OVERVIEW

• Why California?
• The Existing Infrastructure
• Types of intervention strategies and programs
• Sustaining the Momentum
• The Next Steps!
The Need

- On average, two older Californians die every day from fall-related injuries.
- Over 1,300,000 older Californians suffer serious fall-related injuries each year.
- Average estimated medical cost of fall-related hospitalization of seniors in CA is $30,000
- CA has the largest older adult population of any state in country - >3.5 million 65 and older
Physical Activity Programs are available in most of the 1,002 senior centers.
The CDA and CDH have developed and promoted fall prevention programs.
Fall Assessment Guidelines for Physicians have been established.
Medicare reimbursement exists for post-fall assessment.
State-Wide Programs:

- Fall and Injury Prevention Public Awareness Campaign
- The StayWell Program
- Senior Housing Information and Support Center (SHISC)
Community-Based Programs

- Community and Home Injury Prevention Program for Seniors (CHIPPS)
- Senior Injury Prevention Program (S.I.P.P.)
- No More Falls!
- FallProof
- Project Independence
Primary Goals?

- Prevent injuries by increasing awareness among seniors and caregivers that injuries are preventable
- Develop and share simple ways to recognize and correct injury hazards
- Provide training and resource information to health professionals and the public

www.dph.sf.ca.us/CHPP/inj-chip.htm
C.H.I.P.P.S Program

Services Include:

- Educational presentations,
- Workshops,
- Home assessments and small home modifications
Program Outcomes

- Significant reduction in fall incidence rates with minor home safety modifications (< $200 per household)
Senior Injury Prevention Program (S.I.P.P.)

- Collaborative partnership between multiple agencies
- Health Promotion and Education Program
- Hosts county wide discussion groups
- Annual conference directed at education of seniors on fall prevention issues
- Works for policy changes.
- Products include Fall Prevention Manual
NO More Falls!

- Multifaceted Fall Risk Screening and Health Promotion Project
- Collaborative program: EPIC, PHCA, and UCSF
- Two counties involved: Humboldt and San Diego
- Directed at seniors at all levels of fall risk
NO More Falls!

Program Components Include:

- Health Assessment (including fall risk) provided by PHCA nurse
- Individualized fall prevention action
- Individual counseling and education
- Home hazard assessments.
Program Outcomes

- Pilot project in Tulares and Fresno counties
- Participants 20% less likely to fall at one-year follow-up.
- Federally-funded project outcomes available at end of 2004.
FallProof

- Targeted Exercise Intervention
- Designed for older adults at moderate to high risk for falls
- Group-based
- Operates in multiple senior centers and residential care facilities in CA
- Replication in Colorado

A Comprehensive Balance and Mobility Training Program
Program Outcomes

- Significant improvements in multiple dimensions of balance and mobility after 8-weeks (low and moderate risk); 16 –weeks (high risk).
- Improved balance-related self-confidence
- Significant reduction in probability for falls.
Project Independence

- Partnership between SDSU and Aging and Independence Services (AIS) in San Diego County.
- Program has expanded from 8 to 25 community sites since 2000.
- Comprehensive exercise program (including strength and mobility training)
- Behavioral skills training component
• Baseline measures indicated group to be in mild to moderately frail category.
• Participants receiving behavioral coaching component plus program demonstrated higher attendance and greater improvements in functional fitness tests.
OUTCOMES

- Program continues to expand and receive awards for innovative active aging programming.
- “Feeling Fit” Club
VA Fall Prevention Screening Clinic (FPSC) – Greater Los Angeles

- Staffed by multidisciplinary team
- Clinician referral to clinic
- Team meeting to determine most appropriate intervention.
- Ongoing medical care provided by primary care physician.
Program Outcomes

- Significant reduction in falls at 3-month follow-up (41% reduction)
- High patient satisfaction of care
- Increase in balance-related self-confidence
- Appears to be a cost-saving intervention strategy

VA Greater Los Angeles Healthcare System
Further develop the “blossoming” fall prevention infrastructure in California

- Provide education and skills specific to fall prevention
- Develop a statewide clearinghouse for fall prevention services and resources
- Expand “proven” fall prevention programs and strategies that effectively address each level of fall risk
Design and implement fall prevention programs that address the needs and interests of a culturally diverse older adult population.
Provide more fall prevention services and programs to homebound and geographically isolated older adults.
The Next Step!

- Develop and implement a “Blueprint” for Fall Prevention Services in California
- Facilitate communication and collaboration between existing programs to create a more expansive fall prevention agenda
- Identify and address the existing gaps in available services and programs.
- Establish a stable funding source!
The Next Step?

Development of a Fall Prevention Center of Excellence

Consortium Partners:
USC Andrus Gerontology Center
Geriatric Research Education and Clinical Center
California State University, Fullerton – Center for Successful Aging
California DHS State and Local Injury Control

Ethel Percy Andrus Gerontology Center
The Next Steps!

Mission of the New Center:

“Provide leadership, create new knowledge, and develop strategies and programs to prevent falls.”
The Next Steps!

Projected Activities:

• Creation and dissemination of falls prevention information to targeted audiences.
• Training and education of professionals, service providers and students in fall prevention issues.
• Development of new programs and expansion of existing programs
• Systems change through networking, advocacy, and policy analysis.
Let's STOP FALLS
Together!