Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults[1]
• Every 11 seconds, an older adult is treated in the emergency room for a fall. Every 19 minutes, an older adult dies from a fall[1]
• In 2013, healthcare costs related to elderly falls was estimated to be $34 billion[1]
• Degenerative conditions and factors of physiological decline predispose older adults to weakness and slower protective reflexes. The additive effects of these comorbidities further exacerbate the consequences of a fall[2]

Objectives
• Gain an in-depth understanding of risks, causes and impacts of falls in the Worcester elderly community through immersion in the population.
• Explore the perception of falls by the elderly community.
• Understand the breadth of services available for Worcester’s elderly population and their functions.
• Perform Fall Risk Assessments tracking multifactorial risk factors in addition to performance tests.
• Educate Worcester’s elderly population through effective fall prevention education.

Function Tests:
• Timed Up and Go (TUG)
• 30 Second Chair Stand Test
• Four Stage Balance Test

Evaluate Fall Risk Factors:
• Polypharmacy
• Underlying Medical Conditions
• Nutrition
• Isolation
• Dependence

Fall Risk Education:
• Provided fall risk assessment results to providers

Moderated Fall Education Activities

Interprofessional Resources

Function Tests:
• Timed Up and Go (TUG)
• 30 Second Chair Stand Test
• Four Stage Balance Test

Evaluate Fall Risk Factors:
• Polypharmacy
• Underlying Medical Conditions
• Nutrition
• Isolation
• Dependence

Fall Risk Education:
• Provided fall risk assessment results to providers

Moderated Fall Education Activities

Emerging Themes
1. Social Isolation
   a. Evident at all of the centers that were visited.
   b. Strong impact on mental health.
2. LGBTQAI+
   a. Rainbow Lunch and Supper Clubs.
   b. Some may avoid certain facilities for fear of being discriminated.
3. Polypharmacy
   a. MCPHS Pharmacy Outreach Program.
   b. Philip’s Automated Medication Dispenser.
4. Caring for the Caregivers
   a. Dementia Live gives one a glimpse into the physical changes experienced by elderly dementia patients.
   b. Philip’s Lifeline provides a sense of comfort to loved ones.
   c. Adult Day Center allows families to maintain daily work and home schedule.
5. Facing the Unknown
   a. Impact of a first fall on their confidence.
   b. Many elders expressed uncertainty about the future.

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References: