
Preventing Falls among Older Oregonians

Lisa Shields

Senior Falls Prevention

Injury and Violence Prevention Program

ADRC Webinar

June 17, 2014

The logo for the Oregon Health Authority. It features the word "Oregon" in a smaller, orange, serif font positioned above the word "Health". "Health" is written in a large, blue, serif font. Below "Health", the word "Authority" is written in a smaller, orange, serif font. A thin blue horizontal line is positioned just above the "Authority" text, extending from the left side of the "H" in "Health" to the right edge of the "Authority" text.

Oregon
Health
Authority

Topics covered

Burden of
Senior Falls

Falls
Prevention
Guidelines

State Fall
Prevention
Program

Falls Prevention Awareness
Day and Resources

Falls are Common in Older Individuals

One out of three older adults falls each year but less than half talk to their health care providers about it

Two-thirds of those who fall will do so again within 6 months

Falls are the leading cause of both fatal and nonfatal injuries for those 65 and older

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html>

How big is the problem?

Each year nearly 600 Oregonians die and 8,500 are hospitalized due to a fall

The rate of death due to falls has increased nearly two-fold (92.3%) since 2000

The rate of fatal falls for those 85+ is 26x greater than those age 65-74

Nearly 60% of seniors in Oregon who are hospitalized for falls are discharged into long-term care

[Injury in Oregon Annual Data Report 2012](#)

[Falls Among Older Adults in Oregon 2012](#)

[Oregon Injury Prevention Plan 2011-2015](#)

The cost of falls

Fall hospitalization cost for Oregon seniors is \$121.6 million per year



Unintentional falls were the third most costly hospitalized condition after cancer and heart disease



The median per patient hospitalization costs for fall-related injury is \$30,467

Consequences of falling



Falls can be prevented

Biological

Muscle weakness
Gait and balance problems
Poor vision
Cognitive impairment

Behavioral

Risky behaviors
4+ medications
Psychoactive meds
Inactivity

Environmental

Clutter and tripping hazards
No stair railings or grab bars
Poor lighting

- Rubenstein, *Age and Aging*, 2006

The Big Four



Exercise



Medication
review



Vision checks



Home safety

Community Wide Efforts Can Reduce Falls Substantially

A multifaceted community based falls reduction program involving medical groups and the community reduced fall related injuries by **10% in a target community**

