Preventing Falls among Older Oregonians

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Senior Falls Prevention
Injury and Violence Prevention Program

ADRC Webinar
June 17, 2014
Topics covered

- Burden of Senior Falls
- Falls Prevention Guidelines
- State Fall Prevention Program
- Falls Prevention Awareness Day and Resources
Falls are Common in Older Individuals

One out of three older adults falls each year but less than half talk to their health care providers about it.

Two-thirds of those who fall will do so again within 6 months.

Falls are the leading cause of both fatal and nonfatal injuries for those 65 and older.

http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html
How big is the problem?

Each year nearly 600 Oregonians die and 8,500 are hospitalized due to a fall.

The rate of death due to falls has increased nearly two-fold (92.3%) since 2000.

The rate of fatal falls for those 85+ is 26x greater than those age 65-74.

Nearly 60% of seniors in Oregon who are hospitalized for falls are discharged into long-term care.

Injury in Oregon Annual Data Report 2012
Falls Among Older Adults in Oregon 2012
The cost of falls

Fall hospitalization cost for Oregon seniors is $121.6 million per year.

Unintentional falls were the third most costly hospitalized condition after cancer and heart disease.

The median per patient hospitalization costs for fall-related injury is $30,467.

*Injury in Oregon Annual Data Report 2012*
Consequences of falling

- Fear of falling
- Activity restriction
- Increased fall risk
- Reduced mobility
- Isolation
- Loss of physical fitness
Falls can be prevented

**Biological**
- Muscle weakness
- Gait and balance problems
- Poor vision
- Cognitive impairment

**Behavioral**
- Risky behaviors
- 4+ medications
- Psychoactive meds
- Inactivity

**Environmental**
- Clutter and tripping hazards
- No stair railings or grab bars
- Poor lighting

- Rubenstein, *Age and Aging*, 2006
The Big Four

Exercise

Medication review

Vision checks

Home safety

Safe begins at Home

CDC Falls Prevention for Older Adults
Community Wide Efforts Can Reduce Falls Substantially

A multifaceted community based falls reduction program involving medical groups and the community reduced fall related injuries by 10% in a target community.

This is the model for the CDC State Fall Prevention Program.

CDC State Fall Prevention Program

Systems and Policy Change

Changes in clinical care

Tai Chi: Moving for Better Balance

Stepping On Fall Prevention Program

Otago Exercise Program

5-year program
3 state health departments

Technical Assistance and Evaluation
## Evaluation

### Participant data
- Entry questionnaire
- Attendance log

### Site data
- Program information
- Description of agency
- STEADI clinician 6-month follow-up survey
- Key informant interviews, focus groups
- Medical records review

### Clinician data
- All Payer All Claims Reporting Program
- Behavioral Risk Factor Surveillance System
- Oregon Trauma Registry
- Oregon Fire & EMS Bridge
- Hospital discharge data
- Death certificate data

### Population data
- Program costs
- Assessment of involvement with health system transformation
- Assessment of community action and policy implementation

### Other data
- Participant data
- Site data
- Clinician data
- Population data
- Other data
Oregon senior falls prevention 2011-2016

Health systems

Health plans

Community programs

Clinician education and referrals (STEADI)

Aging services, community health workers, volunteers, professional organizations

First responders

Public awareness
Project Timeline

Planning phase
2011-2012

Portland Metro implementation
2012-2016

Statewide implementation
2014-16
Incentives and Motivators for Health Care and Falls Prevention

**MEDICARE**
Welcome to Medicare visit
Annual Wellness Visit
5-star health plan rating

**Physician Quality Reporting System (PQRS)**

**Patient-centered Primary Care Homes**
480 recognized Oregon clinics

**Coordinated Care Organizations (CCO)**
Serving 90% of Oregon Health Plan (Medicaid) members

**Comprehensive Primary Care initiative**
Oregon is one of 7 national markets
67 clinics

**ABIM and ABFM maintenance of certification credits**
Oregon Coordinated Care Model

- Best practices to manage and coordinate care
- Shared responsibility for health
- Payment for outcomes and health
- Performance is measured
- Transparency and clear information

TRIPLE AIM: better health, better care, lower costs
Health system falls prevention partners
STEADI: Stopping Elderly Accidents, Deaths, and Injuries
# Recommended Fall Prevention Programs

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<th>Programs</th>
<th>Location</th>
<th>Day &amp; Time</th>
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Notes:

Research shows that to reduce falls, exercises MUST focus on improving balance and strength, be progressive (get more challenging over time), and be practiced for at least 50 hours. This means, for example, taking a 1-hour class 3 times a week for 4 months, or a 1-hour class 2 times a week for 6 months.

