



National Council on Aging

Clinical and Community Connections for Falls Prevention

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Morton Kesten Summit
USC Leonard Davis School of Gerontology**

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

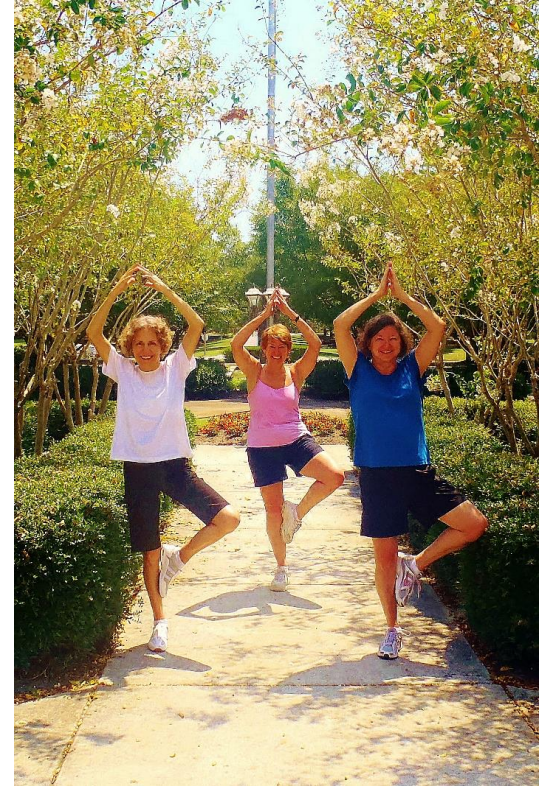
- **Goal:** Increase the quality and years of healthy life for older adults and adults with disabilities
- **Two national resource centers funded by the Administration for Community Living**
 - Chronic Disease Self-Management Education (CDSME)
 - Falls Prevention
- **Other key areas:** Behavioral health,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

**One-on-one
support**

**Annual
meeting**

**National Falls
Prevention
Database**

**Learning
collaboratives**

Webinars

**Online tools
and resources**

Best practices

Networking

Work groups

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:

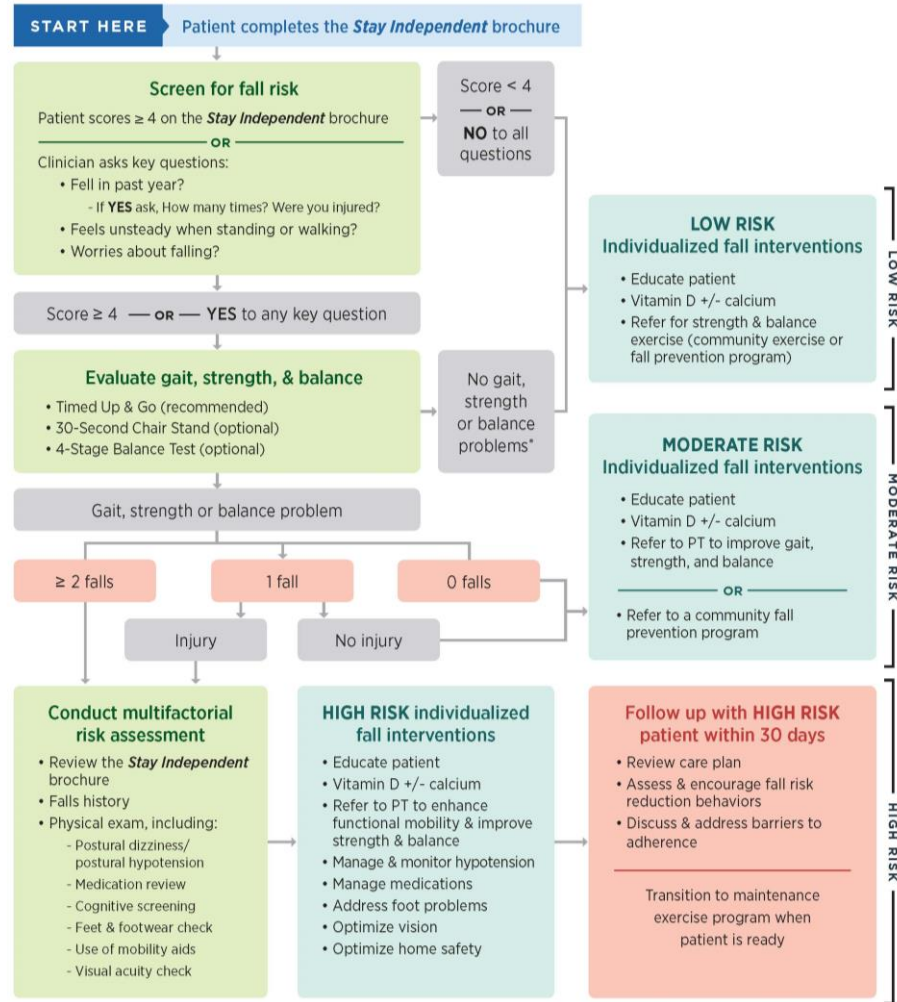
- Common
- Falls are costly
- Predictable
- Largely preventable



Source: CDC <https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

CDC's Stopping Elderly Accidents, Deaths, and Injuries

Algorithm for Fall Risk Screening, Assessment, and Intervention



Identifies low, moderate and high fall risk

STEADI Training for Health Care Providers

The screenshot shows a web browser window displaying the CDC STEADI training page. The browser's address bar shows the URL <https://www.cdc.gov/steadi/training.html>. The page has a navigation menu with three tabs: "Pharmacist Training", "Provider Training" (which is selected), and "Webinar".