This is the model for the CDC State Fall Prevention Program

CDC State Fall Prevention Program

Systems and Policy Change

Changes in clinical care

Tai Chi: Moving for Better Balance

Stepping On Fall Prevention Program

Otago Exercise Program

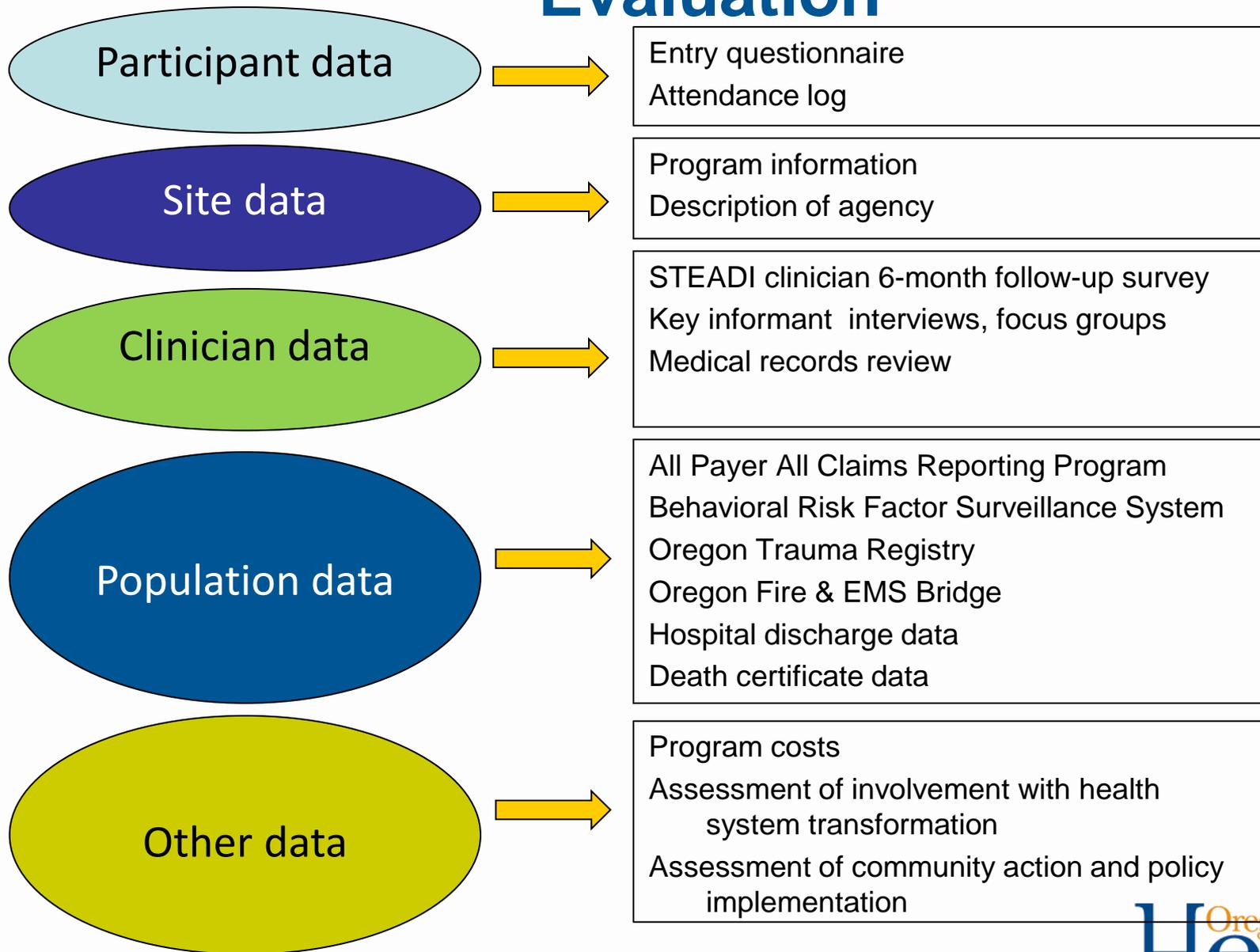
STEADI

5-year program
3 state health departments

Technical Assistance and Evaluation

Oregon Health Authority

Evaluation



Oregon senior falls prevention 2011-2016

Health systems

Health plans

Community programs

Clinician education and referrals (STEADI)

Aging services, community health workers, volunteers,
professional organizations

First responders

Public awareness

Project Timeline

Planning phase

2011-2012

**Portland Metro
implementation**

2012-2016

**Statewide
implementation**

2014-16

Incentives and Motivators for Health Care and Falls Prevention

MEDICARE

Welcome to Medicare visit
Annual Wellness Visit
5-star health plan rating

Physician Quality Reporting System (PQRS)

Patient-centered Primary Care Homes

480 recognized Oregon clinics

Coordinated Care Organizations (CCO)

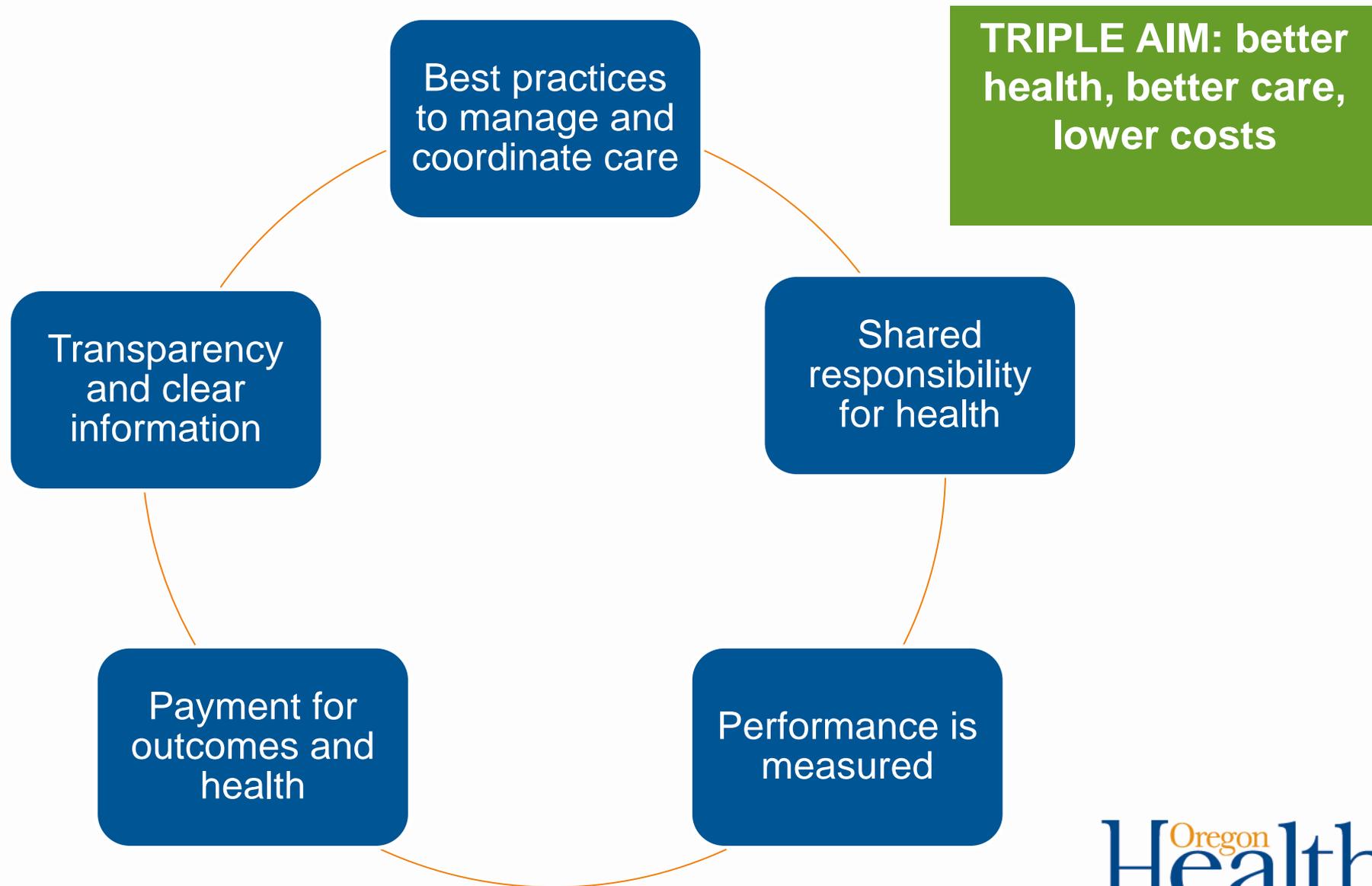
Serving 90% of Oregon Health Plan (Medicaid) members

Comprehensive Primary Care initiative

Oregon is one of 7 national markets
67 clinics

ABIM and ABFM maintenance of certification credits

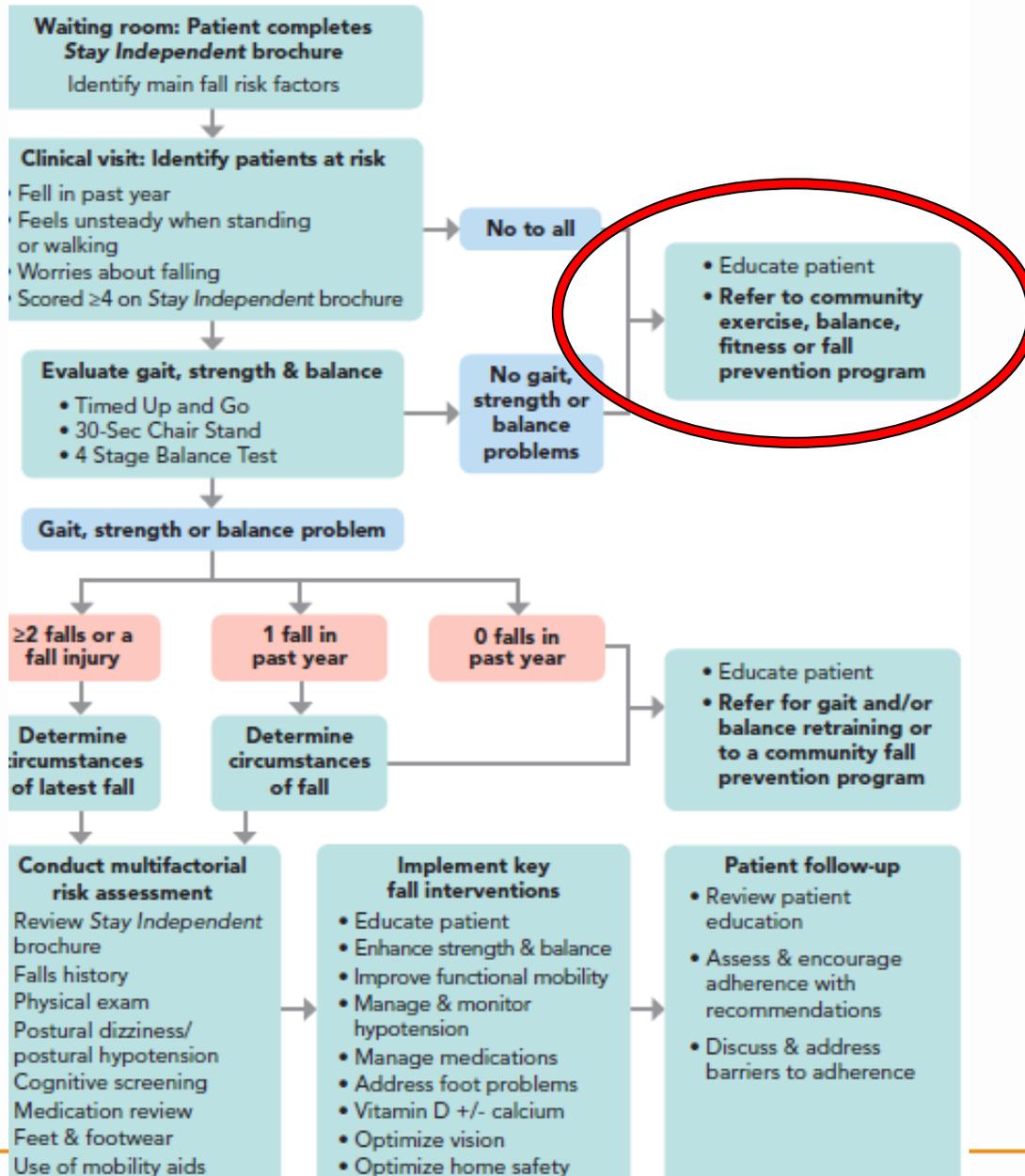
Oregon Coordinated Care Model



Health system falls prevention partners



Algorithm for Fall Risk Assessment & Interventions



**STEADI:
Stopping
Elderly
Accidents,
Deaths,
and
Injuries**

Recommended Fall Prevention Programs

