Fall Risk & Prevention for Older Adults

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Population of Focus: Older Adults (Geriatrics)

Challenges:
- Baby Boomers are more likely to be divorced and have fewer children
- Obesity rates among the 65+ population have been sharply rising (41% : 2017)
- The number of older adults living with Alzheimer’s Disease will more than double by 2050
- The older population is becoming more racially and ethnically diverse

Falls: Prevalence, Cost, and Consequence

Source: US Census Bureau
Falls: What’s the big deal?

**OLDER ADULT FALLS**
Startling Statistics

1 **second**
An older adult falls every second of every day.

1 **in 4**
One in four older adults reported a fall in 2014.

#1 **cause**
Falls are the #1 cause of hip fractures.

[STEADI](https://www.cdc.gov/steadi)  Stopping Elderly Accidents, Deaths & Injuries

[www.cdc.gov/steadi](https://www.cdc.gov/steadi)
The interprofessional team

- **Coordinated effort** among licensed and unlicensed personnel
  - nurses, social workers, care coordinators, pharmacists, community health workers, PTs/OTs, PCAs, HCAs, dieticians, physicians, caregivers, family, patients
Multiple components for a patient’s well-being

- Supporting the patient in terms of
  - Team communication
  - Medical concerns
  - Social concerns
    - Housing security
    - Managing finances
    - Food security
The benefits of interprofessional care

- **Suggested to**
  - improve quality of care, patient satisfaction and health
  - reduce service duplication
- **Potential limitations**
Population health advocacy: strategies and opportunities

1. Connect patients to community resources!
Population health advocacy: strategies and opportunities

2. Patient and caregiver education
The Savvy Caregiver Program

Brought to you by Elder Services of Worcester Area, Inc. and Tri-Valley, Inc.

Thursdays, September 13 - October 18, 2018
1:00—3:00 pm
Worcester Senior Center
128 Providence St Worcester, 01604

Free of charge

Taking care of a person living with Alzheimer’s or related dementia is specialized work. To do this work successfully, caregivers need special skills, knowledge, and a positive attitude that helps them to care for themselves.

Become an expert in Caregiving for someone with Alzheimer’s or related dementias!

Savvy Caregiver will help you:
- Understand the impact of dementia on both you and the person you are caring for.
- Learn the skills you need to manage daily life.
- Take control and set goals.
- Communicate more effectively.
- Strengthen family resources.
- Feel better about your caregiving.
- Take care of you!

For more information or to register
Call Deb Dowd-Foley 508-756-1545 ext.390
or Laura Black-Silver 508-949-6640 ext. 3079
Population health advocacy: strategies and opportunities

3. Small steps matter!
Service/experiential learning

1. Fall risk assessments with different subpopulations
   a. Latinx
   b. Chinese and Vietnamese

2. Dementia Live (covered previously)

3. Shadowing
   a. Trauma Clinic at University Campus
   b. St. Paul’s Elder Outreach
   c. Nurse Practitioners (Notre Dame, Memorial Geriatric Clinic)
   d. Beaumont Rehab and Skilled Nursing Center (PT and OT)
   e. Meals on Wheels
   f. Protective Services and Case Management visits (via Elder Services of Worcester)

4. Exercise classes
   a. Core Strength and Balance
   b. SAIL (Stay Active and Independent for Life)
   c. Tai Chi

5. Site visits (PACE program, Oasis at Dodge Park, Briarwood)
Fall Risk Assessments: Questionnaire

Topics covered:

- Past falls
- Fear of falling/unsteadiness
- Medications (antipsychotics, blood pressure medications, etc)
- Medical conditions (Diabetes, vision issues, heart conditions/arrhythmias, etc)
Fall Risk Assessments: Timed Up and Go

At increased risk of falling if individual cannot complete test in <12 seconds
Fall Risk Assessments: 30-Second Chair Stand

At increased risk of falling if individual is below average for their age and gender

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Fall Risk Assessments: 4 Stage Balance Test

1. Stand with your feet side-by-side.

2. Place the instep of one foot so it is touching the big toe of the other foot.

3. Tandem stand: Place one foot in front of the other, heel touching toe.

4. Stand on one foot.

At increased risk of falling if the individual cannot hold a tandem stand for 10 seconds.
Takeaways: Community Needs and Future Practice

Variety of needs throughout the broader geriatric population

Financial barriers are present but there are feasible approaches

Fall Risk Assessment is quick, useful tool to check in with older adults and can be utilized in future practice

Should acquire an understanding of community resources, such as those we were introduced to, in order to help older adults meet their diverse needs
Thank You!

Linda Wincek Moore, Worcester Senior Center
Debi Lang, Commonwealth Medicine, UMMS
Jenn Knight, Elder Services of Worcester
Karen Dick, GSN
Dr. Sarah McGee, UMMS, UMMHC