Geriatrics: Fall Risk and Prevention for Older Adults

Abbey Karin, Julie Hugunin, Maleesa Santos, Tracy Zhang
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**Population of focus: Geriatrics**

**Quick Stats**
- In 2016, 49.2 million people were ages 65+ (15.2% of the US population)
- By 2030 all baby boomers will be over the age of 65 and 1 in 5 people will be 65+
- 85+ is the fastest growing segment of the total population

**Medical Risks**
- Fall risk, injuries ranging from cuts/bruises to life-threatening
- 1 in 3 seniors die with Alzheimer’s or forms of dementia

**Social Risks**
- Living arrangements (1 in 4 women ages 65-74 live alone)
- Loneliness/depression

**Economic Risks**
- In 2014, 18% of Latino and 19% of African American elders compared to 8% of non-Hispanic white elders lived in poverty

(U.S. Census Bureau, 2014)
Goals of Clerkship

- Increase awareness of the range of issues related to falls and fall prevention that confront elders living in the Worcester area
- Increase awareness of the settings in which elders in Worcester live and receive services
- Learn and apply evidence-based fall risk assessment and prevention approaches
Why do we care about falls?

What is a fall?
- Unintentional loss of balance in which a person comes to rest on the ground
- No loss of consciousness
- Never normal in the elderly population

Prevalence and Costs

FALLS AMONG OLDER ADULTS ARE

- 1 in 4 Older adults (65+) falls each year
- 1 out of 5 falls causes a serious injury (head trauma or fracture)
- Every 20 minutes an older adult dies from a fall

Centers for Disease Control and Prevention. (2017)

Interventions

Physician
- Less is more
- Surgery prevention
- Our job

- Occupational Therapist
- Many medications
- Antihistamines

Pharmacist
- Evaluates
- Necessity
- Antibiotics

Optometrist
- Vision loss
- Cataracts

Podiatrist
- Proper footwear

Physical Therapist
- Rehabilitation
- Case manager (Right)
- Can visit home
- Home care (Right)
- Companies/ agencies
- Services at home
Interprofessional Teams of Care

Physician/ Nurse practitioner (UMMS, Notre Dame)
- Less than half of Medicare beneficiaries who fell in the previous year talked to their healthcare provider about it
- Our job to ask
  - Have you fallen in the past year?
  - Do you feel unsteady when standing or walking?
  - Do you worry about falling?
- Evaluate gait, strength, and balance
  - Timed up and go
  - 30 second chair stand
  - 4 stage balance test

Pharmacist (MCPHS)
- Many medications (psychoactive, anticholinergics, antihistamines, muscle relaxants) increase risks for falls

Optometrist
- Vision loss is a risk factor for falls

Podiatrist
- Proper footwear, improve balance

Physical Therapist (Beaumont)
- Rehabilitation after a fall

Case manager (ESWA)
- Provide continuity of care
- Can visit home and address extrinsic fall risk factors

Home care (Right at Home)
- Companies/ agencies that provide licensed health care services at home

Centers for Disease Control and Prevention. (2017)
Health Advocacy

Elder Services of Worcester Area, Inc (ESWA)

Some of the services offered:
- Home care services
- Protective services
- Nutrition and meals on wheels
- Options counseling
- Family caregiver support program
- Money management

- Regional leader in community based long term care and central resource for information on all services.
- Mission is to assist older eligible residents and individuals with disabilities with a range of services which will enhance their quality of life and allow them to live as independently as possible with dignity and respect.

City of Worcester Elder Affairs Division/Senior Center

Mission is to provide opportunities for seniors to stay active in mind and body.

Mass College of Pharmacy and Health Sciences (MCPHS) Pharmacy Outreach Program

- Free service for MA residents provided by MCPHS University
- Gives important medication information
- Can lower drug costs ("donut hole")

- Can provide assistance with legal issues, Social Security, healthcare, and housing
- Fitness classes (yoga, Tai Chi, Joe Fish Fitness, aerobics)
- Nutritious lunches
- SHINE (Serving the Health Information Needs of Everyone) health insurance counseling
- Educational programs (diabetes self-management workshops)
Elder Services of Worcester Area, Inc (ESWA)

FY2018 Total Consumers Served by Town

- Regional leader in community based long term care and central resource for information on all services
- Mission is to assist older eligible residents and individuals with disabilities with a range of services which will enhance their quality of life and allow them to live as independently as possible with dignity and respect

ESWA 2018 Annual Report

Some of the services include:
- Home care services
- Protective services
- Nutrition and meal services
- Wheelchair options counseling
- Family caregiver support program
- Money management services