On the left side, there is a "Get Email Updates" section with a text input field and a "Submit" button. Below it is a "Related Content" section with a list of links: "Older Adult Falls", "Motor Vehicle Safety: Older Adult Drivers", "Traumatic Brain Injury", "Violence Prevention: Elder Abuse", "Home and Recreational Safety", "CDC Injury Center", "Web-based Injury Statistics", and "Query and Reporting System".

The main content area features the title "STEADI Older Adult Fall Prevention Online Training for Providers". Below the title, it states: "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." This is followed by a list of bullet points:

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

To the right of the text is a video player showing a woman in medical scrubs. The video title is "STEADI Stopping Elderly Accidents, Deaths & Injuries". Below the video player is a "Go to CDC TRAIN >" link.

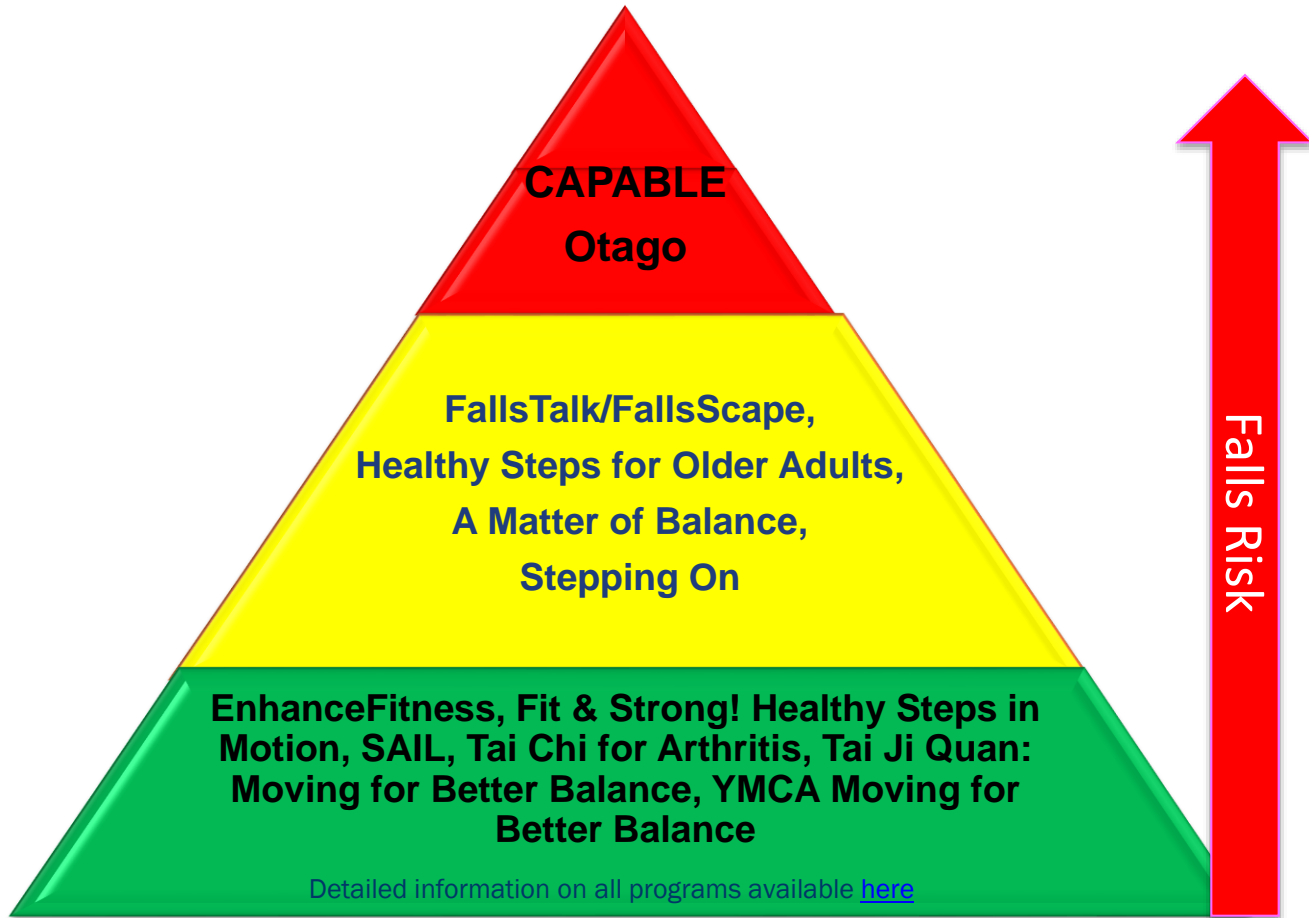
At the bottom of the page, there is a blue banner with the text "TRAIN TODAY! Pharmacists: Keep your older patients independent" and logos for "CDC.gov" and "APhA".

