

# Preventing Senior Falls

## and fall related injury

April 21, 2015

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# Today's Presentation:

- Statistical snapshot
- Summary of clinical aspects
- Overview of community level interventions
- Introduction of states and local efforts in fall prevention

# Statistical Reality of Falls

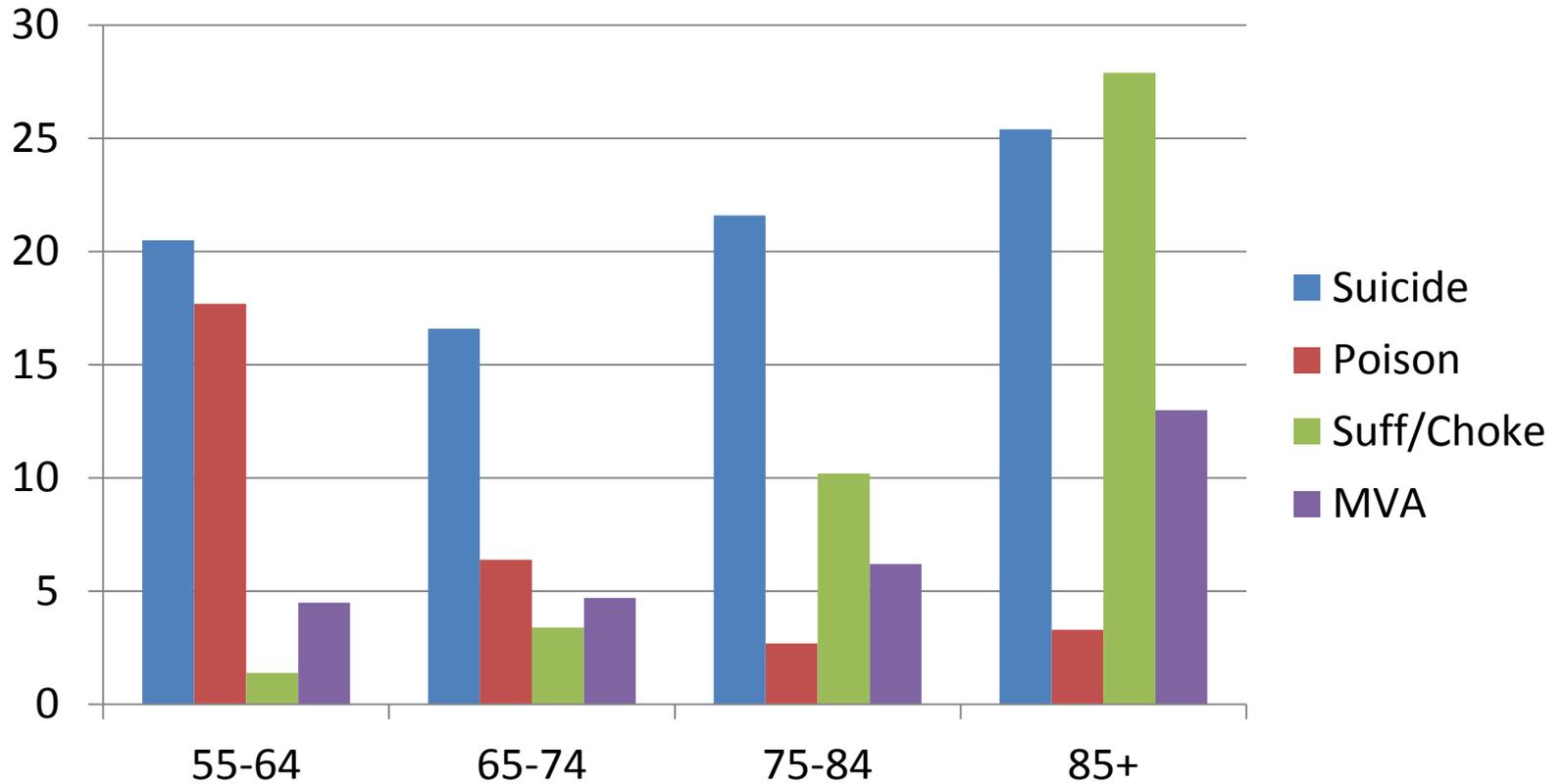
- ✓ 1:3 adults aged 65 and over fall each year.
- ✓ 1:2 adults aged 80 and over fall each year.
- ✓ Nationally, 15 million falls/year for all ages 65+
- Leading cause...