Elder Services of Worcester Area (2013)
### City of Worcester Elder Affairs Division/Senior Center

**THURSDAY**
- 8:30-10 REC MOBILE MARKET
  - 9-10 Aerobics
  - 9-10 Walking Club
  - 9:15-9:45 Tai Chi
  - 9:30-10:30 Beginner ESL
  - 9:30-12 RSVP-Blankets For Babies
  - 10-11 Joe Fish Fitness
  - 10-12 Cribbage
  - 10-1 SHINE Counselor - Appt. Only
  - 10-2 African American Elder Group
  - 10:30-11:30 Vietnamese Elder Group
  - 11-11:45 Albanian Elder Group
- 13:30-13:50 Friends Bingo
- 13:00-13:45 Alzheimer's Disease Support Group
- 13:30-14:00 Tai Chi
- 13:30-14:15 Elderly caregiver group

**FRIDAY**
- 8:30-10 REC MOBILE MARKET
  - 9-10 Aerobics
  - 9-10 Walking Club
  - 9:15-9:45 Tai Chi
  - 9:30-10:30 Beginner ESL
  - 9:30-12 RSVP-Blankets For Babies
  - 10-11 BP Clinic by Shaw's
  - 10-11 Joe Fish Fitness
  - 10-12 Cribbage
  - 10-1 SHINE Counselor - Appt. Only
  - 10-2 African American Elder Group
  - 10:30-12:00 Oil Painting
  - 10:30-11:30 Vietnamese Elder Group
- 11:15-12:30 Vegetable Lunch (Reservation required)
- 12:15-1 ICE CREAM SOCIAL
  - 13:00-13:45 Friends Bingo
- 13:00-13:45 Alzheimer's Disease Support Group
- 13:30-14:15 Elderly caregiver group

**Mission is to provide opportunities for seniors to stay active in mind and body**

- **Can provide assistance with legal issues, Social Security, healthcare, and housing**
- **Fitness classes (yoga, Tai Chi, Joe Fish Fitness, aerobics)**
- **Nutritious lunches**
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**Major Challenges: Cost**

### Types of Senior Living and Care

<table>
<thead>
<tr>
<th>CARE</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>CCRC</strong></td>
<td>Continuing Care Retirement Community: Full-service continuum providing independent living and nursing services, all on one campus.</td>
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<tr>
<td><strong>INDEPENDENT LIVING</strong></td>
<td>Elderly independent living with amenities such as meals, transportation, social events, included in monthly fee.</td>
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<tr>
<td><strong>AFFORDABLE SENIOR HOUSING</strong></td>
<td>Elderly housing option that provides assistance with meal preparation, shopping, outings, and transportation.</td>
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<tr>
<td><strong>ASSISTED LIVING</strong></td>
<td>COO's (Continuing Care Options) offer independent living and assisted living services.</td>
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<tr>
<td><strong>CARE HOMES</strong></td>
<td>Elderly care homes licensed to provide assistance with meals, transportation, housekeeping, and personal care.</td>
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<tr>
<td><strong>MEMORY CARE</strong></td>
<td>Assisted living with care homes licensed to provide assistance with medication management, bathing, and grooming.</td>
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<tr>
<td><strong>NURSING/REHAB</strong></td>
<td>Coordinated care programs provide nursing care and other services such as medications, home health care, and physical and occupational therapy.</td>
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<td><strong>COORDINATED CARE</strong></td>
<td>Includes both inpatient and outpatient care in the home and community.</td>
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<tr>
<td><strong>HOME CARE</strong></td>
<td>A Bureau of Health Agency that provides home health care services such as skilled nursing services, home health aide services, and personal care services.</td>
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<tr>
<td><strong>HOME HEALTH AGENCIES</strong></td>
<td>Elderly care services and assistance in the home.</td>
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<tr>
<td><strong>HOME CARE PROGRAM</strong></td>
<td>Provides long-term care programs to assist elderly individuals in aging in place.</td>
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<tr>
<td><strong>PRIVATE DUTY</strong></td>
<td>Elderly and home health care services.</td>
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**Most Expensive Option: CCRC**
- $90K-$300K buy in
- $3k-$9K monthly fee/rent

**Assisted Living:** $4K-$6K month + extra a la carte services

**Home Care:** $25+/- hourly rate or sliding scale based on income

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Elder Services of Worcester Area (2013).
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Elder Services of Worcester Area (2013).
Acknowledgments

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