

# FALLS PREVENTION

## A PROJECT WITH RUSSIAN/UKRAINIAN- SPEAKING OLDER ADULTS

Aging and Disability Services  
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Northwest Universal Design Council

October 9, 2014



- “Area Agency on Aging” for Seattle & King County.
- Develop a community that promotes independence, choice and quality of life for older adults, family caregivers, and adults with disabilities .
- Over 60 agencies to provide in-home, community services and support programs.
- In 2013, over 63,662 received services from local aging network providers.

# Falls Prevention Awareness Day

Washington is one of 48 states participating in the national Falls Free<sup>®</sup> Initiative declaring September 23, 2014

## Falls Prevention Awareness Day

***Strong Today***



FALLS FREE<sup>®</sup>

***Tomorrow***

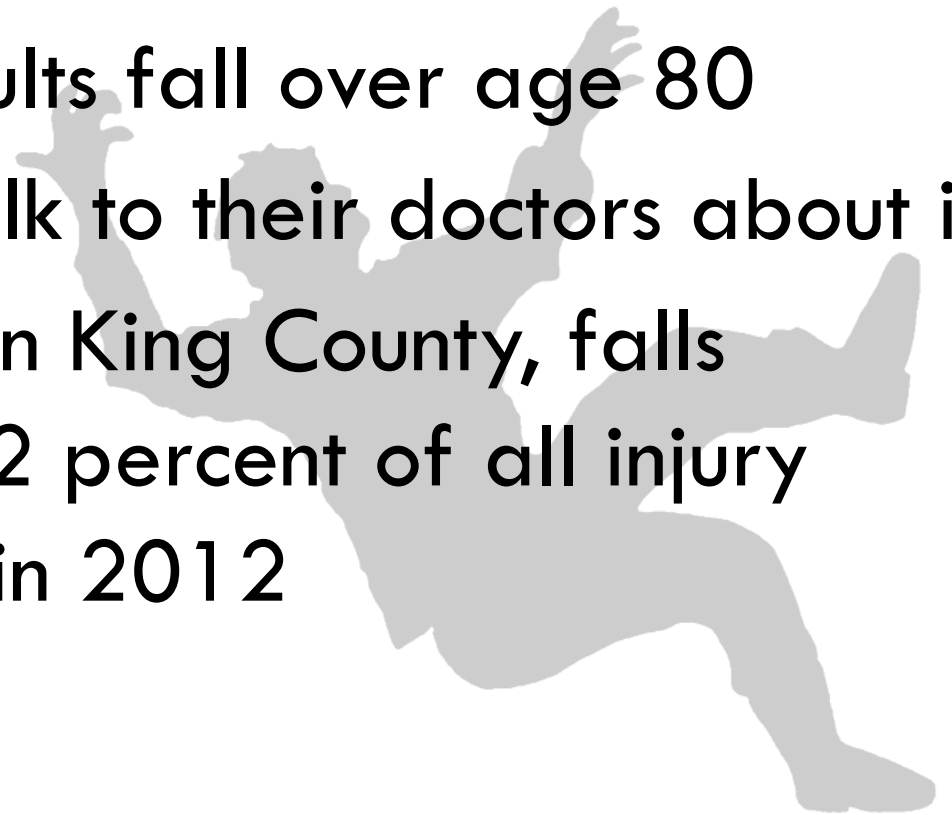
# Falls and Aging

- Falls are a **major problem** among older adults
- Falls are **not** an inevitable part of aging.
- Falls are **predictable** and often **preventable**.



