



Better Health While Aging – Fall Prevention for Homebound Seniors

SPEAKERS

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Better Health While Aging – Fall Prevention for Homebound Seniors



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About NCOA



Who We Are:

NCOA is the national voice for every American's right to age well

Our Vision:

A just and caring society in which each of us, as we age, lives with dignity, purpose, and security



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Our Mission:
Improve the lives of millions of older adults, especially those who are struggling


Our Social Impact Goal:
Improve the health and economic security of 10 million older adults by 2020

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How We Accomplish Our Mission



- **Innovative Programs:** NCOA's online and in-community programs empower individuals to take small steps that can significantly improve their daily lives.
- **Advocacy:** NCOA works in a bipartisan manner to protect and improve federal programs that Americans depend on, like Medicare, Medicaid, and the Older Americans Act.
- **Partnerships:** NCOA supports a national network of local partners that provide personalized services to help individuals stay healthy and economically secure as they age.

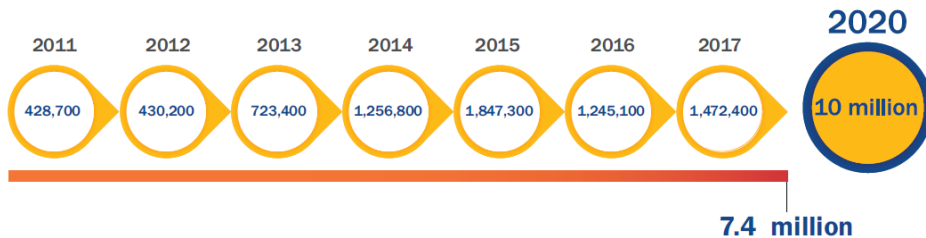
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NCOA's Ongoing Impact

Improving the Lives of 10 Million Older Adults by 2020



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NCOA's Center for Healthy Aging

- **Goal:** Increase the quality and years of healthy life for older adults and adults with disabilities
- **Two national resource centers funded by the Administration for Community Living**
 - Chronic Disease Self-Management Education (CDSME)
 - Falls Prevention
- **Other key areas:** behavioral health, physical activity, immunizations, oral health



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National Falls Prevention Resource Center

- ➡ Increase public awareness about falls prevention
- ➡ Serve as the national clearinghouse for tools and resources
- ➡ Support and stimulate evidence-based programs and strategies

www.ncoa.org/healthy-aging/falls-prevention/



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U.S. Administration for Community Living Evidence-Based Falls Prevention Program Grantees

- | | | |
|--------------|------------------|--------------|
| • Arizona | • Massachusetts | • New York |
| • California | • Michigan | • Tennessee |
| • Colorado | • Minnesota | • Texas |
| • Florida | • Missouri | • Utah |
| • Georgia | • North Carolina | • Virginia |
| • Illinois | • North Dakota | • Vermont |
| • Iowa | • New Hampshire | • Washington |
| • Maine | • New Jersey | • Wisconsin |
| • Maryland | • New Mexico | • Wyoming |

Administration for Community Living/Administration on Aging Falls Prevention
Grantees:

http://www.acl.gov/AoA_Programs/HPW/Falls_Prevention/Index.aspx#Awardees

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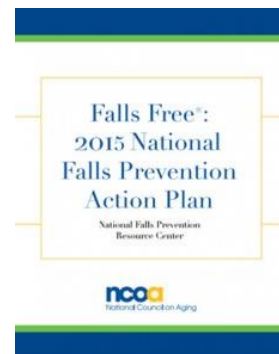
National Resource Centers Technical Assistance Activities



