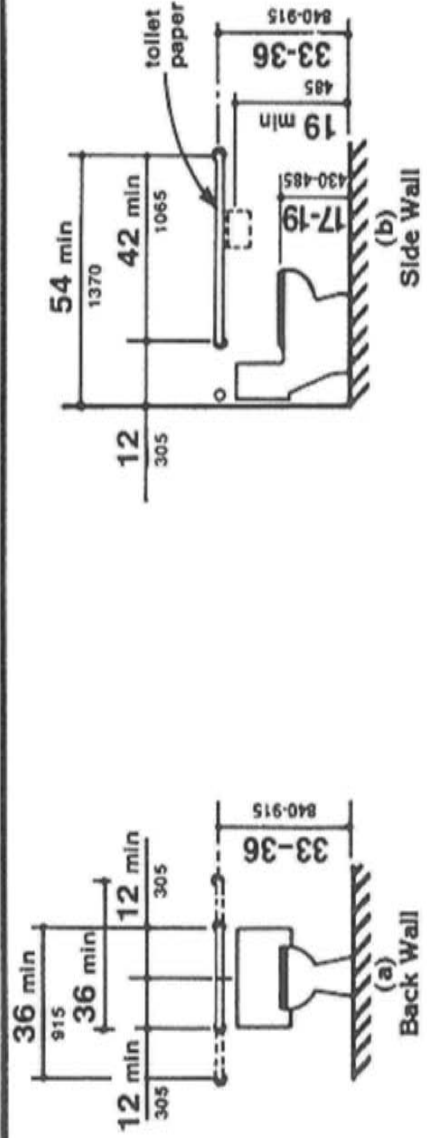
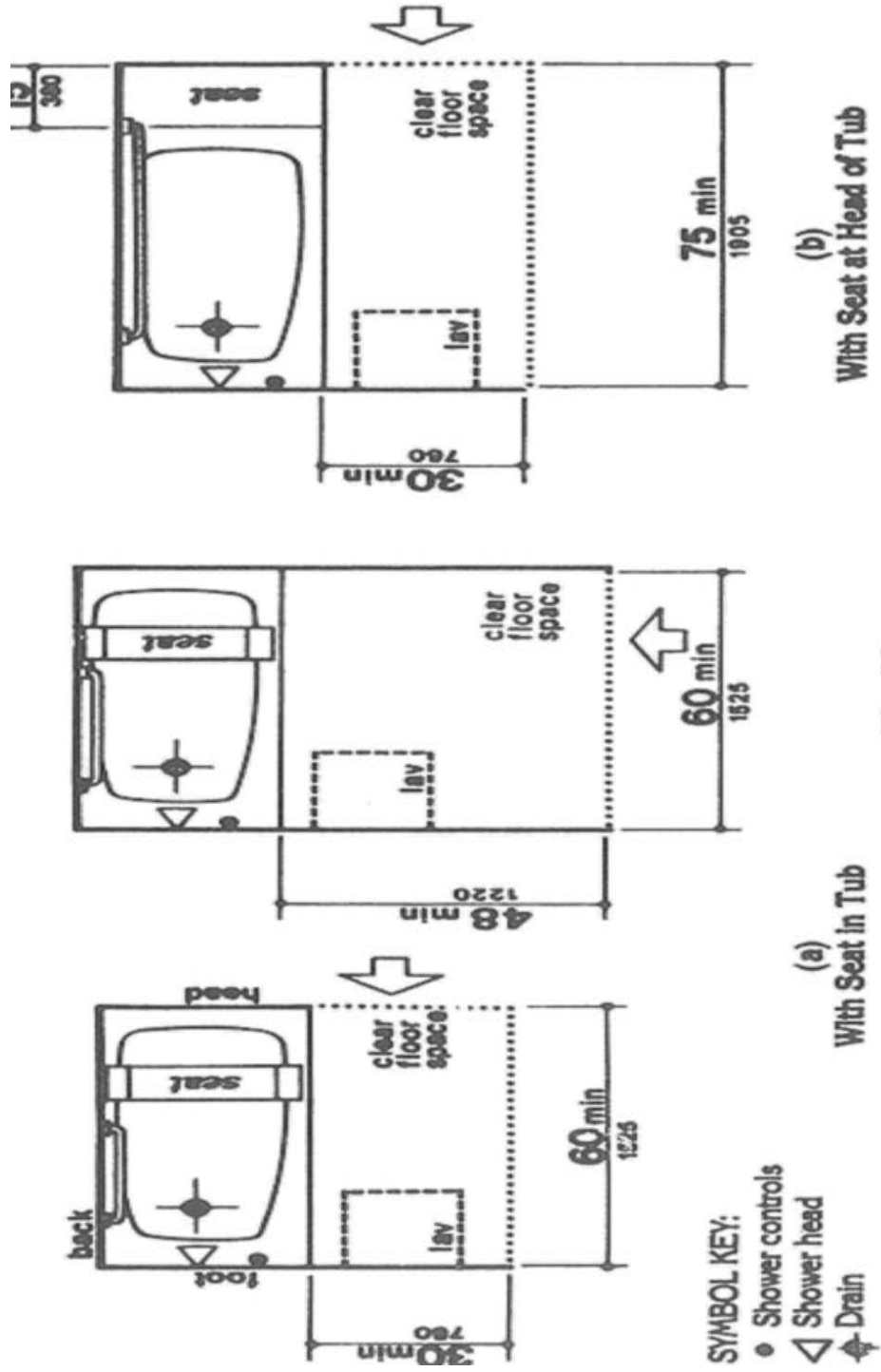