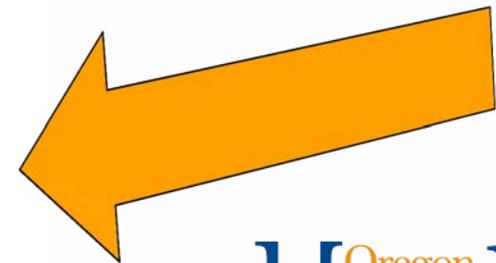
Programs	Location	Day & Time	Cost

Notes:

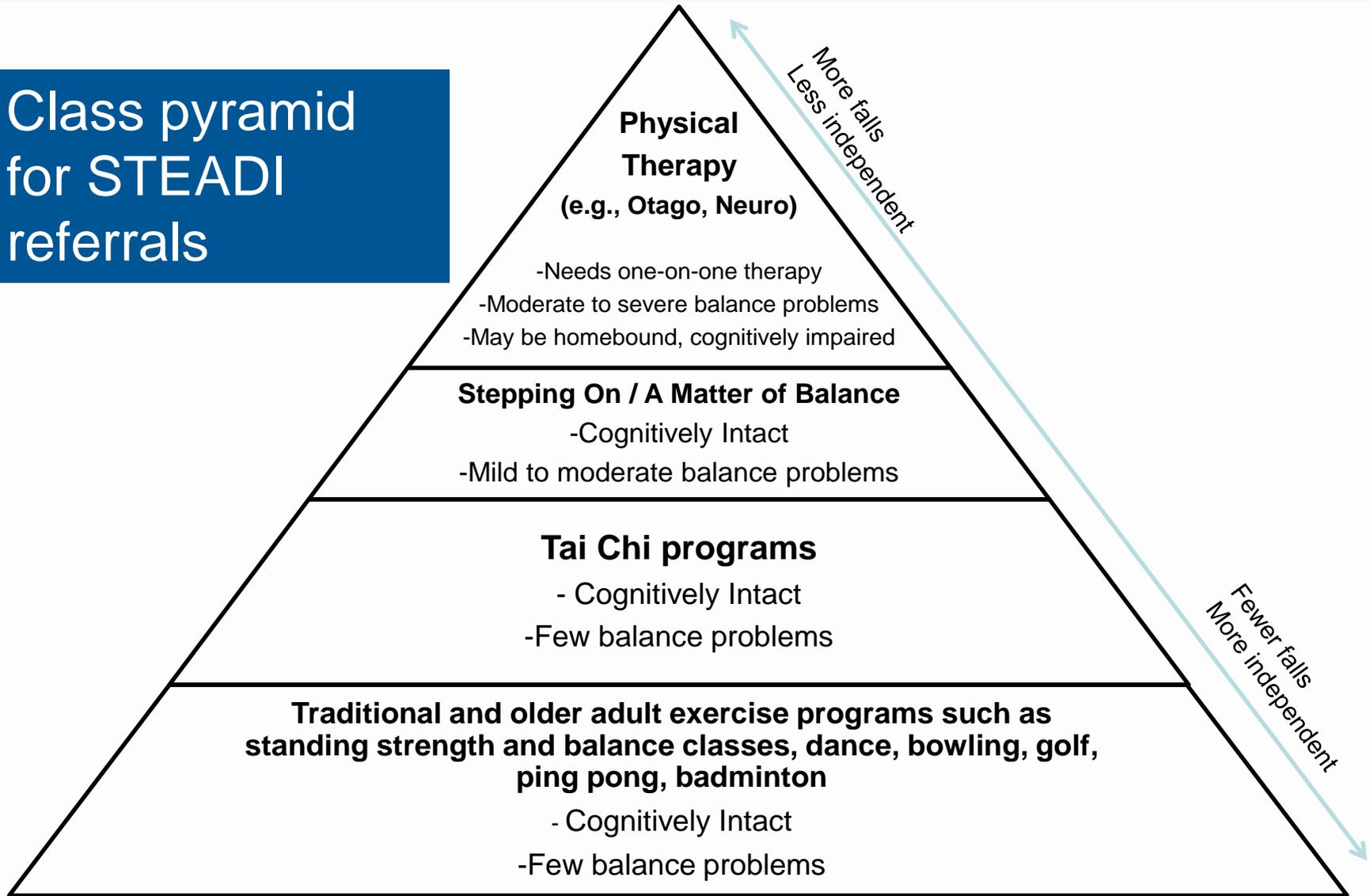
Research shows that to reduce falls, exercises **MUST** focus on improving balance and strength, be progressive (get more challenging over time), and be practiced for at least 50 hours. This means, for example, taking a 1-hour class 3 times a week for 4 months, or a 1-hour class 2 times a week for 6 months.