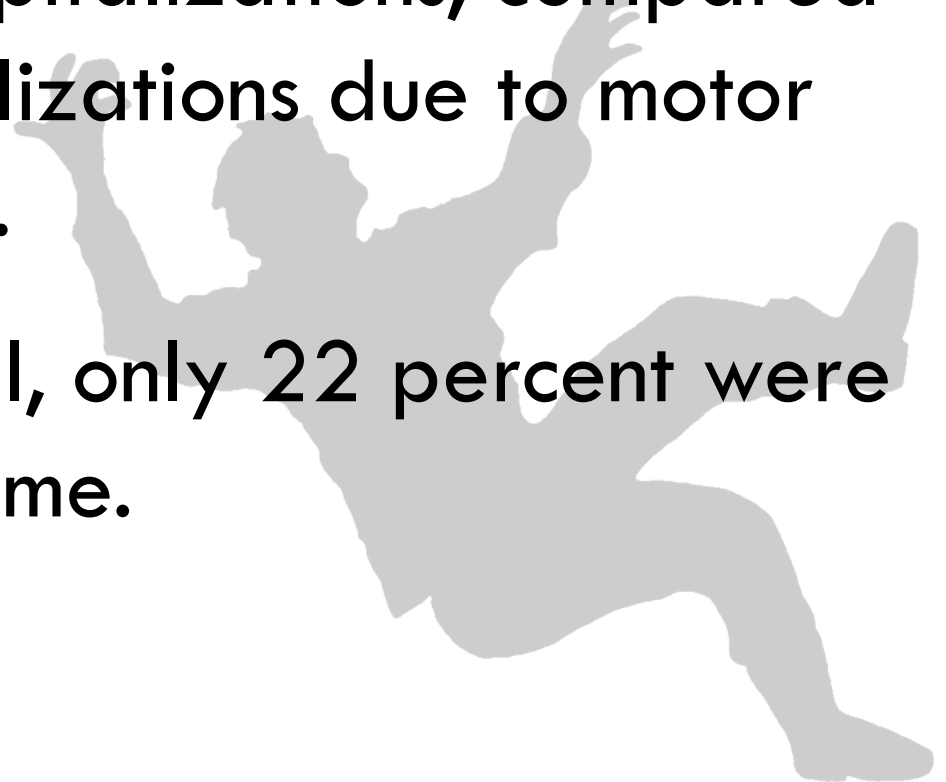
# Facts About Falls

- More than 1 / 3 of adults 65 or older fall each year
- 1 in every 2 adults fall over age 80
- Less than half talk to their doctors about it
- For adults 60+ in King County, falls accounted for 72 percent of all injury hospitalizations in 2012



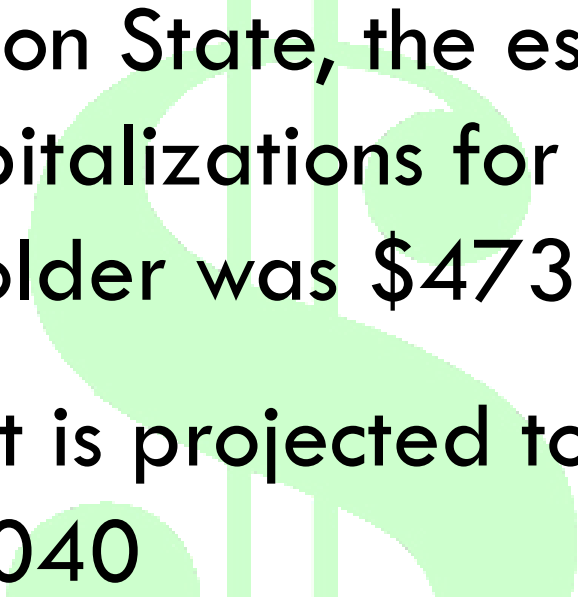
# Facts About Falls

- In Washington State, falls resulted in over 12,200 hospitalizations, compared to 2,663 hospitalizations due to motor vehicle accidents.
- Of those who fall, only 22 percent were able to return home.



# The Economic Impact of Falls



- In Washington State, the estimated costs for fall hospitalizations for adults 65 years and older was \$473 million.
  - Nationally it is projected to be \$240 billion by 2040
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# What is a fall?