# Nationally, what does this equate to?

- 2.5 million ED visits related to falls
- Every 13 seconds an older adult treated in ED
- 734,000 hospitalizations
- \$36 Billion/year estimated national cost in 2012
- Estimated to reach \$55-60 Billion by 2020
- An estimated 25,500 related deaths in 2013
- One death approximately every 20 minutes

# Comparable Mortality Rates

## Washington State

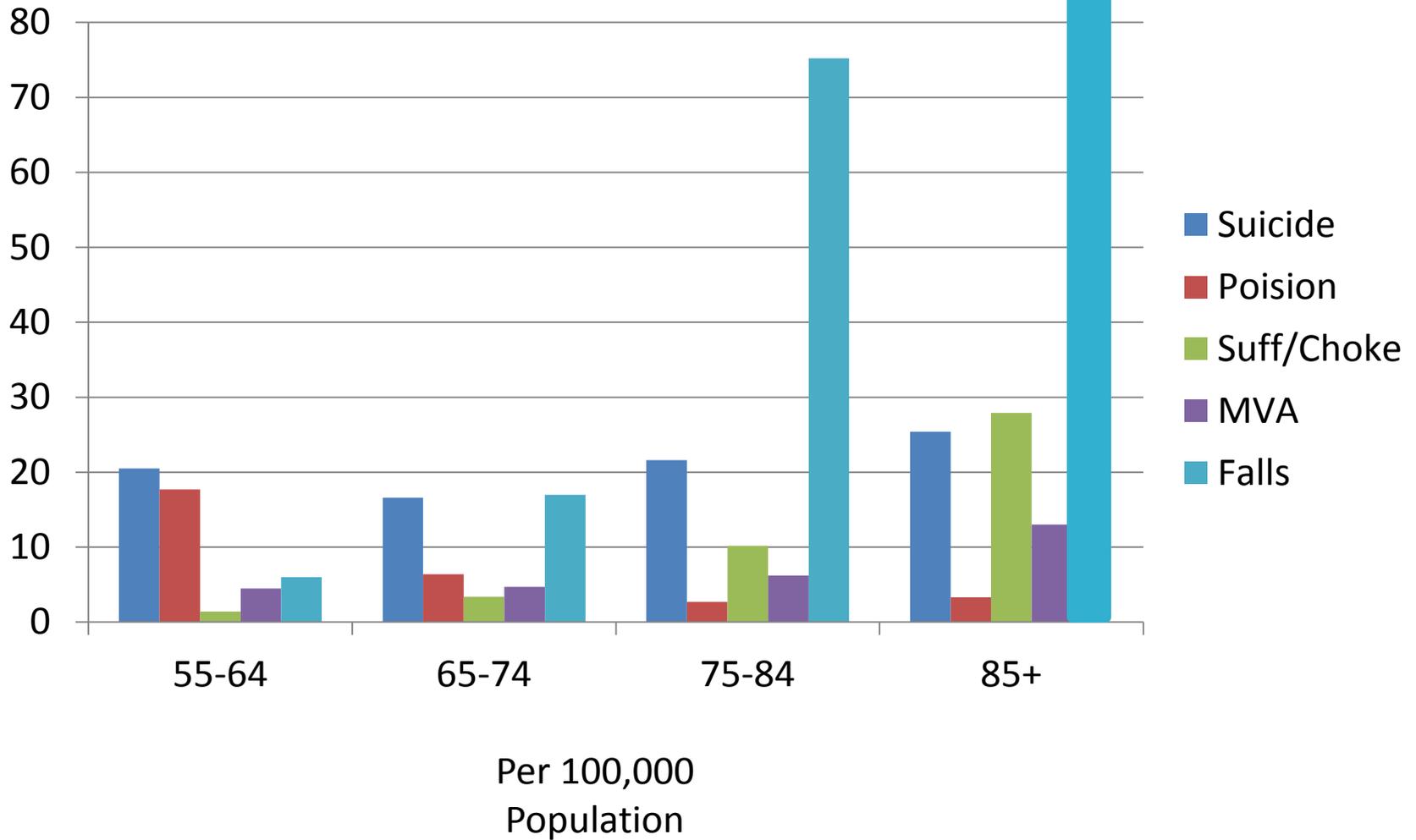


Per 100,000  
Population

➤ Accidental or traumatic deaths

# Comparable Mortality Rates

## Washington State



# 30 Day Mortality Rates

Fall + hip Fracture = 9%

Fall + hip fracture + comorbidity = 17%

Fall + hip fracture + comorbidity + CHF = 65%

# Hospitalization Rates for Washington

(per 100,000)