The National Institute on Aging has created an exercise guide for healthy older adults to use at home. You can order this free book by going to:
www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide.

Clinician referrals

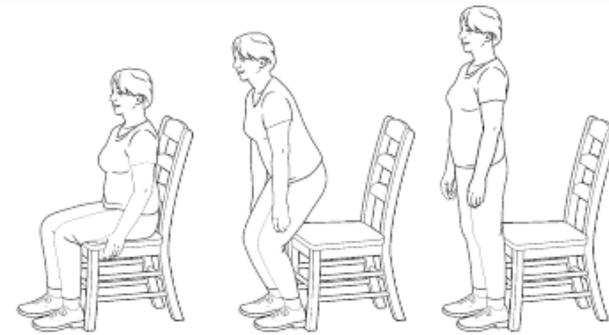
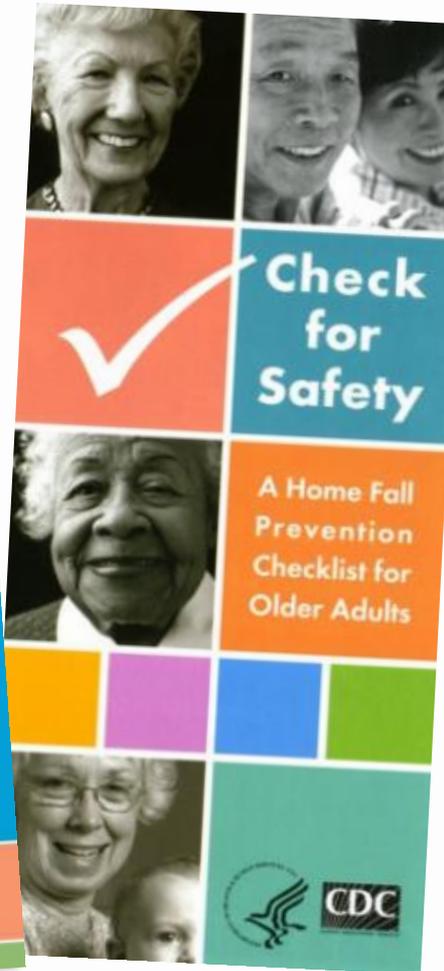


Class pyramid for STEADI referrals



Copyright 2005, Mahoney J, Shea T, with Dane County Falls Prevention Task Force

STEADI patient education



Chair Rise Exercise

What it does: Strengthens the muscles in your thighs & buttocks.

Goal: To do this exercise without using your hands as you become stronger.

How to do it:

1. Sit toward the front of a sturdy chair with your knees bent & feet flat on the floor, shoulder-width apart.
2. Rest your hands lightly on the seat on either side of you, keeping your back & neck straight & chest slightly forward.
3. Breathe in slowly. Lean forward & feel your weight on the front of your feet.
4. Breathe out & slowly stand up, using your hands as little as possible.
5. Pause for a full breath in & out.
6. Breathe in as you slowly sit down. Do not let yourself collapse back down into the chair. Rather, control your lowering as much as possible.
7. Breathe out.

Repeat 10–15 times. If this number is too hard for you when you first start practicing this exercise, begin with fewer & work up to this number.

Rest for a minute & then do a final set of 10–15.

