

Home Age Fit Explains How Families Can Set Fall Prevention Priorities at Home Following Federal Funding Announcement

October 15, 2026

New York, New York - October 15, 2026 -
Home Age Fit, a founder-led educational resource for aging-in-place design, has released guidance explaining how older adults and their families can decide which household fall hazards to address first. The guidance follows an October 9, 2026 announcement from the U.S. Department of Health and Human Services committing up to $27.8 million over three years toward three initiatives designed to expand older-adult falls-prevention programs.

The federal funding supports clinical-community partnerships, statewide expansion of evidence-based programs, and the National Falls Prevention Resource Center, including efforts to scale the CDC's STEADI initiative and the Stepping On program. The awards support organizations and prevention programs rather than individual household renovation grants. Home Age Fit frames the announcement as an occasion to connect national prevention efforts with the practical decisions made inside American homes.

The timing reflects a measurable trend. According to CDC data published September 4, 2026, the age-adjusted death rate from falls among Americans aged 65 and older rose 21 percent between 2018 and 2024, climbing from 64.7 to 78.4 per 100,000.

Home Age Fit notes that identifying hazards is only a first step. Through its Home Age Fit Home Safety Checklist for Seniors, the resource encourages families to examine the routes a person actually walks, such as the path from bedroom to bathroom, staircases, and frequently crossed thresholds, under the conditions in which they are used, including after dark.

"A list of hazards tells a family what might go wrong, but it does not tell them what to fix first," said Oded Feigin, founder of Home Age Fit. "Prioritization matters because exposure, potential consequences, and each resident's own movement patterns differ from one home to the next. The goal is to understand the physical constraints of a home before recommending changes to it."

To address that need, the company points to its Home Age Fit Fall-Prevention Priorities Guide, which ranks hazards by potential harm, frequency of use, and ease of correction. The guide identifies bedrooms, stairs, and bathrooms as the locations where most home falls with a known location occur, and notes that the order of risk shifts with age.

Research underscores the value of environmental changes. A randomized clinical trial published August 31, 2021 in JAMA Network Open, involving 310 older adults, found that an occupational therapist-led home hazard removal intervention reduced the rate of falls by 38 percent as a secondary outcome. The primary outcome, the risk of experiencing a fall, did not improve significantly.

Feigin added that low-cost improvements deserve early consideration. "Better lighting, clear pathways, stable rugs, and reachable storage can reduce avoidable friction before larger renovations are considered," he said. "When structural modifications or load-bearing installations are involved, qualified contractors should be engaged, and occupational therapists can assess person-specific transfer and movement needs."

The Home Age Fit Guide to a Priority-Based Fall-Prevention Plan outlines a staged approach to sequencing those changes over time, with scheduled review dates and restart triggers after any fall or significant health change.

Home Age Fit is an educational resource established by Oded Feigin, who holds B.Sc. and M.Sc. degrees in mechanical engineering and has experience in engineering leadership and residential renovation planning. The company provides engineering-informed aging-in-place design resources, including expert-led guidance,

decision-friendly reviews, organized topic hubs, and in-depth articles. Its materials are intended as educational planning and technical interpretation, not medical advice, certified home assessments, or project-specific engineering services.

###

For more information about Home Age Fit, contact the company here:Home Age FitOded Feigininfo@homeagefit.com144-42 Jewel AvenueFlushing, NY 11367United States

Home Age Fit

Home Age Fit provides engineering-informed aging-in-place guidance, helping seniors and families plan safer, more comfortable homes through ergonomic frameworks, preventative design, product reviews and practical independence-at-home solutions for life.

Website: https://homeagefit.com

Email: info@homeagefit.com