A simple description is:

“A fall is *anytime* you find yourself on a supporting or lower surface and it was **NOT** your plan to be there.”



# 2012 Background

- 2012 DOH Funding - \$7,000
- Pilot test the effectiveness of strategies outlined in a draft Falls Prevention Toolkit.
- **Areas of focus:**
  - ▣ Adult Residential Facilities
  - ▣ First Responders – FD CARES Program

# Project Goals



To reduce fall risk; educate about falls prevention.



Conduct home assessments and install fall prevention devices resulting from 9-1-1 contacts.

# Falls Prevention Interventions

- Exercise
- Home Modifications
- Vision Exams
- Medication Reviews



## Организация безопасного быта и жилища

Уберите ковры или закрепите края ковров, уберите вещи, о которые можно споткнуться.



## Ежедневная зарядка

Физические упражнения укрепляют мышцы, улучшают равновесие и координацию.



## Проверка зрения

Плохое зрение может увеличить риск падений.



## Пересмотр врачом ваших лекарственных препаратов

Некоторые лекарства могут вызывать сонливость или головокружение.

За дополнительной информацией позвоните:  
(206) 815-1341 (Боксфоллен) • (206) 815-1888 (Айленд) • (206) 694-9241 (Ледя) • (206) 815-1808 (Медина)



[www.agingkingcounty.org](http://www.agingkingcounty.org)

# Methodology

- Training for Case Managers, facilitated by Dr. Patricia Matsuda, UW Dept of Rehabilitation
- Definition: A fall is "an event which results in a person coming to rest inadvertently on the ground or other lower level."



# Methodology

- **Pre & Post Workshops:**
  - Plaza Seventeen  
Auburn, WA
  - Royal Hills, Renton, WA
- **Focus:**
  - Steps to prevent falls
  - Exercises to increase strength and balance.
  - Medication management
- **Falls Digital Story**

[www.vimeo.com/52582357](http://www.vimeo.com/52582357)



# Tools & Incentives

## Workshop #1 (Pre)

- ❑ Enhanced Fitness Trainer
- ❑ Talk to Your Doctor about Falls
- ❑ Falls prevention posters
- ❑ Commitment Forms
- ❑ 12 Months to Better Balance Calendars
- ❑ Refreshments & Drawing