2015 National Falls Prevention Action Plan

12 Goals, 40 strategies and 242 action steps

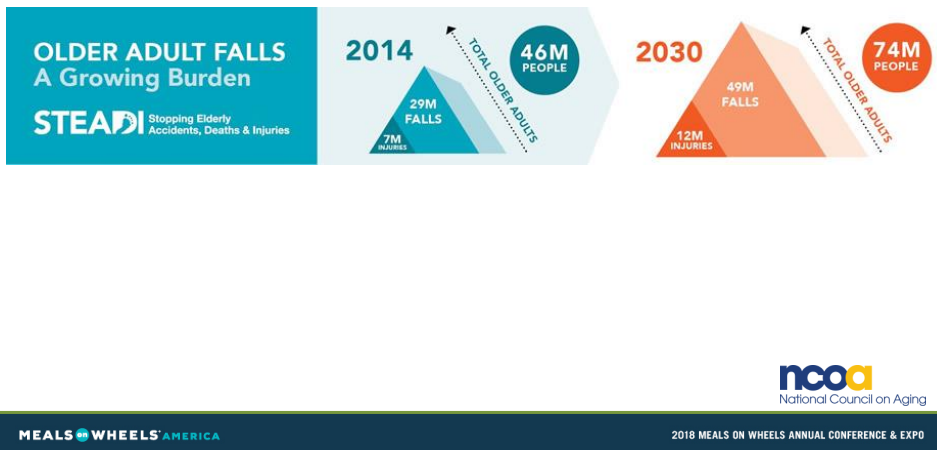
- Physical Mobility
- Medication Management
- Home Safety
- Environmental Safety
- Public Awareness and Education
- Funding and Reimbursement
- Expansion of Evidence-based Programs
- Policy and Advocacy



Source: www.ncoa.org/healthy-aging/falls-prevention/2015-falls-prevention-action-plan/



What We Know about Falls and Fall-Related Injuries



What We Know about Falls and Fall-Related Injuries

- **Common**
 - 1 in 4
 - 20% of falls result in injuries
 - Leading cause of fatal and nonfatal injuries among older adults
- **Costly**
 - \$50 billion per year
- **Impactful**
- **Predictable**
- **Largely Preventable**



Everyone has a role to play and can make a difference within their own sphere of influence.

Fall Risk Factors

You CAN change

Physical inactivity
Home environment
Vision
Medication Use
Fear of falling
Social isolation
Weakness
Improper use of assistive devices

You CAN'T change

Age
Gender
Ethnic background



Falls Risk Factors: A Tower of Blocks

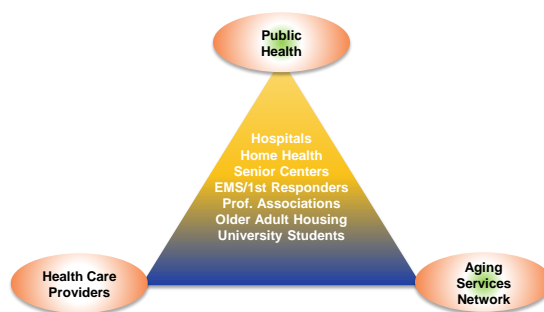
- History of falling –
- Impairment of balance and gait
- Mobility problems: muscle weakness, inability to transfer, decreased coordination, sedentary
- Medications: number and type
- Postural hypotension or low blood pressure
- Sensory deficits, such as vision or hearing impairments, loss of sensation in feet
- Limitations in activities of daily living
- Home or environmental hazards
- Cognitive decline
- Chronic conditions: Arthritis, Diabetes, Neurological disease (stroke, Parkinson's disease), cardiovascular disease, chronic pain
- Depression
- Age >80 years, Female gender, Living alone
- Transitions from home to another setting



Adverse Consequences of Falls for Older Adults

- Serious injuries – hip and spinal fractures, brain injuries, broken bones, e.g., wrist, femur
- Increased fear of falling and restriction of activities, social isolation, depression, helplessness
- Decreased ability to function
- Loss of independence and reduced quality of life
- Increased risk of premature death

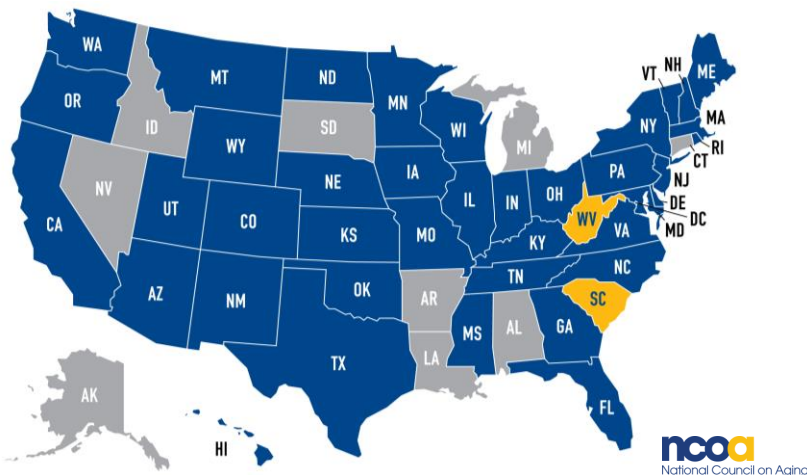
State Falls Prevention Coalitions



Contact your state or local Falls Prevention Coalition:
<https://www.ncoa.org/resources/list-of-state-falls-prevention-coalitions/>