Fig. 28  
Clear Floor Space at Water Closets

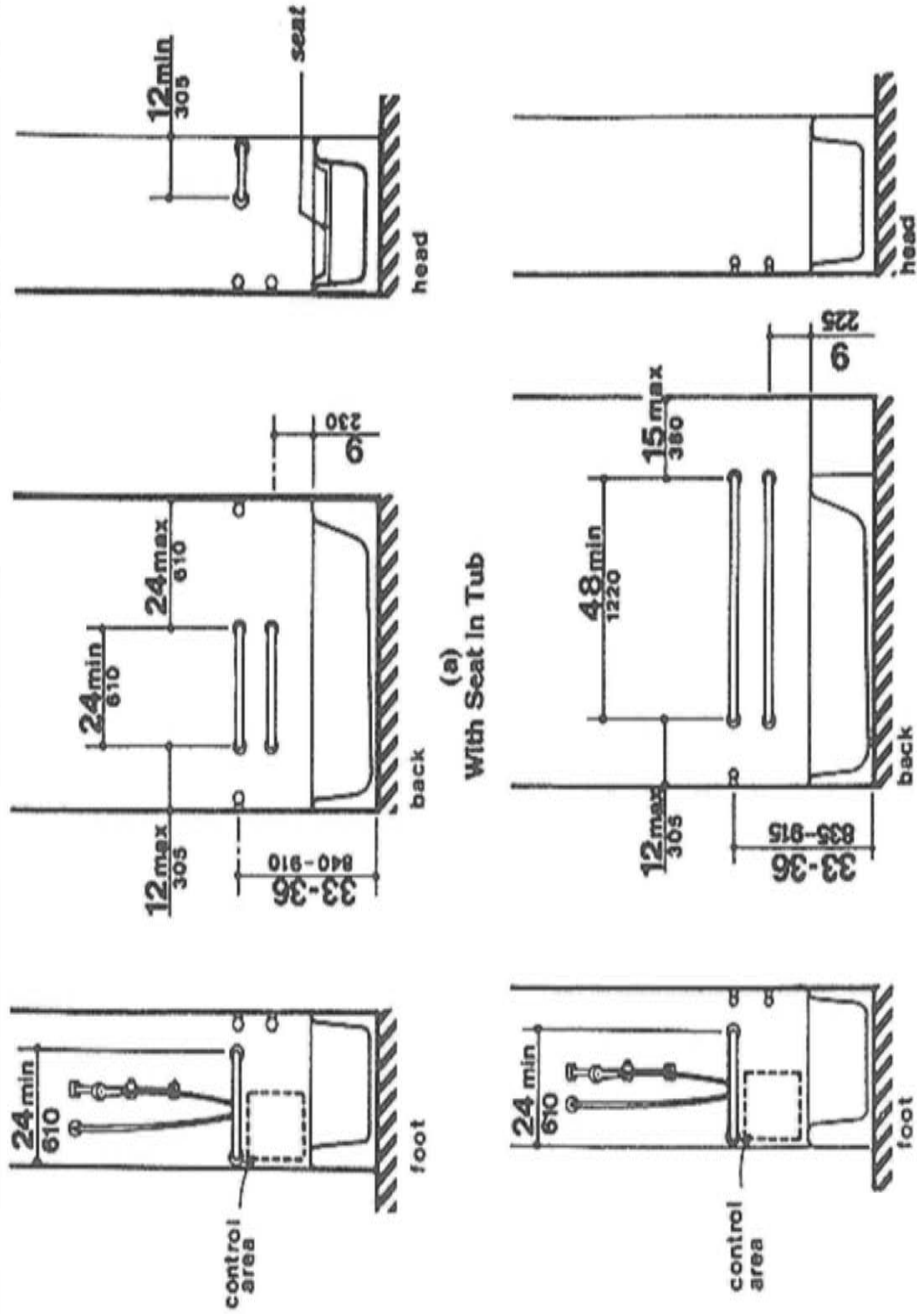


# Shower Access



**Fig. 33**  
Clear Floor Space at Bathtubs

# Shower Access Continued



(a) With Seat In Tub  
