

Fall Prevention Interventions

Strategies & Model Programs

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ASA-NCOA Conference, San Francisco, 2004



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**



CALIFORNIA INFRASTRUCTURE

- ✓ **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.**



CALIFORNIA INFRASTRUCTURE

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**

C.H.I.P.P.S Program

San Francisco Department of Public Health

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

San Francisco Department of Public Health

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)**



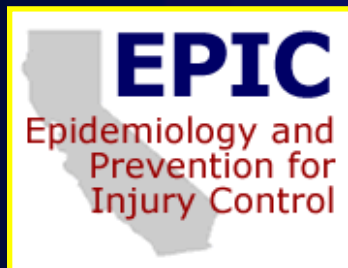
Senior Injury Prevention Program (S.I.P.P.)



- 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.

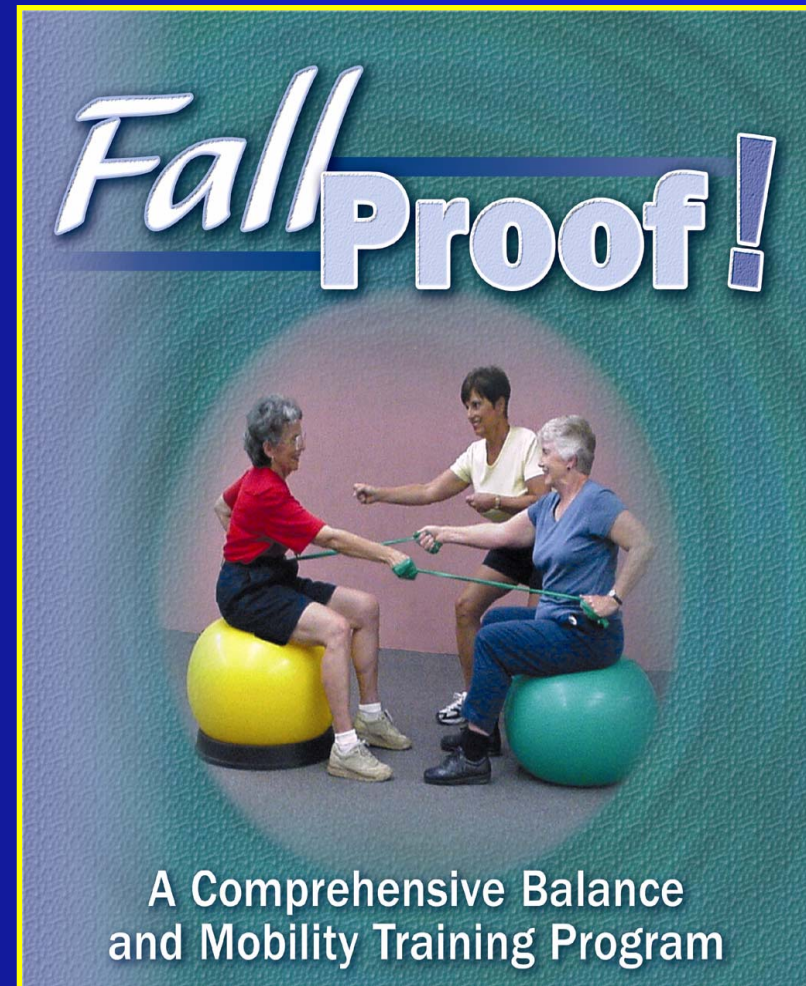


Program Outcomes

- 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**



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**

OUTCOMES

- 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



Hospital-Based Programs

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

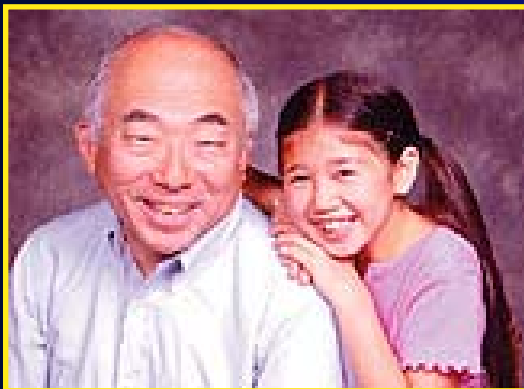


Sustaining the Momentum

- ✓ **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

Sustaining the Momentum

- ✓ Design and implement fall prevention programs that address the needs and interests of a culturally diverse older adult population



Sustaining the Momentum

- ✓ 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.

Lets STOP FALLS Together!