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.

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/>

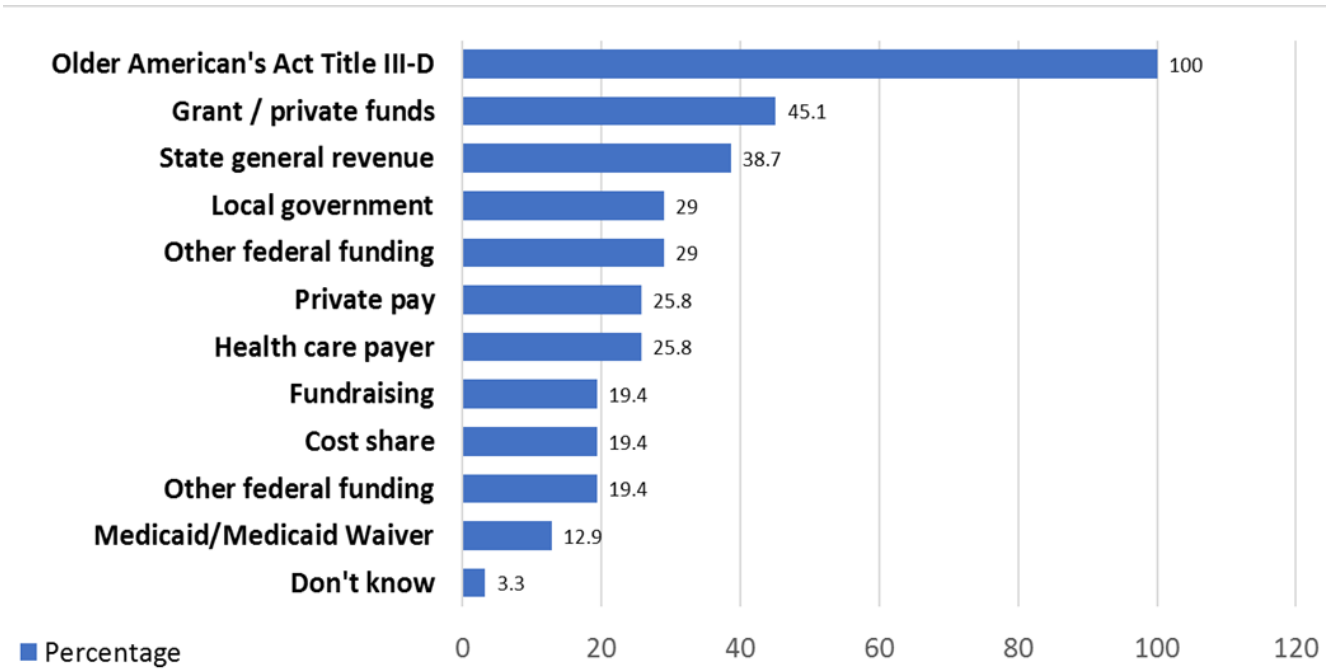
ACL Falls Prevention Grantee Reported Outcomes

Between September 2014 and August 2018, participants enrolled in ACL grantee-supported falls prevention programs reported the following outcomes. (n=38,187)

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	89%
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%

Funding Sources

- *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

Community-Integrated Health Care Toolkit | NCOA - Google Chrome

Community-Integrated Health Care Toolkit

https://www.ncoa.org/toolkits/community-integrated-healthcare-toolkit/

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
 - Diabetes Self-Management Training (DSMT)
 - Health and Behavior Assessment and Intervention (HBAI)
 - 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:
<https://www.ncoa.org/blog/falls-prevention-home-18-step-safety-checklist>

Environmental Safety

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

<https://www.ncoa.org/blog/falls-prevention-community-5-point-checklist-navigating-neighborhood/>



Medication Management



Center for Healthy Aging

News from the Center

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](#)



Medication Management

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

- 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.
- 2 Talk to your health care provider**
Ask for an assessment of your risk of falling. Share your history of recent falls.
- 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.
- 4 Get your vision and hearing checked annually and update your eyeglasses**
Your eyes and ears are key to keeping you on your feet.
- 5 Keep your home safe**
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
- 6 Talk to your family members**
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

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.



FALLS PREVENTION CONVERSATION GUIDE FOR CAREGIVERS

Caregivers, let's talk about keeping you and your family safe and active.

It seems like common sense — everybody 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 to your role as a caregiver. Use it if you or the person you are caring for has had a fall, is 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 improve 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.caring.org • www.ncoa.org/FallsPrevention

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](https://twitter.com/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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