 (b) With Seat at Head of Tub  
 Fig. 34  
 Grab Bars at Bathtubs



# Grab Bar Spacing

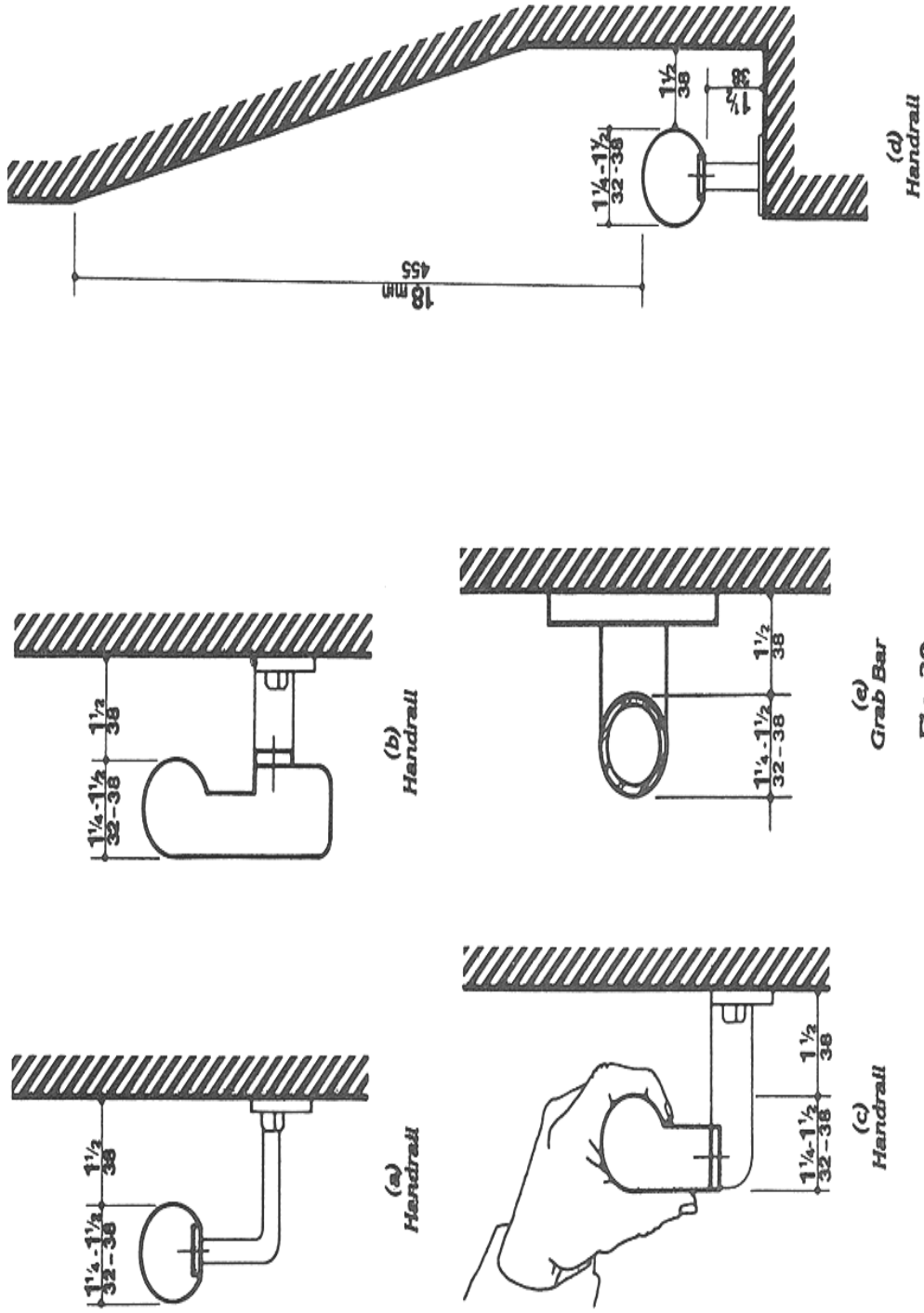
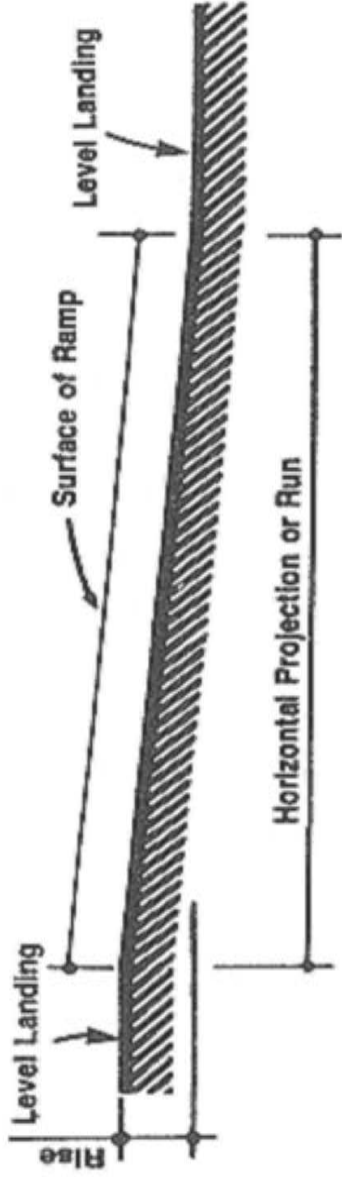