	Self Inflicted	Poison	Suff/Chk	MVA	Falls
55-64	38.9	65.8	6.4	29.9	<b>313.0</b>
65-74	18.8	76.2	10.0	35.0	<b>668.4</b>
75-84	14.8	100.4	18.3	57.0	<b>1880.1</b>
85+	15.9	90.0	29.5	47.0	<b>4798.4</b>

2009-2013 Data WA DOH

Suff/Chk = Suffocation/choking

MVA = Motor vehicle accident

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# Fall Hospitalization Rate County Comparables

(per 100,000)

	Clark	State	Cowlitz	King	Pierce	Spokane
55-64	291.1	<b>313.0</b>	437.3	299.0	364.7	401.1
65-74	647.7	<b>668.4</b>	788.8	635.4	803.5	887.1
75-84	2022.6	<b>1880.1</b>	1888.7	1911.8	2273.5	3347.4
85+	5375.7	<b>4798.4</b>	5118.9	4885.9	5440.6	5269.4

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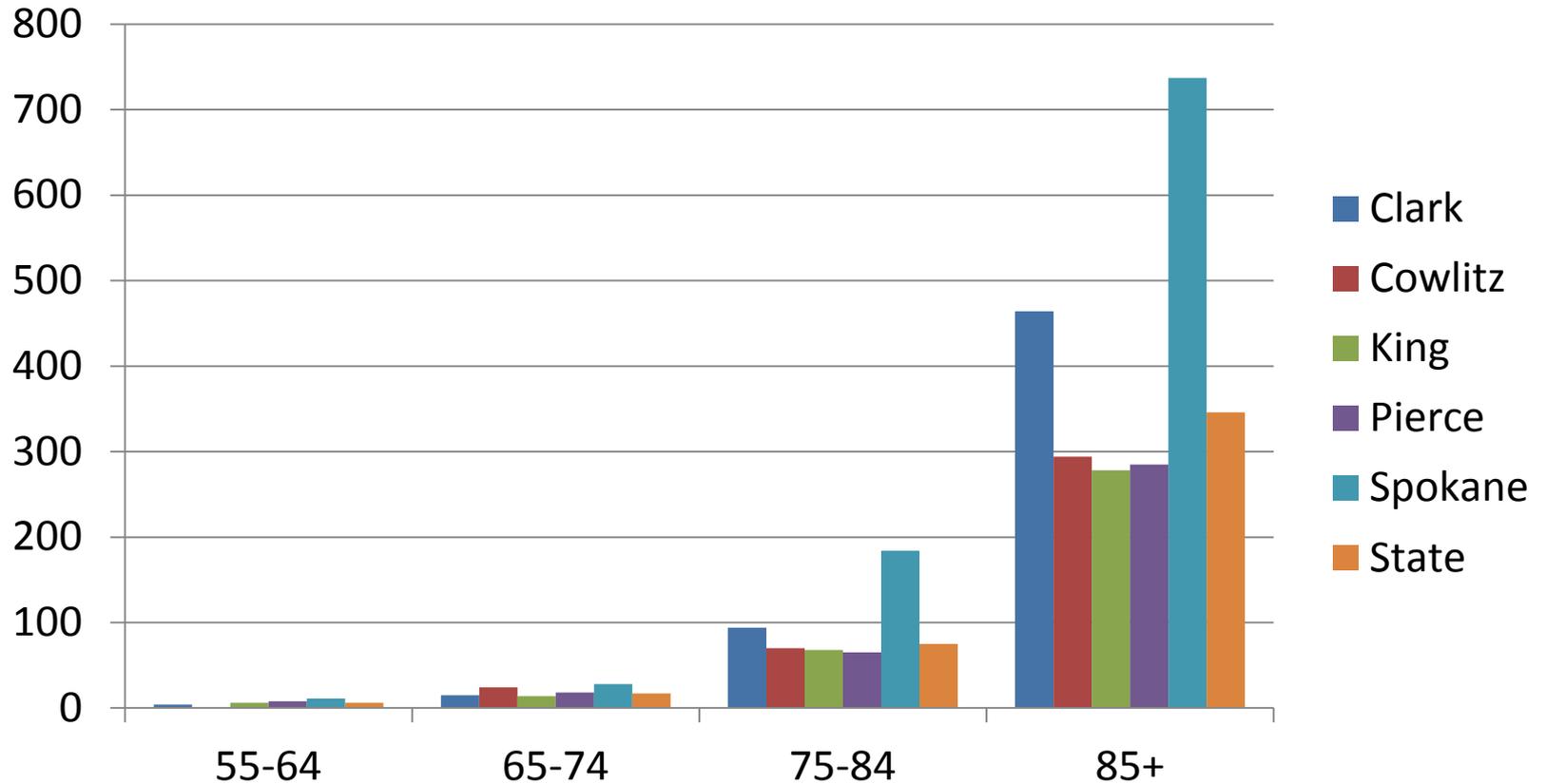
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# Fall Mortality Rate County Comparables