State Falls Prevention Coalitions

■ State Falls Prevention Coalitions
 ■ State Falls Prevention Coalitions Under Development
 ■ Inactive State Falls Prevention Coalition



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National Fall Prevention Awareness Day (FPAD)

- Raise awareness about how to prevent fall-related injuries among older adults.
- FPAD is held each year on the first day of fall.
- State and local FPAD Activities:
 - Professional education
 - Physical activity events
 - Public awareness activities
 - Falls risk screening fairs
 - State and local advocacy activities
 - Enrolling older adults in evidence-based falls prevention programs



Marketing & Media

Spread the word about falls prevention with these tips and tools.

Promotional Materials	Go
PowerPoint Presentation Toolkit	Go
Media Toolkit	Go



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Falls Prevention Awareness Day 2017: National Media Reach



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Falls Prevention Awareness Day 2017: Coalition & State Reach

- 43 states observed FPAD
- 786,000 older adults, family caregivers, and professionals were reached
- 10,600 people, including policymakers, were reached through advocacy efforts.
- 31,600 individuals participated in evidence-based fall prevention programs,
- 19,100 people were screened for fall risk factors.



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You Have the Power to Prevent a Fall Video



<https://vimeo.com/182773116>

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Evidence-Based Falls Prevention Programs

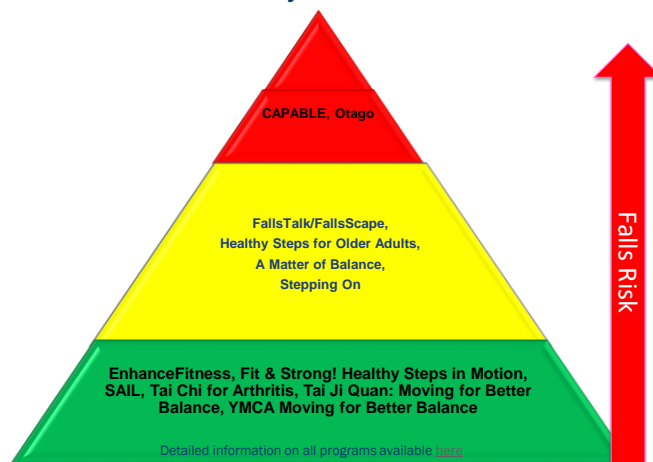
- Proven to help older adults reduce their risk of falling and/or fear of falling
- Programs available for older adults with low, moderate, and high risk for a fall
- Program content includes one or more of the following:
 - Cognitive restructuring
 - Balance, strength, and gait training exercises
 - Group discussion
 - Practical solutions
 - Home safety modifications
 - Educational presentations from experts in the community
- For information about program summaries, costs, and training requirements, visit:
<https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults/>

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Community-Based, Evidence-Based Falls Prevention Program/Falls Risk Pyramid



Note: An individual's level of falls risk may change and should be periodically reassessed. The CDC's [STEADI toolkit](#) is an evidence based framework that can be used to assess risk. Individuals can move from program to program, depending on their individual needs and level of falls risks.
Adapted from Mahoney, J & Shea, T.

Evidence-Based Falls Prevention Programs

- A Matter of Balance
- ***CAPABLE**
- ***EnhanceFitness**
- FallsTalk/FallScape
- ***Fit & Strong!**
- ***Healthy Steps in Motion**
- Healthy Steps for Older Adults
- Otago Exercise Program
- Stay Active and Independent for Life (SAIL)
- Stepping On
- Stay Safe, Stay Active
- Tai Chi for Arthritis
- Tai Ji Quan: Moving for Better Balance
- YMCA Moving for Better Balance



*Added in 2017 or 2018 to the approved EB falls prevention program list. List is available at <https://www.ncoa.org/resources/select-evidence-based-falls-prevention-programs/>

ACL Falls Prevention Grantee Reported Outcomes

Between September 2014 and July 2018, participants enrolled in ACL grantee-supported falls prevention programs reported the following outcomes:

