National and State Efforts to Reduce Falls Among Older Adults and People with Disabilities

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August 31, 2016
Learning Outcomes

1. Define **ACL’s goals** related to their National Falls Prevention Resource Center and the state and Tribal grants awarded to implement and sustain EBFP programs.

2. Understand the role of **NCOA's National Falls Prevention Resource Center** in national, state and local falls prevention initiatives and identify ways that professionals, older adults, caregivers, and advocates can utilize the Center’s resources.

3. Identify national and state-based strategies of the **National Falls Prevention Action Plan** that are being implemented to accomplish the plan's goals.

4. Describe **lessons learned** based on the experiences and data collected from the ACL-funded state and Tribal grantees.
ACL Investments in Evidence-Based Falls Prevention Programs

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About ACL

• **Mission** – maximize the independence, well-being, and health of older adults, people with disabilities across the lifespan, and their families and caregivers

• ACL’s Administrator oversees four program offices:
  • Administration on Disabilities (AoD)
  • National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR)
  • Center for Integrated Programs (CIP)
  • Administration on Aging (AoA)
The Older Americans Act

The OAA, Administered by the Administration on Aging (AoA), helps 11 Million seniors remain at home through low-cost, community-based services

Data Source: SPR 2014 and NSOAAP2015
Older Adults and Falls

• One in three Americans aged 65 and older falls every year ¹

• Falls are the leading cause of both fatal and nonfatal injuries for those 65 and over ²

• In 2014, falls in older adults resulted in over 2.8 million emergency room visits and over 800,000 hospitalizations.

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² Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) [online].
What is falls prevention?

• Vision and hearing checks
• Medication management
• Home assessments and modifications
• Activities to improve strength, balance, flexibility:
  – Physical activity
  – Lifestyle modification
Evidence-Based Programs

- There are a number of evidence-based programs that can be implemented in a community or one-on-one setting have been proven to help older adults reduce their risk or fear of falling.
ACL’s Evidence-Based Falls Prevention Program Grants

Grants to domestic:

- State agencies (aging and public health)
- Nonprofit aging and public health organizations
- Area Agencies on Aging
- Tribal governments and tribal organizations
- Universities

Funded by the Prevention and Public Health Fund
Prevention and Public Health Fund

• Established by the Affordable Care Act
• A new national investment:
  – “to provide for expanded and sustained national investment in prevention and public health programs to improve health and help restrain the rate of growth in private and public health care costs”
• Funding for a number of HHS agencies to support evidence-based approaches to prevention
# ACL Falls Prevention Grantees

## FY2014
- National Council on Aging (Resource Center)
- Colorado Department of Public Health and Environment
- Elder Services of the Merrimack Valley
- Foundation for Healthy Communities
- Georgia Department of Human Services
- Hardrock Council on Substance Abuse
- Health Foundation of South Florida
- Iowa Department on Aging
- Little Traverse Bay Bands of Odawa Indians
- Match-E-Be-Nash-She-Wish Band of Pottawatomi Indians
- Minnesota Board on Aging
- North Carolina Department of Health and Human Services
- Sokaogon Chippewa Community
- State of Vermont
- Utah Department of Health

## FY2015
- Partners in Care Foundation
- The Oasis Institute
- Dartmouth Center for Healthy Aging, Dartmouth-Hitchcock Medical Center & Dartmouth-Hitchcock Health
- New Jersey Department of Human Services
- New York State Department of Health
- United Way of Tarrant County
- Wisconsin Institute for Healthy Aging
## 2016 Grantees

<table>
<thead>
<tr>
<th>FY2016 Awardees</th>
<th>State</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Council on Aging (Resource Center)</td>
<td></td>
</tr>
<tr>
<td>Elder Services of the Merrimack Valley</td>
<td>MA</td>
</tr>
<tr>
<td>Iowa Department of Public Health</td>
<td>IA</td>
</tr>
<tr>
<td>MAC, Inc.</td>
<td>MD</td>
</tr>
<tr>
<td>Marymount University</td>
<td>VA</td>
</tr>
<tr>
<td>New Mexico Department of Health</td>
<td>NM</td>
</tr>
<tr>
<td>Rush University Medical Center</td>
<td>IL</td>
</tr>
<tr>
<td>Southern Maine Agency on Aging</td>
<td>ME</td>
</tr>
<tr>
<td>Indian Health Council</td>
<td>CA</td>
</tr>
<tr>
<td>Inter Tribal Council of AZ, Inc.</td>
<td>AZ</td>
</tr>
<tr>
<td>Mescalero Apache Tribe</td>
<td>NM</td>
</tr>
<tr>
<td>Spirit Lake Tribe</td>
<td>ND</td>
</tr>
</tbody>
</table>
ACL Falls Prevention Grant Goals

1. Significantly increase the number of older adults and older adults with disabilities who participate in evidence-based community falls prevention programs

2. Implement **innovative funding arrangements** to support these programs beyond grant period, embedding programs into an *integrated, sustainable* network

   Moving beyond discretionary grants, Older Americans Act funding, etc.
Goal 1: Falls Prevention Programs Offered

- A Matter of Balance
- FallScape/FallsTalk
- Stepping On
- Otago
- Tai Chi
  - Tai Ji Quan: Moving for Better Balance
  - Tai Chi for Arthritis
  - YMCA Tai Chi: Moving for Better Balance
- Stay Active and Independent for Life (SALE)
- Stay Safe Stay Active
Goal 2 – Integrated, Sustainable Network

- Business plans, contracts, or other means to secure financing
  - Sustainable funding (not relying solely on grants or Older Americans Act funding)
  - Sustainability partners include Accountable Care Organizations, Patient-Centered Medical Homes, large employer groups, health insurance plans, etc.
- Aging, public health, disability, and other networks engaged
Integrated, Sustainable Network (cont.)

• Strategic partnerships with organizations with the capacity to embed falls prevention programs into routine operations
• Delivery infrastructure/capacity to increase access to falls prevention programs
• Coordinated processes (marketing, recruitment, enrollment, etc.)
• Ongoing quality assurance and fidelity monitoring efforts
National Falls Prevention Resource Center

ACL began funding a national resource center for falls prevention in 2014

Housed at the National Council on Aging (NCOA), in their Center for Healthy Aging:

• Increase public awareness and educate consumers and professionals about the risks of falls and how to prevent falls.

• Support and stimulate the implementation, dissemination, and sustainability of evidence-based falls prevention programs and strategies to reduce the incidence of falls among older adults and adults with disabilities.

• Serve as the national clearinghouse of tools, best practices, and other information on falls and falls prevention.
NASUAD HCBS Conference

National Falls Prevention Resource Center

Kathleen Cameron
National Council on Aging

Marissa Whitehouse
National Council on Aging

August 31, 2016
Our Mission:
Improve the lives of millions of older adults, especially those who are struggling

Our Social Impact Goal:
Improve the health and economic security of 10 million older adults by 2020
History - Falls Free® Initiative

• A national effort led by NCOA to address the growing public health issue of falls and fall-related injuries and deaths in older adults.
  – 2005 National Action Plan
  – National Falls Free® Coalition
  – State Coalitions on Fall Prevention Workgroup
  – Support for Falls Prevention Awareness Day
Today - National Falls Free® Initiative

- A thousands-strong and growing network
- National Action Plan developed in 2005; updated in 2015
- Strong partnerships
  - ACL and the Aging Network
  - CDC’s National Center for Injury Prevention and Control
  - National organizations
  - State and local public health entities
- Falls Free® is a critical effort to meet Healthy People 2020 goals of reducing older adult fall-related ED visits by 10%
- 43 State Falls Prevention Coalitions
A White House Conference on Aging Event
April 30, 2015
Experts from the public and private sectors from across the U.S. convened to update the 2005 National Falls Free® Action Plan
New plan was released in July 2015
Vision and Goal

• **Vision**: Older adults will have fewer falls and fall-related injuries, maximizing their independence and quality of life.

• **Goal**: To implement a National Action Plan with specific goals and strategies to affect sustained initiatives that reduce falls among older adults.
Healthy People 2020 Objective

“Reduce the rate of emergency department visits due to falls among older adults by 10 percent.”
National Falls Prevention Action Plan

• 12 Goals, 40 strategies and 242 action steps
  – Physical Mobility
  – Medication Management
  – Home Safety
  – Environmental Safety
  – Public Awareness and Education
  – Funding and Reimbursement
  – Expansion of Evidence-based Programs
  – Policy and Advocacy

Source: www.ncoa.org/healthy-aging/falls-prevention/
  2015-falls-prevention-action-plan/
Next Steps – National Action Plan

• Broadly disseminate the plan
• Encourage ownership and adoption of the plan’s strategies and action steps
• Collaborate with and involve key stakeholder organizations to further disseminate and implement the strategies and action steps.
• Seek funding to support key strategies, alone or in conjunction with stakeholders organizations.
• Partner with and/or advise organizations to support public policy and advocacy initiatives related to the reduction of falls risk factors and falls prevention.
• Track progress by identifying related national and state initiatives
• Develop follow-up report in 2018
Evidence-Based Falls Prevention Programs

- Tai Ji Quan: Moving for Better Balance
- Tai Chi for Arthritis
- YMCA Moving for Better Balance
- Stay Safe, Stay Active
- A Matter of Balance
- Stay Active and Independent for Life (SAIL)
- Stepping On
- FallScape
- Otago Exercise Program
- CDC’s STEADI
Improving the lives of 10 million older adults by 2020

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- **STEADI Tool Kit**
  (Stopping Elderly Accidents, Deaths, and Injuries)

- **CDC Compendium of Effective Fall Interventions**

- **Preventing Falls: A Guide to Implementing Effective Community-Based Fall Prevention Programs**
## Benefits of Falls Prevention Programs

<table>
<thead>
<tr>
<th>Falls Prevention Program</th>
<th>Effectiveness</th>
<th>Net Benefits and ROI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tai Chi: Moving for Better Balance</td>
<td>Fall rate among participants was reduced by <strong>55%</strong></td>
<td>Net benefit = $530</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ROI = 509%</td>
</tr>
<tr>
<td>Stepping On</td>
<td>Fall rate among participants was reduced by <strong>30%</strong></td>
<td>Net benefit = $134</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ROI = 64%</td>
</tr>
<tr>
<td>Otago Exercise Program (adults 80+)</td>
<td>Reduction of <strong>35%</strong> in adults over age 80</td>
<td>Net benefit = $429</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ROI = 127%</td>
</tr>
<tr>
<td>A Matter of Balance</td>
<td>Significant increase in falls efficacy, falls management, and falls control</td>
<td>Total cost savings</td>
</tr>
<tr>
<td></td>
<td></td>
<td>per Medicare beneficiary = $938</td>
</tr>
</tbody>
</table>

Program Reach

Since September 2014, nearly 24,000 older adults and adults with disabilities have enrolled in ACL grantee-supported falls prevention programs!

<table>
<thead>
<tr>
<th>% Reporting Relevant Data</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Living Alone</td>
<td>49%</td>
</tr>
<tr>
<td>Average Age</td>
<td>76</td>
</tr>
<tr>
<td>At least one fall in last three months</td>
<td>20%</td>
</tr>
<tr>
<td>At least one chronic condition</td>
<td>89%</td>
</tr>
<tr>
<td>Chronic conditions</td>
<td></td>
</tr>
<tr>
<td>Arthritis (61%), Heart Disease (28%), Diabetes (22%)</td>
<td></td>
</tr>
<tr>
<td>Disability</td>
<td>39%</td>
</tr>
<tr>
<td>Fearing falls “somewhat” or “a lot”</td>
<td>49%</td>
</tr>
</tbody>
</table>
Between September 2014 and July 2016, participants enrolled in ACL grantee-supported falls prevention programs reported the following outcomes:

<table>
<thead>
<tr>
<th></th>
<th>% Improved/Maintained</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program helped reduce their fear of falling</td>
<td>83%</td>
</tr>
<tr>
<td>Feel they can protect themselves from a fall</td>
<td>88%</td>
</tr>
<tr>
<td>Can find a way to reduce falls</td>
<td>90%</td>
</tr>
<tr>
<td>Can find a way to get up if they’ve fallen</td>
<td>87%</td>
</tr>
<tr>
<td>Can increase their physical strength</td>
<td>88%</td>
</tr>
<tr>
<td>Have become more steady on their feet</td>
<td>86%</td>
</tr>
</tbody>
</table>
Implementation, Partner, and Sustainability Strategies

- Contract with Medicare Advantage plans to reimburse for programs
- Engage hospitals, trauma centers to embed programs
- Partner with PACE sites
- Work with clinical settings and first responders/EMS to embed STEADI and make program referrals
- Train CHW to deliver programs
Implementation, Partner, and Sustainability Strategies

- Train PT students to deliver programs
- Obtain reimbursement from Silver and Fit and/or Silver Sneakers FLEX
- Partner with employee benefit plans to offer programs to current and retired employees
- Develop statewide databases/hubs for program referrals
Effective Coalitions Enfold Key Partners

Premise of the National Action Plan:

Everyone has a role to play, especially older adults and those who care for/about them.
• September 22, 2016: 1st day of fall
• 9th Annual FPAD in 2016
• NCOA is working on obtaining a U.S. Senate Proclamation
• 2015 Reach:
  – 41 State Falls Prevention Coalitions, D.C. Falls Free® Coalition, and 7 states
  – National awareness and education media efforts reached an estimated 97 million individuals
  – State coalition efforts reached nearly 2 million individuals through education, awareness, and advocacy efforts, as well as fall prevention programs and fall-risk screenings
State and Local FPAD Activities

- Proclamations – state and local
- Public awareness activities
- Professional education
- Physical activity events
- Falls risk screening fairs
- Enrolling older adults in evidence-based falls prevention programs
- State and local advocacy activities
Falls Prevention Awareness Day 2015:
Falls Prevention Coalition and State Outreach

Total Reach: 2 Million Older Adults, Caregivers, and Professionals

- **Coalition/State Participation**
  - 42 states and Washington, D.C. participated

- **Awareness & Education**
  - 100% conducted educational activities to raise awareness about falls prevention

- **Fall Risk Assessments**
  - 81% conducted fall risk assessments

- **Advocacy**
  - 694,000 people were reached through advocacy efforts

- **Student Involvement**
  - 72% engaged students in FPAD activities

- **Governor’s Proclamations for FPAD**
  - 76% obtained a state proclamation/declaration for FPAD

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FPAD Results

Page 16 compendium
FPAD Compendium

• Filled with great ideas!
• The NFPRC will be asking for contributions for the 2016 compendium.
• https://www.ncoa.org/resources/34074/
FPAD Tools & Resources

• General Resources
• Marketing & Media
• How to Get Involved
• Past Activities
• Advocacy

Marketing & Media
Marketing and media documents to assist with Falls Prevention Awareness Day.