(per 100,000)



# Clark County

- ✓ Statistically, Clark County, 20,000 falls/year
- ✓ 2013 CRESA serviced 4100+ fall related calls

## Peace Health Medical Center (2014)

Admissions	“Fall “ Complaint	Total
ED for Age 65+	750	6440
Hospitalizations Age 65+	304	7761
Fractures with Admit Age 65+	166	370
Hip Replacements Age 65+	20	203

## From Oregon:

- **Nearly 60% of seniors in Oregon who are hospitalized for falls are discharged into long-term care**
- **Unintentional falls are the third most costly hospitalized condition after cancer and heart disease**

# The Nature of Falls

Personal Risk Factors

Environmental Risk Factors

Consequences



# Personal Risk Factors

- Medical issues
- Dizziness
- Taking 3-4 or more medications, certain medications
- Drinking alcohol frequently

# Personal Risk Factors

- Not using canes etc. properly or when needed
- Mechanical problems
- Rush to the bathroom or phone
- Vision or hearing difficulties

# Personal Risk Factors

- Not placing safety as a priority
- Apathy
- Lack of understanding / education
- Diminished cognition / dementia

# Environmental risk factors

- Poor lighting
- Slippery floors
- Clutter
- Limited space for mobility
- Telephone or other cords
- Pets
- Throw rugs

# Personal Effects of a Fall

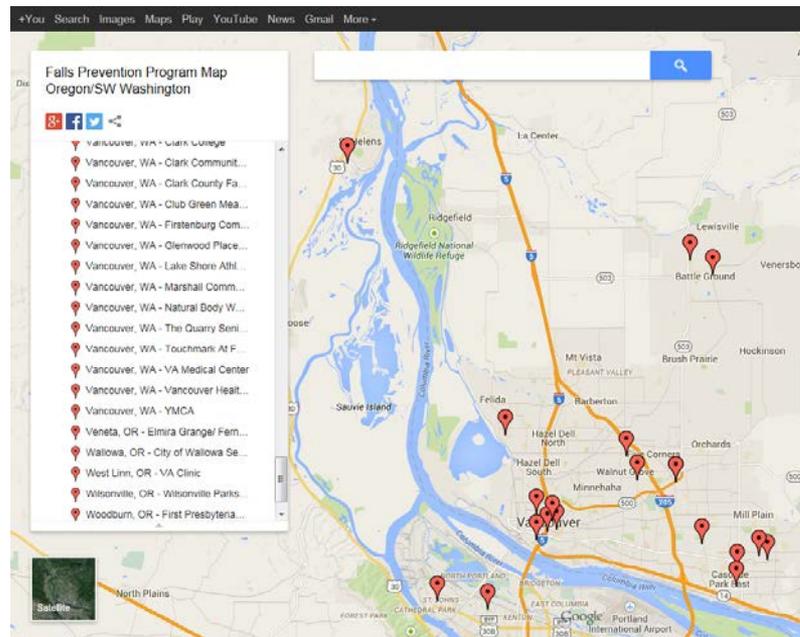
- Fracture: Vertebral body, Hip, Wrist, Pelvis
- Head trauma
- Bruising of muscles
- Trauma to joints
- Fear of falling
- Decreased overall mobility
- Embarrassment
- Hospitalization
- Death

# SO WHERE DOES THE RUBBER MEET THE ROAD?

1. Regular exercise
2. Medication review and reconciliation
3. Annual vision exam
4. Home safety evaluation and modifications

# EXERCISE CLASSES

- Tai Chi for Better Balance
- Enhanced Fitness
- Otago
- S.A.I.L.