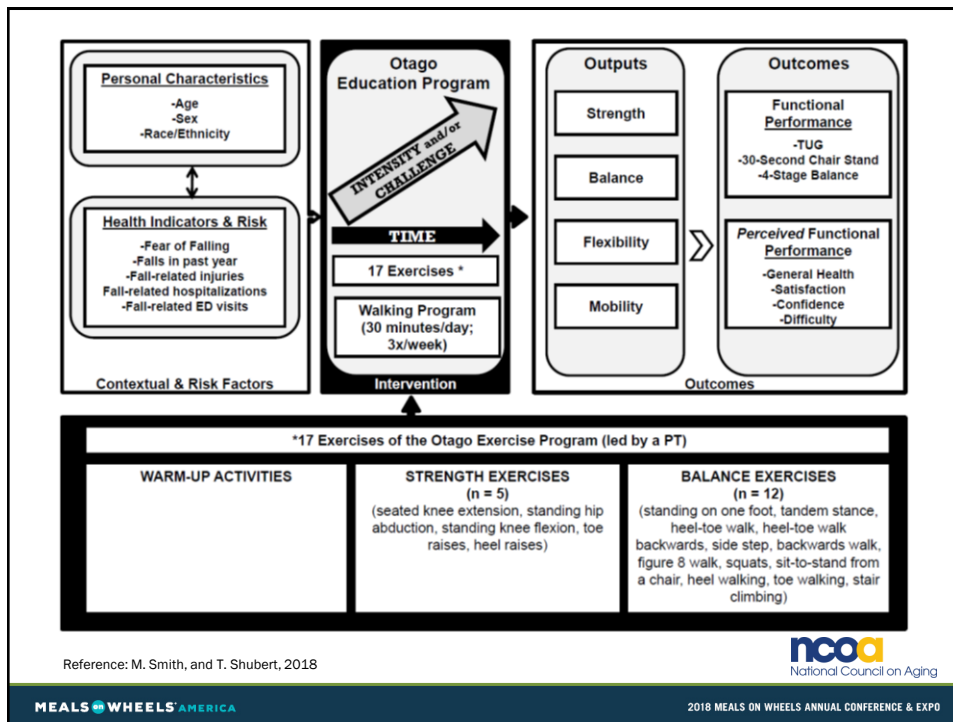
Outcome	% Improved/Maintained
Program helped reduce their fear of falling	84%
Feel they can protect themselves from a fall	88%
Can find a way to reduce falls	88%
Can find a way to get up if they've fallen	87%
Can increase their physical strength	87%
Have become more steady on their feet	86%

Otago Exercise Program

A series of 17 strength and balance exercises delivered in the homes of frail older adults.

- Individual program of muscle strengthening and balance exercises
- Delivered by a physical therapist (PT) or certified health professional
- Facilitators assess, coach and progress patients over the course of six months to one year
- 8 sessions with follow-up





Otago Program Findings

Improvements in Perceived Functional Performance

- Self-reported health
- Confidence to keep from falling
- Activity restrictions because of walking difficulties
- Self-reported functional ability (no difficulty)
 - ▶ Walking across a room
 - ▶ Walking one block
 - ▶ Stooping/crouching/kneeling
 - ▶ Getting out of a straight-back chair
 - ▶ Climbing one flight of stairs



Improvements in Actual Functional Performance

- Timed Up-and-Go Test
- 30-Second Chair Stand
- Four-Stage Balance Test

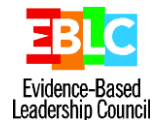
Reference: M. Smith, and T. Shubert, 2018

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Expansion of Evidence-Based Programs

Evidence-Based Program Falls Prevention Review Council

- Funding through the Administration for Community Living
- Purpose: to identify new health promotion and disease prevention programs that meet the Older American Act Title IIIID Criteria
- Partnership between NCOA and the Evidence-Based Leadership Council (EBLC)
- Review Cycles So Far
 - First round of program reviews – Fall 2017
 - Second round of reviews – Winter 2018
 - Next round – Late 2018/early 2019



Expansion of Evidence-Based Programs

American Indian, Alaska Native, and Native Hawaiian (AI/AN/NH) Evidence-Based Program Advisory Council

- Funded by the Administration for Community Living
- Mission
 - Increase the number of tribal communities that provide falls prevention and CDSME information, self-advocacy tools, and resources to tribal elders.
 - Increase access to CDSME, falls prevention, and other evidence-based health promotion and disease prevention programs.