- Promotional Materials
- PowerPoint Presentation Toolkit
- 2016 Falls Free® Video Contest
- 2016 Falls Free® Photo Contest
- Media Toolkit
FPAD Awareness Ribbons

For information about ordering ribbons, visit the [ribbons webpage](#) or email [FallsFree@ncoa.org](mailto:FallsFree@ncoa.org).
Social Media Activities

• **Twitter Chat**
  – Sept 13 @ 2:00pm EDT
  – #FPAD2016

• **Facebook Live event**
  – Sept 22 @ 1pm EDT
  – Topic: Home safety
NCOA Falls Free Photo and Video Contests

• Open to all!
• Images must be clear, sharp, and depict older adults participating in a falls prevention program or activity
• Need a signed consent form
• Cash prizes for 1st, 2nd, and 3rd place winners
• 2016 Photo Contest now closed. Enter the Video Contest!
• Send entries to FallsFree@ncoa.org
• More information: www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/
Resources

• ‘Saving Lives, Saving Money’ Infographic
• Tips for Older Adults & Caregivers
  – 6 Steps to Prevent a Fall Infographic and Video
  – How to Protect Your Loved One from a Fall
  – Success stories
  – Debunking the Myths of Older Adult Falls
• Grantee contact information
• State Fall Prevention Coalition Contact Information
• Falls Prevention Awareness Day Compendium
• Program Implementation and Sustainability Resources
Evidence-Based Falls Prevention Programs:
Saving Lives, Saving Money

THE CHALLENGE: Older Adult Falls in the U.S.

- 1 in 3 Americans aged 65+ falls each year
- Every 13 seconds, an older adult is treated in the emergency room for a fall
- Every 20 minutes, an older adult dies from a fall

Falls Are Common

- In 2013, the total cost of fall injuries was $34 billion (78% paid by Medicare)
- This total cost may reach $67.7 billion by 2020
- Even falls without injury can cause fear of falling, leading to physical decline, depression, and social isolation

Falls Are Costly

THE SOLUTION: Proven Community-Based Programs

A Matter of Balance
8-session workshop to reduce fear of falling and increase activity among older adults in the community
- 97% of participants feel more comfortable talking about their fear of falling
- 99% of participants plan to continue exercising
- $938 savings in unplanned medical costs per Medicare beneficiary

Otago Exercise Program
Individual program of muscle strengthening and balance exercises prescribed by a physical therapist for frail older adults living at home (aged 80+)
- 35% reduction in falls rate
- $429 net benefit per participant*
- 127% ROI**

Stepping On
7-week program that offers older adults living in the community proven strategies to reduce falls and increase self-confidence
- 30% reduction in falls rate
- $134 net benefit per participant
- 64% ROI

Tai Chi: Moving for Better Balance***
Balance and gait training program of controlled movements for older adults and people with balance disorders
- 55% reduction in falls rate
- $530 net benefit per participant
- 509% ROI

Sources:


Learn more about these and other proven programs at ncoa.org/FallsPrevention

* Net benefit = Direct medical costs averted (e.g., emergency department visits, inpatient hospitalizations, rehab, homecare) after subtracting intervention costs
** ROI (return on investment) = net benefit per participant divided by average cost of the program per participant
*** N/A

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Take Control of Your Health: 6 Steps to Prevent a Fall

Every 14 seconds, an older adult is seen in an emergency department for a fall-related injury.
Many falls are preventable.

Stay safe with these tips!

1. Find a good balance and exercise program
   Look to build balance, strength, and flexibility.
   Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.

2. Talk to your health care provider
   Ask for an assessment of your risk of falling. Share your history of recent falls.

3. Regularly review your medications with your doctor or pharmacist
   Make sure side effects aren’t increasing your risk of falling. Take medications only as prescribed.

4. Get your vision and hearing checked annually and update your eyeglasses
   Your eyes and ears are key to keeping you on your feet.

5. Keep your home safe
   Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

6. Talk to your family members
   Explot their support in taking simple steps to stay safe. Falls are not just a seniors’ issue.

To learn more, visit ncoa.org/FallsPrevention.
6 Steps to Prevent a Fall Video
“It takes a village of stakeholders working together to prevent falls and reduce falls risk, tasks that no one stakeholder can accomplish alone”

Thank You

Questions?