# **Stay Active & Independent for Life (SAIL)**

**a strength, balance, and fitness class for adults 65+**

# What to Expect in a SAIL Class

- One hour of exercise, three times per week
- Classes taught by a qualified instructor
- You can sit or stand – exercises are adapted for all levels of physical ability
- Exercises specifically designed to help maintain and improve your balance
- All participants receive a copy of “Stay Active and Independent for Life: An Information Guide for Adults 65+”

# MEDICATION RECONCILIATION

- Review, revise, reduce
- Ask questions
- Get educated & follow directions



# WHAT MEDICATIONS?

- Antianxietyals
- Antidepressants
- Antihypertensives
- Sleep aids
- Muscle relaxants
- Antiepileptics
- Opioids
- Benadryl



# ANNUAL VISION EXAM

- Poor vision can make it harder to get around safely. Older adults should have their eyes checked every year.
- **Age-related macular degeneration (AMD)**
- **Diabetic retinopathy**
- **Retinal detachment**
- **Cataracts**
- **Glaucoma**
- **Dry eye**
- **Bifocals**



# HOME SAFETY EVALUATION & MODIFICATIONS

- Assessments performed individually or professionally
- Multi-room, indoors and outdoors
- Adaptive equipment vs. modification vs. organization
- Aging in place



# Fall Prevention Efforts in Washington & Clark County

# WA State Fall Prevention Coalition

The screenshot shows the Washington State Department of Health website. At the top, there is a navigation bar with links for Home, Newsroom, Publications, and About Us. Below this is a search bar with a 'Topics A-Z' dropdown and a 'Go' button. A secondary navigation bar contains categories: You and Your Family, Community and Environment, Licenses, Permits and Certificates, Data and Statistical Reports, Emergencies, and For Public Health and Healthcare Providers. The main content area is titled 'Older Adult Falls' and includes a breadcrumb trail: Home > You and Your Family > Injury and Violence Prevention > Older Adult Falls. A left sidebar menu lists various health topics, with 'Injury and Violence Prevention' and 'Older Adult Falls' highlighted. The main text explains that falls are a major health problem among older adults, citing statistics from 2010, 1999-2010, and 2012. It also provides a list of things to do to prevent falls, such as exercising regularly and asking a doctor to review medicines. A right sidebar contains sections for 'Program Webpages' (with links to fall prevention resources, SAIL, SAIL history, and Tai chi), 'Other resources' (with links to falls fact sheet, SAIL strategies, and SAIL program), and 'Fact Sheets' (with links to child abuse and neglect, drowning, falls, firearms, firearm-related injury fact sheet, motor vehicle-related injuries, and poisoning and drug overdose). A small tooltip box is visible over the text, stating: 'The Department of Health provides health education on recreational marijuana for the general public and information on medical marijuana-cannabis for patients and medical practitioners.'

Washington State Department of Health

Home | Newsroom | Publications | About Us

Topics A-Z

You and Your Family | Community and Environment | Licenses, Permits and Certificates | Data and Statistical Reports | Emergencies | For Public Health and Healthcare Providers

Home > You and Your Family > Injury and Violence Prevention > Older Adult Falls

## Older Adult Falls

Falls are a major health problem among older adults.

- In 2010, falls were the leading cause of injury-related hospitalizations in Washington State, with more than 20,000.
- Falls were the third leading cause of injury-related deaths, with more than 823 deaths.
- In Washington State from 1999-2010, the fall hospitalization rate among older adults was stable. However, because of the population growth among older adults, the number of hospitalizations **increased** by 23 percent from 1999 to 2010.
- In 2012, there are 888,861 residents age 65 or older. That number is projected to reach 1.2 million by 2020.

According to the Centers for Disease Control and Prevention (CDC), one in three adults age 65 and older fall each year. Falls can cause moderate to severe injuries, such as hip fractures and head injuries, and can increase the risk of early death. Fortunately, falls are a public health problem that are largely preventable.

Things you can do to **prevent** falls:

- Exercise regularly to increase leg strength and improve balance.
- Ask your doctor or pharmacist to review medicines.

The Department of Health provides health education on recreational marijuana for the general public and information on medical marijuana-cannabis for patients and medical practitioners.

in eye doctor at least once a year.

adding tripping hazards, adding grab bars and improving lighting.