The National Institute on Aging has created an exercise guide for healthy older adults to use at home. You can order this free book by going to: [www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide](http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide).
Physical Therapy (e.g., Otago, Neuro)
- Needs one-on-one therapy
- Moderate to severe balance problems
- May be homebound, cognitively impaired

Stepping On / A Matter of Balance
- Cognitively Intact
- Mild to moderate balance problems

Tai Chi programs
- Cognitively Intact
- Few balance problems

Traditional and older adult exercise programs such as standing strength and balance classes, dance, bowling, golf, ping pong, badminton
- Cognitively Intact
- Few balance problems

Class pyramid for STEADI referrals
Chair Rise Exercise

What it does: Strengthens the muscles in your thighs & buttocks.
Goal: To do this exercise without using your hands as you become stronger.
How to do it:
1. Sit toward the front of a sturdy chair with your knees bent & feet flat on the floor, shoulder-width apart.
2. Rest your hands lightly on the seat on either side of you, keeping your back & neck straight & chest slightly forward.
3. Breathe in slowly. Lean forward & feel your weight on the front of your feet.
4. Breathe out & slowly stand up, using your hands as little as possible.
5. Pause for a full breath in & out.
6. Breathe in as you slowly sit down. Do not let yourself collapse back down into the chair. Rather, control your lowering as much as possible.
7. Breathe out.
Repeat 10–15 times. If this number is too hard for you when you first start practicing this exercise, begin with fewer & work up to this number.
Rest for a minute & then do a final set of 10–15.
STEADI pilot

- OHSU Internal Medicine and Family Medicine clinics
- OGEC: STEADI to rural clinics
- CDC has funded OHSU to implement and evaluate STEADI in electronic health record

Working with national EHR vendor to disseminate nationally
Community programs

Tai Chi: Moving for Better Balance
• Developed at Oregon Research Institute
• Over 350 TCMBB instructors trained
• Fitness centers, health care settings, parks and recreation facilities, senior centers, assisted and independent living

Stepping On
• Instructors trained from Providence, Legacy, Kaiser, the VA, senior living, fitness centers

Otago Exercise Program
• STEADI referrals to Beyond the Clinic
• Free online training for PTs
Medicare-beneficiary fitness programs

• Tai Chi: Moving for Better Balance (TCMBB) is approved program
• OHA trained 60 Silver & Fit fitness instructors
• TCMBB is approved Silver Sneakers FLEX™ program
• Classes outside the gym
• Instructors paid with phone app
Aging services and professional organizations
Community Health Workers and volunteers
Falls Prevention for Older Adults

In Oregon, falls are the leading cause of fatal and nonfatal injuries for adults 65 and older. One in three older adults falls each year, and 20 to 30 percent of people who fall suffer moderate to severe injuries, such as bruises, hip fractures, and head traumas.

While falling is common to people of all ages, the severity of injury for older adults can result in a loss of mobility and independence. However, many falls are preventable; there are proven interventions that can help older adults reduce their risk of falling and live longer, healthier lives.

Classes for Seniors

You can also email lisa.m.shields@state.or.us if you need assistance finding a class near you.

- View the map of Senior Fitness Classes in Oregon / SW Washington (includes Tai Chi, Stepping On and Otago).
- Tai Chi for Arthritis website.
- Go4Life Free Virtual Coaching to Encourage Physical Activity
  The National Institute on Aging's Go4Life program now provides participants with their own (virtual) fitness coach. Anyone can create a free account and sign up to receive tips and encouragement to get up and active every day. Whether someone wants some gentle encouragement or a little muscle behind the message, these Go4Life coaches can help. Weekly or monthly e-mail tips on specific exercises, nutrition, safety, and more are available at Go4Life.

View the Stories from others about the classes and their benefits.
Google class listings map
Falls Prevention Awareness day

- 2012: Falls prevention fair at Legacy Emanuel Medical Center
- 2013: Tai chi “flash mob” at Director Park, downtown Portland
- Press release
- Public Health Twitter and FaceBook
- Governor’s proclamation: Falls Prevention Awareness Day
- Multnomah County Commissioners’ proclamation: Falls Prevention Awareness and Senior Center Month
- Presentations and screenings at senior centers and churches throughout September
BEFORE THE BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON

PROCLAMATION NO. 2013-117

Proclaiming September 2013, Falls Prevention Awareness and Senior Center Month in Multnomah County, Oregon.