Fig. 39  
Size and Spacing of Handrails and Grab Bars

Department of Justice, Code of Federal Regulations, ADA Standards for Accessible Design, 1994, p. 542

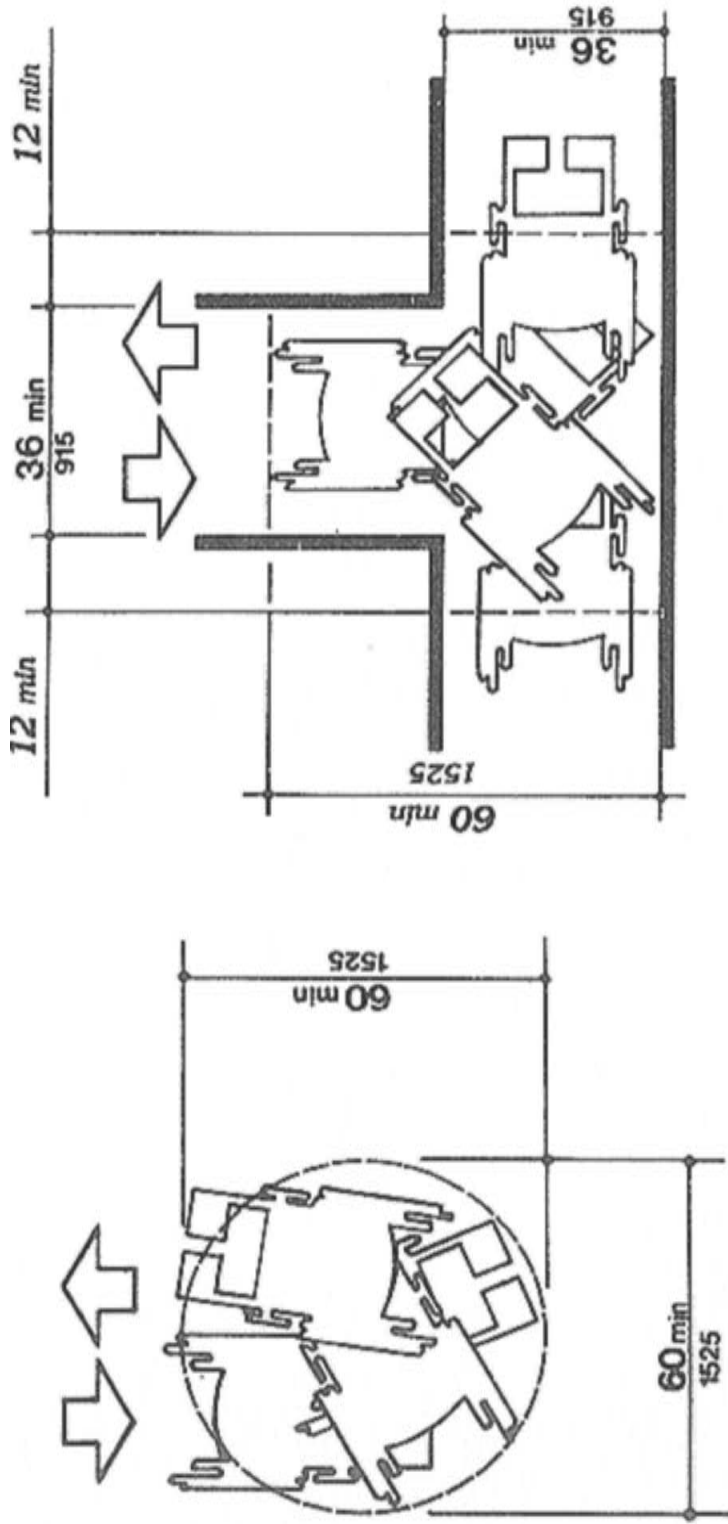
# Wheelchair Ramps



Slope	Maximum Rise		Maximum Horizontal Projection	
	in	mm	ft	m
1:12 to < 1:16	30	760	30	9
1:16 to < 1:20	30	760	40	12

**Fig. 16**  
**Components of a Single Ramp Run and Sample Ramp Dimensions**

# Wheelchair Turning Space



(a) 60-in (1525-mm)-Diameter Space

(b) T-Shaped Space for 180° Turns

Fig. 3  
Wheelchair Turning Space

Department of Justice, Code of Federal Regulations, ADA Standards for Accessible Design, 1994, p. 507

## **Acknowledgements**

John A. Nyquist, MS, CMI  
Board Certified Medical Illustrator  
Office of the VP for Health Sciences, UB

Dean J. Carroll, OTR/L  
President, Home Accessibility Consultation

Michael Noe, MD, MPH  
Associate Dean, Community Relations and Clinical Affairs,  
School of Public Health and Health Professions, UB

Michael Anton Sciortino, JD, MS  
Programmer/Analyst (Project), School of Public Health and Health Professions

---

### **OT Geriatric Group, Department of Rehabilitation Science, UB**

Machiko R. Tomita, Ph.D.

Susan Nochajski, Ph.D., OTR/L

Jo Schweitzer, OTR/L, MS

James A. Lenker, Ph.D., OTR/L

Linda S. Russ, Ph.D., OTR/L,

Sheela Rajendran, OTR/L, MS,

Sumandeep Saharan, OT

---

For download of this material, visit

**[www.agingresearch.buffalo.edu](http://www.agingresearch.buffalo.edu)**

For questions, suggestions, and requests related to this material,  
contact:

Machiko R. Tomita, Ph.D.  
Phone: (716) 829-6740  
Email: [machikot@buffalo.edu](mailto:machikot@buffalo.edu)  
Department of Rehabilitation Science  