Stopping Elderly Accidents, Deaths and Injuries (STEADI) Resources

www.cdc.gov/steady/index.html

The screenshot shows the CDC STEADI website with a sidebar for 'Related Content' and four main resource boxes:

- Family Caregivers: Protect your Loved Ones from Falling**: Brochure for family caregivers with steps to help prevent older adult falls. Download: Family Caregivers: Protect Your Loved Ones from Falling [English version - 428KB].
- Check for Safety Brochure**: Encourage patients to use to help identify and eliminate fall hazards in their home. Download: Check for Safety brochure [English version - 3MB], Check for Safety brochure [English version with crop marks - 3MB].
- Stay Independent Brochure**: Offers a checklist providers and patients can use to check for risk of falling. Download: Stay Independent brochure [English version - 2MB].
- What You Can Do to Prevent Falls Brochure**: Use to help patients learn how to reduce their chances of falling. Download: What You Can Do to Prevent Falls [English version - 2MB].

At the bottom, there is a logo for 'MEALS ON WHEELS AMERICA' and text for the '2018 MEALS ON WHEELS ANNUAL CONFERENCE & EXPO'.

Fall Prevention Resources & Handouts

- Falls Prevention Conversation Guide for Caregivers
- Home Safety Assessment Tools, Home Modification Programs, and Home Modification Funding Sources
- Falls Prevention Fact Sheet
- 6 Steps to Prevent a Fall Infographic
- 6 Steps to Protect Your Loved One from a Fall
- Winterize to Prevent Falls
- Osteoarthritis and Falls
- Osteoporosis and Falls
- Falls Prevention Programs: Saving Lives, Saving Money Infographic

Download these free resources and more at:

<https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/general-resources/infographics-handouts/>

The infographic lists six steps to prevent falls, each with a number, a brief description, and an icon:

- 1 Find a good balance and exercise program**: Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend. (Icon: Person walking)
- 2 Talk to your health care provider**: Ask for an assessment of your risk of falling. Share your history of recent falls. (Icon: Heart with pulse line)
- 3 Regularly review your medications with your doctor or pharmacist**: Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed. (Icon: Pill bottle and pills)
- 4 Get your vision and hearing checked annually and update your eyeglasses**: Your eyes and ears are key to keeping you on your feet. (Icon: Person at a desk with a screen)
- 5 Keep your home safe**: Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas. (Icon: Person walking up stairs)
- 6 Talk to your family members**: Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue. (Icon: Family group)

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Home Safety

Home Safety and Home Modification Resource Inventories

- Evidence-Based Programs, Best Practices in Home Modification
- Home Assessment Tools
- Home Modification Funding Resources
- Visit: <http://stopfalls.org/resources/home-modification-tools-programs-and-funding-landingpage/>



Home Safety: FPAD Facebook Live Video

- Visit: <https://www.ncoa.org/blog/falls-prevention-home-18-step-safety-checklist>

18 Steps to Fall Proofing Your Home

More than 75% of falls take place inside or in close proximity to the home, but your home doesn't have to be an obstacle course of potential falls. Some simple and quick changes will easily help reduce your risk of **falling**. Review the steps below to get started today.



Caregiver Education

Falls Prevention Conversation Guide for Caregivers

Overview

- Why falls prevention is important.
- Caregivers can participate, too!
- Falls prevention basics.
- Step 1: Is it time to talk?
- Step 2: Who and how to talk to others who may be involved.
- Step 3: Develop a falls prevention action plan.
- Perspectives: You are not alone.
- Additional Resources.



FALLS PREVENTION CONVERSATION GUIDE FOR CAREGIVERS

Caregivers, let's talk about keeping you and your family safe and active. It seems like common sense -- everyday falls, no matter what age, however, for many older adults, an unexpected fall can result in a serious and costly injury. The good news is that most falls can be prevented. As the caregiver, you have the power to reduce your loved one's risk of falling, and your own fall risk as well.

You can be a partner and a participant in falls prevention.

This conversation guide has many purposes, use this guide as a tool of empowerment in your role as a caregiver. Use it to gain an understanding of the person you are caring for who has a fall, to experiencing decreased mobility, is unsteady on their feet, or is fearful of falling. When needed, use it to talk with other members of your family or health care professionals about creating a falls prevention action plan.

Many people think falling is common as we age. The truth is, older adults can increase balance and strength. Taking action to address the risk of falling is an important way to stay healthy and independent as long as possible. Falls prevention activities are beneficial to everyone across the lifespan, and they can be fun!



For more information: www.caregiving.org • www.ncoa.org/fallsPrevention

Join Us!

- Visit ncoa.org and sign up for enews
- Follow @NCOAging on social media
- Donate to support NCOA's work: ncoa.org/Donate
- Share NCOA's free, trusted tools with older adults
 - BenefitsCheckUp.org
 - EconomicCheckUp.org
 - MyMedicareMatters.org



Thank You!

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