## Workshop #2 (Post)

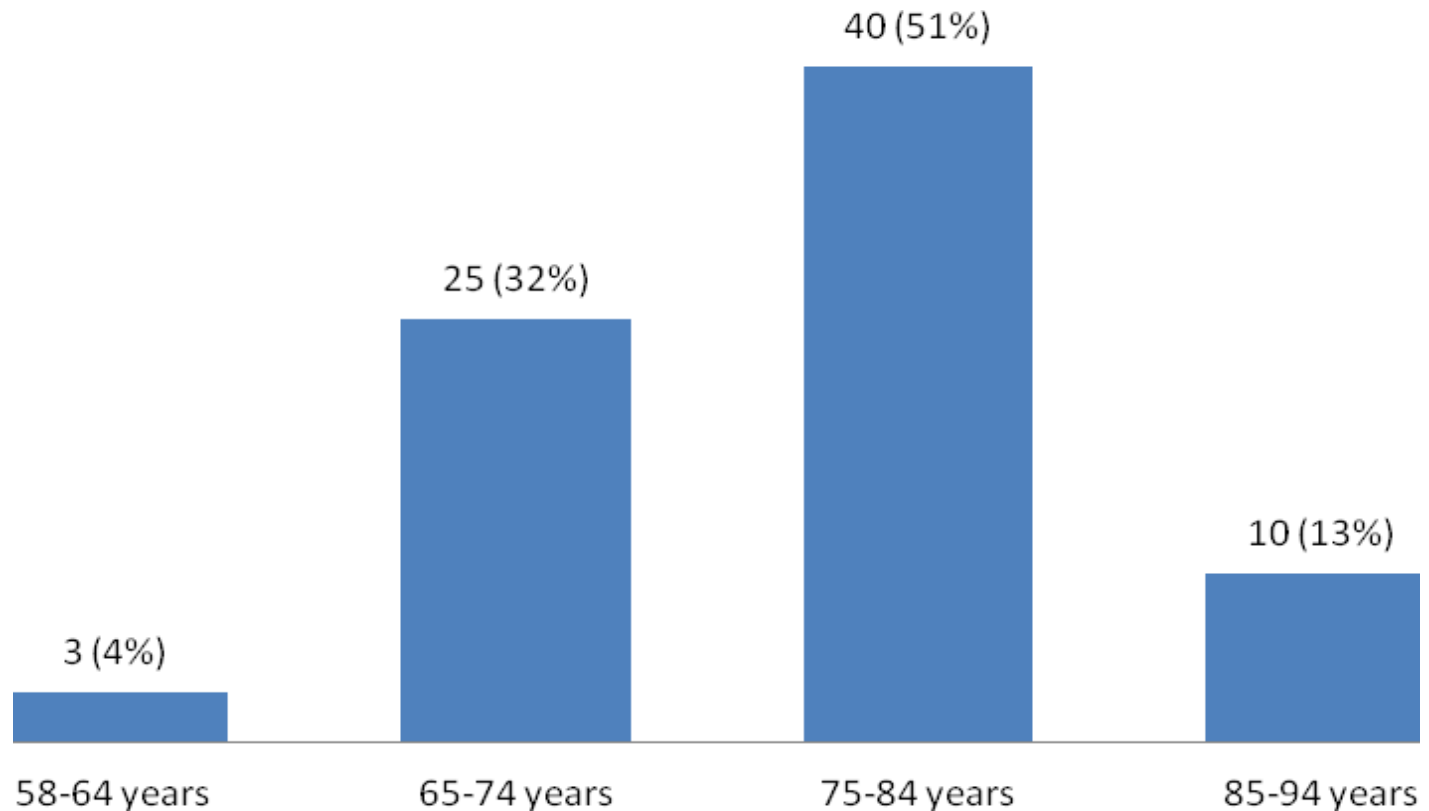
- ❑ Pharmacists
- ❑ Cert. of Achievement
- ❑ Falls prevention gift bags:
  - ▣ Night lights
  - ▣ Falls Prevention magnets
  - ▣ NIH Go4Life Exercise DVD
  - ▣ Stretch bands
- ❑ Refreshments & Drawing

# Data Review

<b>Workshops</b>	<b>Pre (July 2012)</b>	<b>Post (Oct. 2012)</b>
Number of Workshops	2	2
Number of Participants		
•Plaza Seventeen	31	40
•Royal Hills	76	88
<b>Total</b>	106	128
Commitment Forms Distributed	90	
Follow-up calls and home visits		78

