Preventing Falls in Older Adults: Local and National Initiatives

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The California Agenda

Establish fall prevention as a key public health priority
Educate and empower consumers
Create effective and sustainable fall prevention programs
Build a comprehensive fall prevention infrastructure
• #1 source of FP info. (Google) for providers, policy makers, educators, practitioners
• Over 38,000 unique visitors last year
• Offer resources, print materials for non-web users
• “Terrific site. I especially enjoyed the multinational links. I have bookmarked it and will visit again and mention it to my colleagues.”
• “Excellent resources available to researchers and clinicians. Thank you for your work!!”
“People who use canes are brave. They can be more independent and enjoy their lives.”
Shirley Warner, age 79

“It’s not the broken hip, it’s the nursing home I don’t want. I need to be independent, so I take Tai Chi.”
Leonard Jones, age 74

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This brochure was produced in collaboration with the following organizations:

For more information on falls and fall prevention, please visit:
www.stopfalls.org | www.cdc.gov

Avoid a Fall!
Falls are a main reason why people lose their independence.
Are you at risk?
Fall Prevention Awareness Week

• SCR 77 would declare the first week of fall each year as "Fall Prevention Awareness Week"

• Community Audits
• Talk With Your Doctor
• Events At Home Depot And Lowes (Private Sector)
• Fall Risk Screen At Health Fairs
• Walking Clubs – Safe Walking Routes, Shopping Routes, Chamber Of Commerce Challenge
• Fall Prevention Badge For Boy/Girl Scouts
• Walking Poles Training Program
• CCGG – Essay Contest About How To Prevent Falls
Next Steps

• Year 4 And 5 – Goals And Plans
• Resources To Consumers
• Fall Prevention Awareness Week
• Improve Fall Data
  – Good Data = Good Policy
  – Steve Wallace Survey
  – State And Local Data Used To Help Local Providers Make The Case
Create Effective & Sustainable FP Programs
Improve Existing Programs

• 6 Programs Initially; Re-funded 3 In October 2007
  – Alzheimer’s Family Services Center (ADHC)
  – Onegeneration (ADHC & Senior Center)
  – Jewish Family Services STRIDE (Senior Center)

• Key Elements:
  – Adding Multi-factorial Components In Existing Programs
  – Embedding FP In Larger Organization
  – Developing & Sustaining External Partnerships
Develop the Gold Standard: InSTEP

• 3 Key Fall Prevention Components:
  – Medical-risk Assessment & Recommendations
  – Physical Activity Program
  – Home-risk Assessment & Modification

• Intensity: High, Medium And Participant Preference

• Focusing On Older Adults With Moderate To High Fall Risk
InSTEP

• Targeted Enrollment
  – 10-15 Participants Per Program Rotation
  – 180-200 Participants In Total

• 49 Enrolled At Three Sites:
  – Lakeview Senior Center (Irvine) – High Intensity
  – St. Barnabas Senior Services (Los Angeles) – Medium Intensity
  – Walnut Senior Center (Walnut) – High Intensity With Behavior-skills Training Group
Selecting the Right Fall Prevention Program

Approximately one third of community-dwelling individuals age 65 and over will experience a fall annually. The need for providing fall prevention services is gaining importance in the policy, social service, recreation and parks, health care, and research arenas.

In order to meet increasing demand, the number of evidence-based fall risk reduction/prevention programs has grown substantially in the U.S. and abroad, offering service providers with an array of program choices to fit a diverse set of needs and available resources.

This program review is intended to assist service providers with selecting the intervention program that best suits the needs of their clients, within the constraints of available resources.

Ten fall risk reduction/prevention programs are described in this program review. Programs were selected according to the following criteria: a) a clear focus on fall risk reduction, b) the availability of replication materials, and c) published evidence of program efficacy and/or extensive field testing.