STEADI pilot



- OHSU Internal Medicine and Family Medicine clinics
- OGEC: STEADI to rural clinics
- CDC has funded OHSU to implement and evaluate STEADI in electronic health record



Working with national EHR vendor to disseminate nationally

Community programs

Tai Chi: Moving for Better Balance

- Developed at Oregon Research Institute
- Over 350 TCMBB instructors trained
- Fitness centers, health care settings, parks and recreation facilities, senior centers, assisted and independent living

Stepping On

- Instructors trained from Providence, Legacy, Kaiser, the VA, senior living, fitness centers

Otago Exercise Program

- STEADI referrals to Beyond the Clinic
- Free online training for PTs

Medicare-beneficiary fitness programs



- Tai Chi: Moving for Better Balance (TCMBB) is approved program
- OHA trained 60 Silver & Fit fitness instructors



- TCMBB is approved Silver Sneakers FLEX™ program
- Classes outside the gym
- Instructors paid with phone app

Aging services and professional organizations



Multnomah County
Aging & Disability Services



Community Health Workers and volunteers



Healthoregon.org/fallprevention

The screenshot shows the Oregon Health Authority website. At the top, there is a navigation bar with links for 'Most Visited', 'Getting Started', 'CORE', 'Customize Links', 'DHSOHA Intranet', 'DHS Printers', 'Google Calendar', 'Injury and Violence Pr...', 'Oregon State Library', and 'PHConnect'. Below this is the 'OREGON.GOV' logo and a search bar. The main navigation menu includes 'Public Health' and a search bar for 'Search Public Health...'. A secondary menu lists categories: 'Topics A to Z', 'Data & Statistics', 'Forms & Publications', 'News & Advisories', 'Licensing & Certification', 'Rules & Regulations', and 'Public Health Directory'. The breadcrumb trail reads: 'Public Health > Prevention and Wellness > Safe Living > Falls Prevention for Older Adults'. The main heading is 'Falls Prevention for Older Adults'. To the left is a sidebar with a list of links: 'STEADI toolkit for healthcare providers', 'Tai Chi: Moving for Better Balance', 'Stepping On Falls Prevention Program', 'Otago Exercise Program', 'Resources for Older Adults', 'Stories', 'Share Your Story', 'Request More Information', 'Instructor Tools', 'Submit Class Info', 'Partners', 'Reports', and 'Resources for Health Care Providers'. Below the sidebar is a 'Ready to Quit Tobacco?' banner. The main content area features a photo of an elderly couple and a text block stating: 'In Oregon, falls are the leading cause of fatal and nonfatal injuries for adults 65 and older. One in three older adults falls each year, and 20 to 30 percent of people who fall suffer moderate to severe injuries, such as bruises, hip fractures, and head traumas.' Below this is a paragraph: 'While falling is common to people of all ages, the severity of injury for older adults can result in a loss of mobility and independence. However, many falls are preventable; there are proven interventions that can help older adults reduce their risk of falling and live longer, healthier lives.' To the right is a 'More Information' sidebar with links for 'Safe Living', 'Contact Us', and 'Injury & Violence Prevention Section'. At the bottom, there is a section titled 'Classes for Seniors' with the text: 'You can also email lisa.m.shields@state.or.us if you need assistance finding a class near you.' This is followed by a bulleted list of resources: 'View the map of Senior Fitness Classes in Oregon / SW Washington (includes Tai Chi, Stepping On and Otago).', 'Tai Chi for Arthritis website.', and 'Go4Life Free Virtual Coaching to Encourage Physical Activity'. A final paragraph explains the Go4Life program: 'The National Institute on Aging's Go4Life program now provides participants with their own (virtual) fitness coach. Anyone can create a free account and sign up to receive tips and encouragement to get up and active every day. Whether someone wants some gentle encouragement or a little muscle behind the message, these Go4Life coaches can help. Weekly or monthly e-mail tips on specific exercises, nutrition, safety, and more are available at [Go4Life](#).' At the very bottom, a link says: 'View the [Stories](#) from others about the classes and their benefits.'