### Program Webpages

- [Fall prevention resources](#)
- [SAIL](#)
- [SAIL history](#)
- [Tai chi](#)

### Other resources:

- [Falls fact sheet \(PDF\)](#)
- [Strategies for the SAIL Program \(PDF\)](#)

### Fact Sheets

- [Child Abuse and Neglect \(PDF\)](#)
- [Drowning \(PDF\)](#)
- [Falls \(PDF\)](#)
- [Firearms \(PDF\)](#)
- [Firearm-Related Injury Fact Sheet \(PDF\)](#)
- [Motor Vehicle-Related Injuries \(PDF\)](#)
- [Poisoning and Drug Overdose \(PDF\)](#)

# FD CARES



[Home](#)

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[Prevention Information](#)

[Contact Us](#)

[Event/Sponsors](#)

[911 Abuse - A Solution](#)

## Advanced Practice Paramedic | Community Paramedic - FDCARES



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**helping hand**  
*before* you have  
an emergency

Advanced Practice Paramedic | Community Paramedic - FDCARES

Whether an "Advanced Practice Paramedic" a "Community Paramedic" a "Firefighter EMT" or a wide array of other trained professionals, FDCARES may be a perfect fit for your organization.

FDCARES utilizes fire department based Incident Prevention Coordinators (IPC's). IPC's work to prevent emergency department/emergency room (ED/ER) admissions, and ED/ER readmissions, along with preventing repetitive, low acuity use of the 911 system. Should your fire department staffing/response model dictate that an IPC's role need to be filled with a "Community Paramedic" or "Advanced Practice Paramedic" a "Firefighter EMT" or a wide array of other medically, and in some cases, non-medically trained service provider, the FDCARES program may be the perfect fit for your organization and the community that you serve. FDCARES has been developed so that your fire department may assist the citizens of your community with



# Healthy Aging Alliance of Clark County

The Healthy Aging Alliance of Clark County  
**Aging & Wellness**

[Home](#) [News & Information](#) [About Us](#) [Fall & Injury Prevention](#) [Alliance Members](#) [Get Involved!](#)

## Fall and Injury Prevention Home Page

Many of us may know someone who has fallen, perhaps more than once, or maybe you have fallen at one time. Possibly you are an individual who, as you are getting older believes that you are getting around fairly well and does not think that a serious fall could ever happen to you. Or, potentially, you are a family member of an older adult or older individual worried about a first time fall or injury from repeated falls.

Regardless of where you may personally fit into the above range of scenarios, the members of the Healthy Aging Alliance of Clark County are glad that you are looking through the information presented in this site because falling and fall related injuries are very serious issues.

Many individuals like to avoid the discussion of falls, especially if they older and sense their mobility is not as good as it once was. As an older adult you may worry that if your family or friends knew you are struggling that they will force you to move out of your home; in some cases this may be vitally needed, but for the vast majority of individuals engaging in the conversation about fall prevention is actually entering into the discussion on how to stay as active and independent for years to come. Especially if you start before there are any issues.

Whether you are a family member helping our a loved one or an individual concerned about yourself, the information provided on this page is designed to help individuals stay as active and independent as possible for as long as possible.



Are you a health care professional or Physician interested in promoting fall prevention in your clinic, office, or organization? The CDC has developed the STEADI (Stopping Elderly Accidents, Deaths & Injuries) tool kit which can help you do just that! [Click here For more information](#)





# The Clark County Fall Prevention Coalition

Presents

## "A Safe Today & Healthy Tomorrow" Senior Health Fair

Hosted by  
Touchmark at Fairway Village

Saturday  
May 3, 2014  
8:30 am - Noon

2927 SE Village Loop  
Vancouver Wa. 98683

360-433-6400



**FREE!** No registration required!

Participate in a SAIL or Tai Chi for Better Balance exercise class!

Learn about making your home safer for a healthy tomorrow!

Learn about community resources which can enhance safety, activity, and wellbeing!

A Special Thanks to  
Fair Sponsors



Clark County Fall Prevention Coalition members include:



### SAFE TODAY, HEALTHY TOMORROW

Talking to your family, friends, and doctor about your safety or activity concerns is an important first step. Making both safety and activity a priority today means the best chance for a long, active, and independent life.

For more information about the wide range of organizations in Clark County which can assist you to remain active and healthy call the Area Agency on Aging & Disabilities for assistance in getting connected at 888-637-6060.