Please visit www.stopfalls.org for a full list of program-related references.
Build A Comprehensive Fall Prevention Infrastructure
StopFalls Network

- Has grown to 143-member organization since 2005.
- Model for other states in process of building fall prevention coalitions.
- Activities featured in recent NCOA publication *Falls Free: A Practical Guide to State Coalition Building.*
Stop Falls Network

• Creation of comprehensive database of FP continuing education offerings
• Development of virtual resource table
• Development of policy agenda that served as basis for Summit recommendations
Funded Coalitions in CA

• Ideal vehicle for achieving coordination of services

• Allows for pooling of resources to address multifactorial nature of falls at a local level.

• Successful models can be replicated throughout CA.
Examples of Independent Fall Prevention Programs

- CHIPPS – SF DPH
- SIPP – Alameda Co.
- Staying Mobile – Ctr. Healthy Aging
- Senior Health Improvement Program – Butte Co.
- San Diego Fall Prevention Task Force

Legend: Green = Funding Sources • Yellow = Coordinating Agencies • Blue = Future FPCE Collaborators • Orange = Fall Prevention Activities & Programs

Developed by Fall Prevention Center of Excellence, March 2008
Pre-professional and Professional Education

- FPCE partners currently prepare professionals in select areas of fall prevention
- Pre-professional fall prevention curriculum - Basic and specialty modules
• Inform future professionals about FP
• Skill up current professionals
• Provide specialty course work relevant to profession
• Use variety of delivery mechanisms
Choosing the Right FP Program

- Enhance Fitness
- FallProof!
- FaME
- Matter of Balance
- OsteoFit

- Otago
- SAIL
- Stepping On
- Tai Chi
Our Vision for California’s Future: By 2015

• All Major CA Stakeholders Will Adopt Fall Prevention

• Every Primary Care Physician Will Assess Fall Risk & Prescribe Appropriate Action

• Local Public Health Departments & AAAs Will Adopt FP as a Priority & Part of Their Mission

• All Professionals Who Work With Older Adults in CA Will be Trained About Evidence-based Practice Guidelines for Fall Risk Assessment and Management

• Widespread Dissemination of Effective Coalition Models Statewide

• Consumers can Access FP Program Close to Home
Our Vision for California’s Future: By 2015

- Communities Will Complete FP Audits Bi-annually
- Will Create Senior-friendly Active Communities
- Will Have Intergenerational & Culturally Appropriate FP Programs
- Will Use Tax Incentives, Reimbursement Streams, & Code Changes to Build More Accessible, Supportive Housing
- Data – Uniform Reporting by First Responders
- Older Consumers & Their Families Will be Educated About Their Crucial Roles in FP and Maintaining Independence
- Community Organizations Serving Older Adults Will Develop/Disseminate Culturally Appropriate FP Information
Placing California’s Fall Prevention Initiative in a National Context
FallsFree Initiative

• National Action Plan released in March, 2005
• Published as a consensus document following a two-day Summit.
• Serves as the National Blueprint for reducing falls among older adults.
• Initiative led by NCOA, HSC, and Archstone Foundation.
National Action Plan

- Contained 36 strategies for reducing falls.
- Falls Free™ coalition formed to implement national plan.
- The plan has served as guiding document for state and local fall prevention coalitions and S 845/HR 5608
Major Foci of Plan

• Physical Mobility
• Medications Management
• Home Safety
• Environmental Safety
• Cross-Cutting Issues
Current Progress

- Promotion and dissemination of evidence-based fall prevention programs
- Updating of AGS Guidelines
- Initiation of multiple statewide initiatives
- Keeping Seniors Safe from Falls Act
- Development of fall risk education materials and products.
- Practice guidelines for home modifications developed by AOTA.
- Consensus recommendations for improving falls surveillance
NEXT STEPS?

- Address cultural /ethnic disparities in fall prevention
- Identify and promote effective models of practice
- Identify funding strategies to implement and sustain FP efforts.
- Continue advocacy efforts for fall prevention at all levels.
- Develop comprehensive and coordinated awareness campaign about FP.
- Educate pre- and current professionals about FP across all disciplines
Thank You!

Fall Prevention Center of Excellence

www.stopfalls.org

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