Google class listings map

Falls Prevention Program Map Oregon/SW Washington

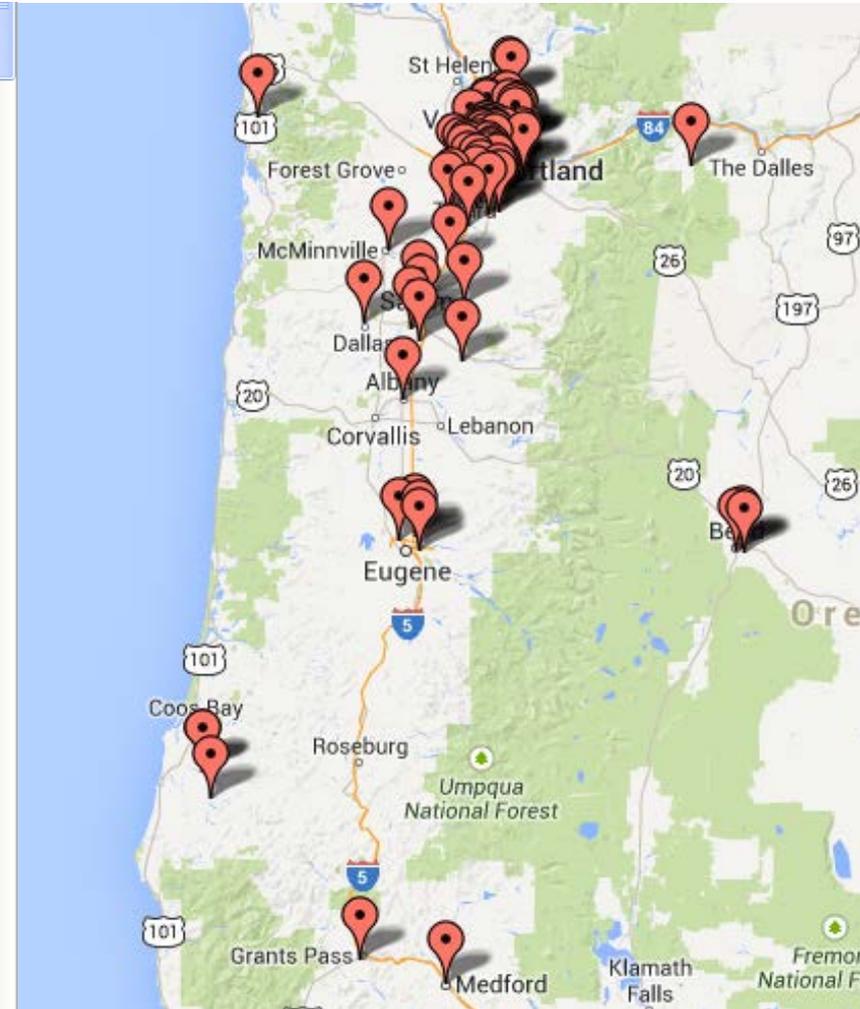
Public · 3 Collaborators · 667 views

Created on Mar 7 · By Joe · Updated 3 hours ago

★★★★★ 1 ratings · Write a comment · KML ·

8+1 0

- Senior Falls Prevention - OHA**
800 NE Oregon St, Ste 730, Portland, OR 97232
www.healthoregon.org/fallprevention 971-673-1036
Lisa.m.shields@state.or.us M - F: 7:30 am - 4:00 pm
- Albany, OR - Albany Senior Center**
489 NW Water Ave, Albany, OR www.cityofalbany.net/department/parks-and-recreation/classes 541-917-7760 Tai Chi Visit website contact for more info
- Battle Ground, WA - Battle Ground Baptist Church**
1110 NW 6th Ave, Battle Ground, WA 360-909-2604
jillaross@yahoo.com Tai Chi: Moving for Better Balance M: 9:30 - 11:00 am
- Battle Ground, WA - Battle Ground Community Center**
912 E. Main St, Battle Ground, WA
wa-battleground.civicplus.com/index.aspx?NID=247 360-694-8144
Enhanced Senior Fitness T, W & F: 8:30 - 9:30 am & 9:45 - 10:45 am
- Beaverton, OR - Beaverton Hoop YMCA**
9685 SW Harvest Court, Beaverton, OR ymcacw.org/locations/beaverton-hoop-ymca 503-644-2191 Tai Chi See website or call
- Beaverton, OR - Elsie Stuhr Center**
5550 SW Hall Blvd, Beaverton, OR www.thprd.org/facilities/stuhr/home.cfm 503-629-6342 Essential Balance and Mobility T & F: 3:00 - 4:00 pm FallProof Balance & Mobility Training Level 1 T & Th: 2:00 - 3:00 pm
- Beaverton, OR - Family Martial Arts Academy**
8618 SW Hall Blvd, Beaverton, OR
www.tigardmartialarts.com/beaverton 503-977-3300
paul.keller571@gmail.com Tai Chi & Qigong Visit website or contact for more info
- Beaverton, OR - Nature Park Interpretive Center**
15655 SW Millikan Way, Beaverton, OR www.thprd.org/activities/home.cfm 503-292-6951 jwdalto@comcast.net Seasonal Tai Chi: Moving for Better Balance W: 6:00 - 7:15 pm
- Bend, OR - Active Life Fitness**
34 NW Allen Rd, Bend, OR www.taichijenny.com 541-788-7537
activelifetaichi@gmail.com Sun style Tai Chi Visit website or contact for more info



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2 VIDEOS

[Promotores de Salud](#)

2 videos 3 months ago



4 VIDEOS

[New instructor videos](#)

4 videos 4 months ago



TCMBB Booster Mini Therapeutic Mo...
October 31, 2013

2 VIDEOS

[Booster Training Videos](#)

2 videos 4 months ago

Falls Prevention Awareness day

- 2012: Falls prevention fair at Legacy Emanuel Medical Center
- 2013: Tai chi “flash mob” at Director Park, downtown Portland
- Press release
- Public Health Twitter and FaceBook
- Governor’s proclamation: Falls Prevention Awareness Day
- Multnomah County Commissioners’ proclamation: Falls Prevention Awareness and Senior Center Month
- Presentations and screenings at senior centers and churches throughout September

2013 Proclamations

BEFORE THE BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON

PROCLAMATION NO. 2013-117

Proclaiming September 2013, Falls Prevention Awareness and Senior Center Month in Multnomah County, Oregon.

