

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.

The interprofessional team

- **Coordinated effort** among licensed and unlicensed personnel
 - nurses, social workers, care coordinators, pharmacists, community health workers, PTs/OTs, PCAs, HCAs, dietitians, 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



DEMENTIA Live
On-Site Coach Training



The Savvy Caregiver Program is a six-session training for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias!

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

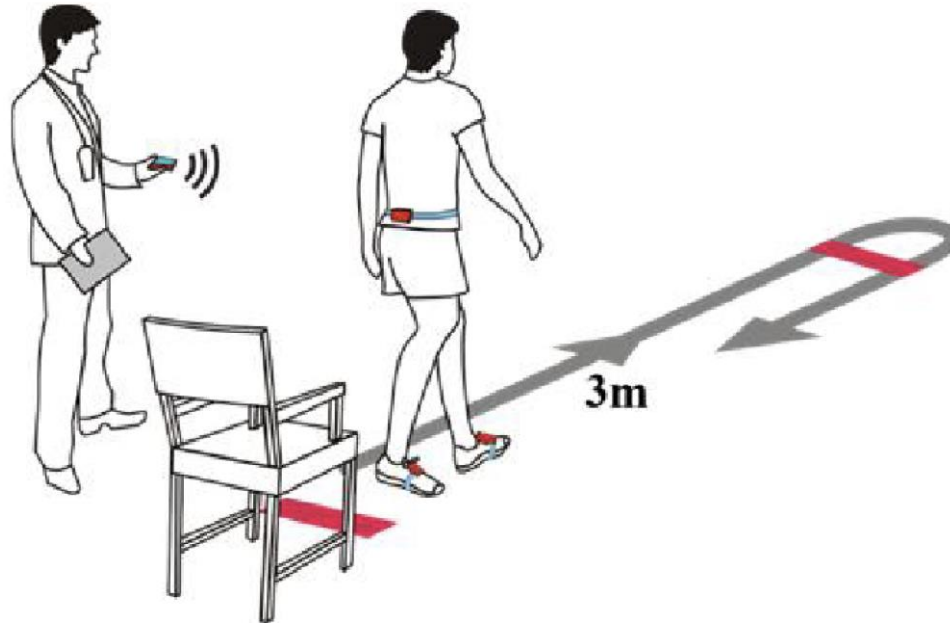
1. Fall risk assessments with different subpopulations
 - a. Latinx
 - b. Chinese and Vietnamese
2. Dementia Live (covered previously)
3. Shadowing
 - a. Trauma Clinic at University Campus
 - b. St. Paul's Elder Outreach
 - c. Nurse Practitioners (Notre Dame, Memorial Geriatric Clinic)
 - d. Beaumont 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

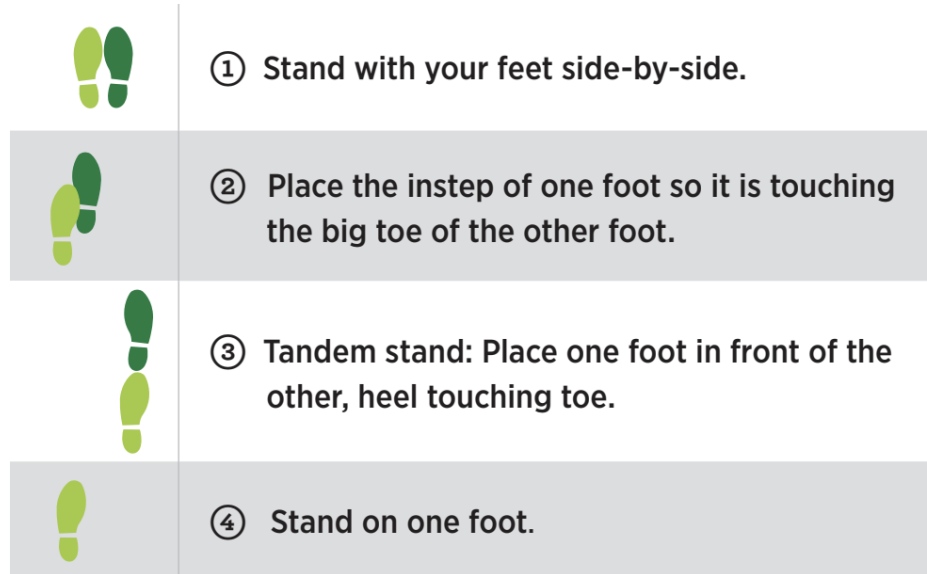


Chair Stand Below Average Scores

AGE	MEN	WOMEN
60-64	< 14	< 12
65-69	< 12	< 11
70-74	< 12	< 10
75-79	< 11	< 10
80-84	< 10	< 9
85-89	< 8	< 8
90-94	< 7	< 4

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

Fall Risk Assessments: 4 Stage Balance Test



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!

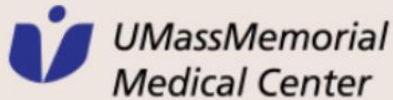
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