University at Buffalo  
631 Kimball Tower  
Buffalo, New York 14214

## **Acknowledgements**

(In Alphabetical order)

### **Autumnwood Senior Center**

1800 Clinton St. Buffalo, NY 14206  
(716) 826-7895

### **Erie County Department of Senior Services**

95 Franklin Street, Room 1329, Buffalo, NY 14202  
(716) 858-8526

[http://www.erie.gov/depts/seniorservices/services\\_guide.asp](http://www.erie.gov/depts/seniorservices/services_guide.asp)

### **Gloria J. Parks Community Center**

3242 Main Street, Buffalo, NY 14214  
(716) 832-1010  
<http://uhcda.org/web/>

### **Meals on Wheels for Western New York**

100 James E Casey Drive, Buffalo, NY 14206  
(716) 822-2002  
<http://www.mealsonwheelswny.org/>

### **Millard Fillmore Suburban Hospital**

1540 Maple Road, Williamsville, NY 14221  
(716) 569-3600  
<http://suburban.kaleidahealth.org/>

### **Network in Aging of Western New York**

505 Kimball Tower, University at Buffalo  
3435 Main Street, Buffalo, NY 14214  
(716) 829-3712  
<http://www.networkinaging.com/>

### **Parkside Community Association, Flint Hill Village Program**

2318 Main Street, Buffalo, NY 14214  
(716) 838-1240  
<http://www.parksidebuffalo.org/>

### **Visiting Nursing Association of Western New York**

2100 Wehrle Drive, Buffalo, NY 14221  
(716) 630-8750  
<http://www.vna-wny.org/index.asp>  
[seniorinfo@erie.gov](mailto:seniorinfo@erie.gov)

# HSSAT v.3



**Occupational Therapy Geriatric Group  
Department of Rehabilitation Science  
School of Public Health and Health Professions  
University at Buffalo**

**Falls**Prevention™  
STEP UP TO STOP FALLS

Supported by a grant from the Community Health Foundation of Western and Central New York