The Multnomah County Board of Commissioners Finds:

- a. The 2013 National Falls Prevention Awareness Month theme is, "*Preventing Falls: One Step at a Time*"— a goal the aging network, older adults, caregivers, and family members embrace and that the County actively promotes.
- b. The 2013 National Senior Center Month theme is, "*Senior Centers: Experts at Living Well*," which captures the key role County-funded senior centers, along with other County and community agencies serving older adults, play in preventing falls and encouraging healthy aging.
- c. Evidence-based programs such as Tai Chi: Moving for Better Balance at the Urban League Multicultural Senior Center, Hollywood Senior Center, NAYA Family Center, Charles Jordan Community Center, Southwest Community Center, and Maranatha Church; A Matter of Balance and STEADI at OHSU; and Stepping On at Legacy Emanuel, Providence, and VA medical centers; and the Otago Exercise Program for Homebound Seniors at Beyond the Clinic Physical Therapy are significantly reducing older adults' fall risks and falls.
- d. Senior centers provide a wealth of opportunities to help older adults "live well:" yoga and other forms of exercise, chronic disease management workshops, arts and crafts activities, outings to places of interest, educational classes, support groups, and a variety of social activities including meals.
- e. By supporting senior centers' efforts to keep older adults active and engaged, and falls prevention programs that improve their strength, balance, and flexibility, Multnomah County helps ensure the safety, independence, and well-being of its older residents.

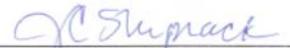
The Multnomah County Board of Commissioners Proclaims:

September 2013 is National Falls Prevention Awareness and Senior Center Month in Multnomah County—a time to honor and promote falls prevention programs that enhance older adults' health, and senior centers that provide a welcoming place to gather for activities, learning, and companionship.

ADOPTED this 5th day of September, 2013.



BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON


Judy Shiprack, Vice-Chair

Submitted by: Commissioner Judy Shiprack, District 3 & Commissioner Loretta Smith, District 2.

STATE OF OREGON
PROCLAMATION
OFFICE OF THE GOVERNOR

- WHEREAS:** It is estimated that 14.9 percent of persons in Oregon are 65 years of age or older; and
- WHEREAS:** Older adults are the fastest-growing segment of the population in the United States, and this trend is expected to continue;
- WHEREAS:** It is estimated that one third of seniors over the age of 65, and half over the age of 80, will fall each year. Falls are the leading cause of injury, injury-related death, and hospital admissions for trauma among older adults; and
- WHEREAS:** Falls are largely a preventable community health problem with proven interventions that can reduce falls and help older adults live better and longer; and
- WHEREAS:** Sept 22, 2013, the first day of fall, marks the 6th Annual National Falls Prevention Awareness Day. This year's theme, "*Preventing Falls-One Step at a Time*" seeks to unite professionals, older adults, caregivers, and family members to play a part in raising awareness and preventing falls in the older adult population; and
- WHEREAS:** The Oregon Health Authority is working with healthy aging partners throughout the state to increase awareness of this issue and promote fall prevention strategies such as evidence-based exercise programs, medication management, regular health and vision checkups, and home safety assessments.

NOW,

THEREFORE: I, John A. Kitzhaber, M.D., Governor of the State of Oregon, hereby proclaim **September 22, 2013** to be

FALLS PREVENTION AWARENESS DAY

in Oregon and encourage all Oregonians to join in this observance.



IN WITNESS WHEREOF, I hereunto set my hand and cause the Great Seal of the State of Oregon to be affixed. Done at the Capitol in the City of Salem in the State of Oregon on this day, August 22, 2013.


John A. Kitzhaber, M.D., Governor


Kate Brown, Secretary of State

Tai Chi flash mob



Senior center exercise demo



Tai Chi with Multnomah County Commissioners

FPAD 9/23/2014:

Strong Today, Falls Free® Tomorrow

How can we help? Contact me!

Lisa.m.shields@state.or.us

- STEADI print material: Stay Independent and Check for Safety brochures
- State and county-level data
- Technical assistance and program consultation
- Modifiable PowerPoint Presentation for seniors
- Connections to program instructors, participating organizations, national experts
- Website class listings and resources
- Instructor trainings: Tai Chi: Moving for Better Balance, Stepping On, Otago, Community Health Worker online curriculum

Oregon Testimonials

"Before attending these classes my balance was so poor that I was afraid I would fall in the shower"

"I now don't use a cane and am not afraid of falling"

"Tai chi and the exercise classes really do work!"

"I would absolutely recommend Stepping On. I've told everybody I know about it. We all need to practice how NOT to fall."

"I wouldn't miss a Tai Chi class for anything."