The Multnomah County Board of Commissioners Finds:

a. The 2013 National Falls Prevention Awareness Month theme is, “Preventing Falls: One Step at a Time,” a goal the aging network, older adults, caregivers, and family members embrace and that the County actively promotes.

b. The 2013 National Senior Center Month theme is, “Senior Centers: Experts at Living Well,” which captures the key role County-funded senior centers, along with other County and community agencies serving older adults, play in preventing falls and encouraging healthy aging.

c. Evidence-based programs such as Tai Chi: Moving for Better Balance at the Urban League Multicultural Senior Center, Hollywood Senior Center, NAYA Family Center, Charles Jordan Community Center, Southwest Community Center, and Maranatha Church; A Matter of Balance and STEADI at OHSU; and Stepping On at Legacy Emanuel, Providence, and VA medical centers; and the Otago Exercise Program for Homebound Seniors at Beyond the Clinic Physical Therapy are significantly reducing older adults’ fall risks and falls.

d. Senior centers provide a wealth of opportunities to help older adults “live well,” such as classes, exercise programs, and other forms of exercise, chronic disease management workshops, arts and crafts, and outings to places of interest, educational classes, support groups, and a variety of social activities including meals.

e. By supporting senior centers’ efforts to keep older adults active and engaged, and falls prevention programs that improve their strength, balance, and flexibility, Multnomah County helps ensure the safety, independence, and well-being of its older residents.

The Multnomah County Board of Commissioners Proclaims:

September 2013 is National Falls Prevention Awareness and Senior Center Month in Multnomah County—a time to honor and promote falls prevention programs that enhance older adults’ health, and senior centers that provide a welcoming place to gather for activities, learning, and companionship.

ADOPTED this 5th day of September, 2013.

BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON

Judy Shiprack, Vice-Chair

Submitted by: Commissioner Judy Shiprack, District 3 & Commissioner Loretta Smith, District 2.

WHEREAS: It is estimated that 14.9 percent of persons in Oregon are 65 years of age or older, and

WHEREAS: Older adults are the fastest-growing segment of the population in the United States, and this trend is expected to continue;

WHEREAS: It is estimated that one third of seniors over the age of 65, and half over the age of 80, will fall each year. Falls are the leading cause of injury, injury-related death, and hospital admissions for trauma among older adults; and

WHEREAS: Falls are largely a preventable community health problem with proven interventions that can reduce falls and help older adults live better and longer; and

WHEREAS: Sept 22, 2013, the first day of fall, marks the 6th Annual National Falls Prevention Awareness Day. This year’s theme, “Preventing Falls—One Step at a Time” seeks to unite professionals, older adults, caregivers, and family members to play a part in raising awareness and preventing falls in the older adult population;

WHEREAS: The Oregon Health Authority is working with healthy aging partners throughout the state to increase awareness of this issue and promote fall prevention strategies such as evidence-based exercise programs, medication management, regular health and vision checkups, and home safety assessments.

NOW, THEREFORE: I, John A. Kitzhaber, M.D., Governor of the State of Oregon, hereby proclaim September 22, 2013 to be

FALLS PREVENTION AWARENESS DAY

in Oregon and encourage all Oregonians to join in this observance.

IN WITNESS WHEREOF, I hereunto set my hand and cause the Great Seal of the State of Oregon to be affixed. Done at the Capitol in the City of Salem in the State of Oregon on this day, August 22, 2013.

John A. Kitzhaber, M.D., Governor

Kate Brown, Secretary of State
Tai Chi flash mob

Senior center exercise demo

Tai Chi with Multnomah County Commissioners
FPAD 9/23/2014:
Strong Today, Falls Free® Tomorrow

*How can we help? Contact me!*
Lisa.m.shields@state.or.us

- STEADI print material: Stay Independent and Check for Safety brochures
- State and county-level data
- Technical assistance and program consultation
- Modifiable PowerPoint Presentation for seniors
- Connections to program instructors, participating organizations, national experts
- Website class listings and resources
- Instructor trainings: Tai Chi: Moving for Better Balance, Stepping On, Otago, Community Health Worker online curriculum
Oregon Testimonials

“I now don't use a cane and am not afraid of falling.”

"Before attending these classes my balance was so poor that I was afraid I would fall in the shower.”

"I would absolutely recommend Stepping On. I've told everybody I know about it. We all need to practice how NOT to fall."

"Tai chi and the exercise classes really do work!"

“I wouldn't miss a Tai Chi class for anything.”