### Keys to a Safe Today

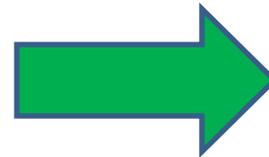
1. Exercise regularly at least 3 times per week for 30 minutes
2. Have your doctor or pharmacist review your medications
3. Have your vision and hearing checked annually
4. Have your home assessed by a home healthcare professional

The Clark County Fall Prevention Coalition seeks to provide services and education to the community to help adults remain safe and active today and healthy tomorrow. The coalition has over 50 members and includes representatives from Homecare Southwest PeaceHealth, Area Agency on Aging and Disabilities of Southwest Washington, Touchmark at Fairway Village, Community Home Health and Hospice, Gentiva, East County ECFR Fire and Rescue and Mobile Healthcare Providers Northwest and Mary Buckland APRN Corp.

For more information on the Clark County Fall Prevention Coalition please contact:  
Greg Noelck  
360.721.8932 or gnoelck@peacehealth.org

# First Responder Referral

AREA AGENCY ON  
**Aging & Disabilities**  
OF SOUTHWEST WASHINGTON



The Healthy Aging Alliance

of Clark County

# Aging & Wellness

**Invest in your health and  
quality of life!**



Implementing the four  
important solutions on the  
back of this card will help you  
maintain an active and  
independent lifestyle.

The Healthy Aging Alliance of Clark County promotes safe, healthy, and active living for Clark County Residents age 50 and over.

We do this through the promotion of *Aging & Wellness*, advocacy of healthy lifestyles, community education, and raising awareness of community services and resources.

Find out more at:  
[healthyagingalliance.org](http://healthyagingalliance.org)

Falling does NOT have to be accepted as a normal part of the aging process.

The four solutions below have been identified as key in decreasing your risk of falling and fall related injury.

For more information, visit Aging & Wellness at:

[healthyagingalliance.org/fall-prevention](http://healthyagingalliance.org/fall-prevention)

## 1 Begin a regular exercise program

Regular strength, balance, and flexibility exercise protects our health and independence, and helps prevent falls. Regular exercise is a great way to relieve stress, sleep better, feel energized, and stay strong.

## 2 Have your home assessed for safety

A home safety assessment can help prevent problems leading to injury and/or loss of independence. A home assessment by a health care provider who specializes in home modifications can provide solutions to maximize your safety within your home environment.

## 3 Have your doctor or pharmacist review your medications

Medication reviews identify and inform you of side effects and interactions that can increase the risk of falls and injury. Your healthcare provider can work with you to minimize the negative effects associated with many medications and OTC Drugs.

## 4 Have your vision checked annually

Age related health and vision changes can significantly lead to increased risk of injury. Screening for and addressing potential issues annually can greatly reduce your risk for falling.

The Healthy Aging Alliance

of Clark County

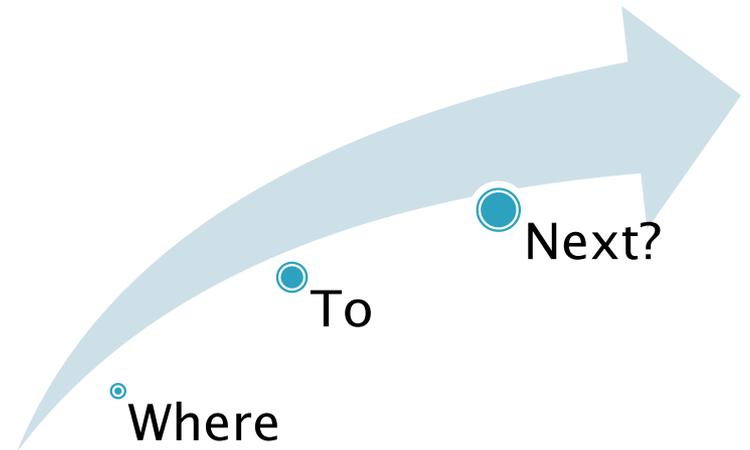
# Aging & Wellness

# Future Challenges



# Future Challenges / Work

- ▶ Tracking and evaluating the work
- ▶ Program funding
- ▶ Exercise classes
- ▶ Med reconciliation
- ▶ Medicare and vision
- ▶ Provider engagement
- ▶ Public engagement



# Thank you

Greg Noelck, PT, MPA

[gnoelck@peacehealth.org](mailto:gnoelck@peacehealth.org)

HealthyAgingAlliance.org