# Data Review

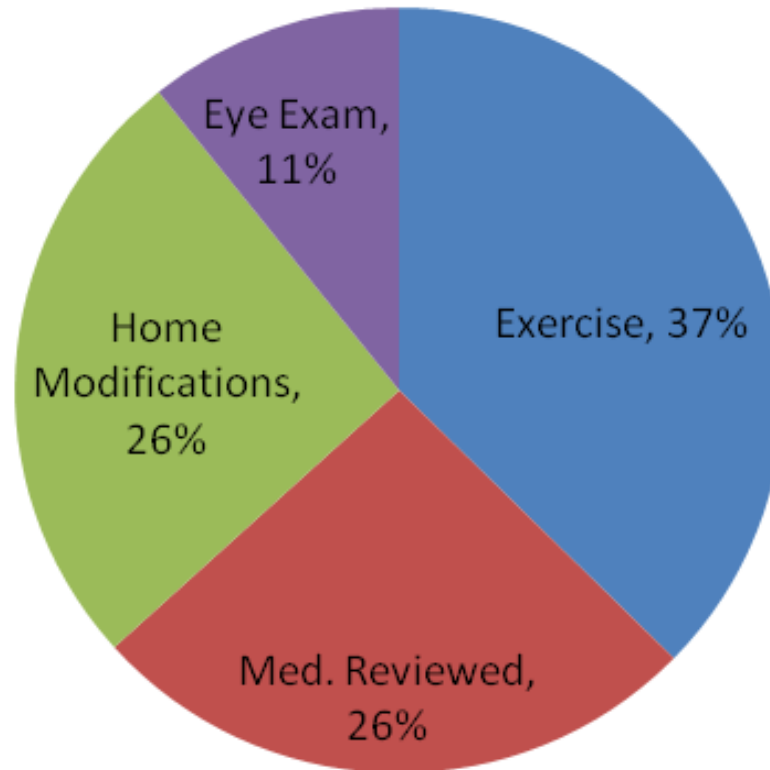
## Follow-up client contacts (calls/home visits), by age. N=78





# Data Review

## Percentage of Interventions (Steps/changes made) to prevent falls. N=158



# Lessons Learned



- Workshops within residential communities are effective.
- Recruiting participants takes time.
- On-site meeting rooms in residential facilities are optimal.
- If not, select a location that clients are willing to travel.
- Optimal time of year – Spring to Fall

# Lessons Learned

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- Utilize case managers assigned to buildings to conducted outreach.
- Handouts are crucial for clients, family members and caregivers.
- Use both English and other language.
- Pre & Post workshops AND one-on-one follow-up are important.

# Lessons Learned

- Certificates of Achievement, food and prizes are popular and important.
- Get materials from speakers in advance for translating.
- Allow time for workshop prep, especially if working with case managers.
- Have presenters who are familiar with ethnic cultures.



# Goals

- Conduct 16 home assessments older adults age 60 and older.
- Provide installation of falls prevention devices.
- About \$200 per install.



# Goals

- Help residents live more independently
- Reduce future need for 9-1-1 response services related to falls.
- Install devices that are not covered by insurance, and/or are cost prohibitive.





# Referrals

- ❑ Fire personnel / 9-1-1 response
- ❑ Cold calls (non-9-1-1 calls)
- ❑ Senior Services
- ❑ Hospital discharge planners
- ❑ SHAG manager or neighbor
- ❑ Home Repair staff
- ❑ Senior I&A staff
- ❑ Home Health personnel
- ❑ Past recipients
- ❑ Community Resource Officer/PD





# Data

- June – September, 167 responses generated referrals from firefighters to FDCARES Program. (Note: Some were multiple incidents)
- Of the 167 responses:
  - ▣ 62 (33%) were fall related;
- Of the 62 fall related responses:
  - ▣ 22 (35%) were falls with injury
  - ▣ 40 (65%) were falls without injury



# Data

<b>DELIVERABLES</b>	<b>JUNE</b>	<b>JULY</b>	<b>AUG</b>	<b>SEPT</b>	<b>Totals</b>
<b>911 calls - EMS only</b>	1000	1131	1030	1010	<b>4171</b>
<b>911 calls referred</b>	44	50	50	23	<b>167</b>
<b>Outside 911 system</b>	36	39	24	27	<b>126</b>
<b>Devices installed (911)</b>	4	0	16	0	<b>20</b>
<b>Prevention events</b>	2	0	1	3	<b>6</b>
<b>Attendance at events</b>	71	0	15	221	<b>307</b>

# Community Resources

- Exercise and falls prevention classes are offered at senior centers or community:
  - **ProjectEnhance classes**
  - **A Matter of Balance classes**
- **King County EMS One Step Ahead** program; Offers a free in-home fall safety assessment as well as free fall prevention products. Contact **206-263-8544** for more information and eligibility requirements.



**Falls are preventable!**

# For More Information

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