Clinical and Community Connections for Falls Prevention

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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
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
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
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
  - Technical assistance and support to grantees in 27 states since 2014

www.ncoa.org/healthy-aging/falls-prevention/
### National Resource Center
#### Technical Assistance Activities

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<th>One-on-one support</th>
<th>Annual meeting</th>
<th>National Falls Prevention Database</th>
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<td>Learning collaboratives</td>
<td>Webinars</td>
<td>Online tools and resources</td>
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<td>Best practices</td>
<td>Networking</td>
<td>Work groups</td>
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National Falls Free® Initiative

• A thousands-strong and growing network
• National Action Plan developed in 2005; updated in 2015
• Strong partnerships
  – ACL and the Aging Network
  – CDC’s National Center for Injury Prevention and Control
  – National professional and consumer organizations
  – State and local public health entities
• Falls Free® is a critical effort to meet Healthy People 2020 goals of reducing older adult fall-related ED visits by 10%
• 43 State Falls Prevention Coalitions
Older Adult Falls in the U.S.

Falls are:

• Common
• Falls are costly
• Predictable
• Largely preventable

Source: CDC https://www.cdc.gov/homeandrecreational_safety/falls/adultfalls.html
CDC’s Stopping Elderly Accidents, Deaths, and Injuries

Identifies low, moderate and high fall risk

Algorithm for Fall Risk Screening, Assessment, and Intervention

START HERE: Patient completes the Stay Independent brochure

Screen for fall risk
Patient scores ≥ 4 on the Stay Independent brochure

Score < 4 OR NO to all questions

Score ≥ 4 OR YES to any key question

Evaluate gait, strength, & balance
- Timed Up & Go (recommended)
- 30-Second Chair Stand (optional)
- 4-Stage Balance Test (optional)

No gait, strength or balance problems*

Gait, strength or balance problem

≥ 2 falls
1 fall
0 falls

Conduct multifactorial risk assessment
- Review the Stay Independent brochure
- Falls history
- Physical exam, including:
  - Postural dizziness/postural hypotension
  - Medication review
  - Cognitive screening
  - Feet & footwear check
  - Use of mobility aids
  - Visual acuity check

HIGH RISK individualized fall interventions
- Educate patient
- Vitamin D +/- calcium
- Refer to PT to enhance functional mobility & improve strength & balance
- Manage & monitor hypotension
- Manage medications
- Address foot problems
- Optimize vision
- Optimize home safety

Follow up with HIGH RISK patient within 30 days
- Review care plan
- Assess & encourage fall risk reduction behaviors
- Discuss & address barriers to adherence
- Transition to maintenance exercise program when patient is ready

LOW RISK Individualized fall interventions
- Educate patient
- Vitamin D +/- calcium
- Refer for strength & balance exercise (community exercise or fall prevention program)

MODERATE RISK Individualized fall interventions
- Educate patient
- Vitamin D +/- calcium
- Refer to PT to improve gait, strength, and balance OR
  - Refer to a community fall prevention program

*For these patients, consider additional risk assessment (e.g., medication review, cognitive screen, sphygmomanometer).
STEADI Training for Health Care Providers

STEADI Older Adult Fall Prevention Online Training for Providers

Providers you can make fall prevention part of your clinical practice with this training and learn to screen patients 65+ for falls, identify risk factors, and offer interventions.

- Continuing Education (CME, CNE, CEU, CECCH, CPH) available for this free interactive course.
- Log in to CDC Train or create an account on CDC TRAIN, then search for "STEADI".

TRAIN TODAY!
Pharmacists: Keep your older patients independent

Go to CDC TRAIN >
Evidence-Based Falls Prevention Programs

- Proven to reduce falls
- 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/
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 August 2018, participants enrolled in ACL grantee-supported falls prevention programs reported the following outcomes. (n=38,187)

<table>
<thead>
<tr>
<th>Outcome</th>
<th>% Improved/Maintained</th>
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<tbody>
<tr>
<td>Program helped reduce their fear of falling</td>
<td>84%</td>
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<tr>
<td>Feel they can protect themselves from a fall</td>
<td>88%</td>
</tr>
<tr>
<td>Can find a way to reduce falls</td>
<td>89%</td>
</tr>
<tr>
<td>Can find a way to get up if they’ve fallen</td>
<td>87%</td>
</tr>
<tr>
<td>Can increase their physical strength</td>
<td>87%</td>
</tr>
<tr>
<td>Have become more steady on their feet</td>
<td>86%</td>
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To the best of your knowledge, from which of the following sources are evidence-based programs in your state funded? (Check all that apply) (n=31)
Focus Groups in 2017 - Challenges & Needs

- Starting conversations with health plans and getting to the decision makers
- Build vs. buy
- Lack of use of falls screening tools leading to a lack of referrals
- Lack of understanding of behavior change related to falls prevention. Currently, primary focus is on exercise and referral to physical therapists.
- Facilitate partnerships
- Tie program effectiveness to outcome measures
- Collect additional clinical data items (e.g., A1C, stress indicator and BP).
- Create an established system for referrals with healthcare providers
- Connect programs to the opioid crisis
- Assistance with billing
- Developing regional hubs
NCOA’s Business Acumen Efforts
Destination: Achieving Better Health and Better Care
Roadmap to Community Integrated Health Care

- Partnership Development
  - Program Delivery and Evaluation
  - Payment and Reimbursement

- Accountable Care Organizations
- Federally Qualified Health Centers
- Hospitals
- Medicare Advantage
- Patient Centered Medical Homes
Community-Health Care Partnerships for EBPs

- Medicare Advantage Plans
- Federally Qualified Health Centers
- Dual eligible plans
- Physician Groups
- Hospitals

- Health Systems
- Geriatric Wellness Centers
- Quality Improvement Networks
- Medicaid
  - MLTSS Plans
  - Waivers
NCOA Learning Collaboratives – 2018-2019

• Medicare Reimbursement
  o Diabetes Self-Management Training (DSMT)
  o Health and Behavior Assessment and Intervention (HBAI)
  o Chronic Care Management (CCM)

• Network Development
Falls Prevention Resources
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

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.

Visit:
Environmental Safety

Falls Prevention in the Community: A 5-Point Checklist for Navigating Your Neighborhood

**Medication Management**

Time to celebrate #FPAD2018!

Good news! The U.S. Senate has unanimously approved a resolution marking Sept. 22 as “National Falls Prevention Awareness Day.” In celebration, watch NCOA on Facebook as we talk with a pharmacist about medication management as a strategy to prevent falls among older adults.

[Watch the video]
ASCP/NCOA Falls Risk Reduction Toolkit

- Falls Risk Checklist
- Falls Application Cases
- Communications Documents
- Build Your Referral Network
- Bibliography

Source: www.ascp.com/page/fallstoolkit?
Infographics and Handouts

- 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
- My Medication Record
Caregiver Education

Falls Prevention Conversation Guide for Caregivers

• 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.
Videos

- 6 Steps to Prevent a Fall
- You Have the Power to Prevent a Fall
- Navigating Outdoor Fall Hazards
- 18 Steps to Modify Your Home
- Falls Free® Video Contest Winners
Join Us!

- Visit ncoa.org and sign up for enews
- Follow @NCOAging on social media
- Join us for NCOA’s Annual Meeting in Washington DC – June 17-20
- 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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