

Take Control of Your Health: You Have the Power to Prevent a Fall

Mike Wittke, National Alliance for Caregiving
Kathleen Cameron, National Council on Aging
Chelsea Gilchrist, National Council on Aging

July 12, 2017



National Council on Aging

Improving the lives of 10 million older adults by 2020

Take Control of Your Health: You Have the Power to Prevent a Fall !

Falls Prevention Webinar Series: Part 2

Mike R. Wittke, MPA
Director, Advocacy
National Alliance for Caregiving



July 12, 2017

National Alliance
for Caregiving and
National Council on
Aging

About the National Alliance for Caregiving

- Nonprofit coalition of over 40 national organizations focused on family caregiving issues
- Established in 1996 to support family caregivers and the professionals who work with them
- NAC Activities:
 - Conduct research and policy analysis;
 - Develop national programs;
 - Strengthen state and local coalitions;
 - Increase public awareness;
 - International work and awareness.



Caregivers: Who are They?

- There are an estimated 43.5 million caregivers in the U.S. (18.2% of the population).
- The typical caregiver is a 49 year-old female caring for a 69 year-old relative due to a long-term physical condition.
- 22% of caregivers are caring for someone with Alzheimer's or dementia.
- More are considered "*higher-hour*"-- providing increased hours of care each week.



Higher-Hour Caregivers

Overall:
32% of caregivers are higher-
hour



- Higher-hour caregivers provide at least 21 hours each week caregiving.
- The average amount of time for higher-hour caregivers is **62 hours per week** and they have a high burden of care (4 out of 5 in a 5-level index).
- They are typically the sole, unpaid care provider and nearly four times as likely to be caring for a spouse or partner.
- These caregivers often report that they had “no choice” in taking on the caregiving role.

Caregivers Age 75 and Older

- Caregivers age 75 or older are typically caring for a close relative (spouse, adult child, or sibling). They are the sole provider of care, and usually live with the care recipient.
- These caregivers, on average, have provided care for 5 ½ years, spending about 34 hours per week performing multiple caregiving responsibilities:
 - 2 Activities of Daily Living (ADL);
 - 5 Instrumental Activities of Daily Living (IADL); and
 - Medical/Nursing Tasks (M/N Tasks).



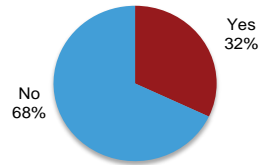
Overall:

One in four caregivers of someone 50+ is providing care to those who are ages 85 or older. On average, 50+ caregivers' recipients are 74.7 years old.

Most Caregivers Have No Paid Help

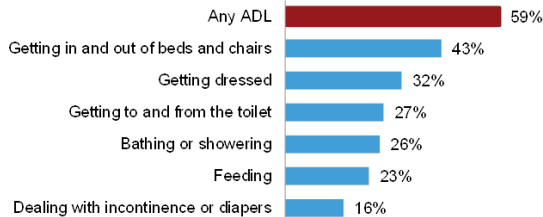
Caregivers Help With Various Activities of Daily Living (ADLs)

Base: Caregivers of Recipient Age 18+ not in nursing home or assisted living (n=1,147)



% Yes	
Hours Caregiving per Week	
0-20 (n=740)	21+ (n=401)
30%	34%

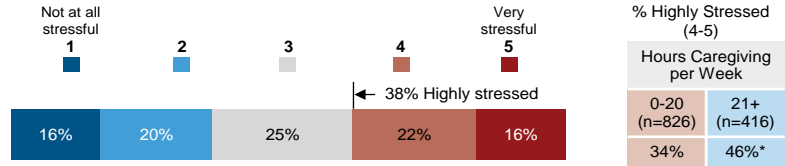
Base: Caregivers of Recipient Age 18+ (n=1,248)



Hours Caregiving per Week	
0-20 (n=826)	21+ (n=416)
51%	75%*
36%	59%*
22%	51%*
21%	40%*
17%	45%*
18%	36%*
9%	31%*

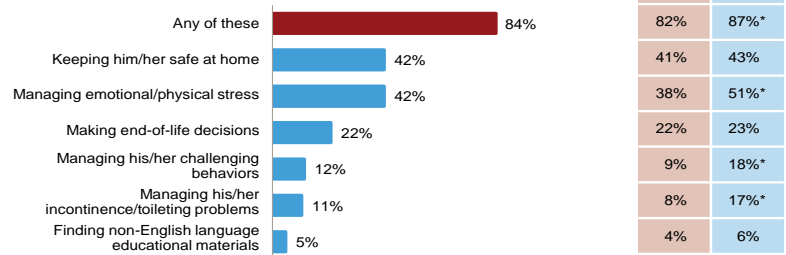
Many Caregivers Are Highly Stressed

Base: Caregivers of Recipient Age 18+ (n=1,248)



Caregivers Say They Need Various Types of Supports and Services

Base: Caregivers of Recipient Age 18+ (n=1,248)



Caregivers:

Can be *Partners*
AND *Participants*
in Falls
Prevention!

Caregiver Feedback from "A Matter of Balance" Classes

"It reinforced and also added to my knowledge of how to feel empowered. I learned many new ways and ideas to be more balanced."

"Learning what changes I could make to help myself avoid falls and also recover from a fall if I do have one. Also realizing the benefits of exercise, and getting started with a program I can keep to."

"Gaining enough strength and learning the proper technique so that I am able to get out of a chair without using my hands. This is a big deal to me!"

"Importance of physical and mental activities as we grow older. Practice exercises for balance and strength. Sharing experiences with other class participants. Tips to prevent falls, tips on steps to "fall" proof your house i.e. nightlights, non-slip rugs."

Some Resources for Caregivers

Cleveland Clinic

Falls Prevention Tips and Therapy for Caregivers

Home Alone Alliance

FAMILY CAREGIVING VIDEO SERIES: MOBILITY

Preparing Your Home for Safe Mobility

Getting from a Car to a Wheelchair

What to Do When Someone Falls

Using a Walker or Cane and Navigating Stairs

Moving from a Walker to Shower or Bed

Coming this September:

National Alliance for Caregiving/National Council on Aging

Falls Prevention Conversation Toolkit

Thank You!

Mike R. Wittke, MPA
Director, Advocacy
mike@caregiving.org
(301) 718-8444 Office

Visit us online at
www.caregiving.org



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Kathleen Cameron, National Council on Aging
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National Council on Aging

Improving the lives of 10 million older adults by 2020

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About NCOA

Who We Are:

NCOA is a respected national leader and trusted partner to help people aged 60+ meet the challenges of aging



Our Vision:

A just and caring society in which each of us, as we age, lives with dignity, purpose, and security

About NCOA



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

National Falls Prevention Resource Center



- ➔ Increase public awareness about falls prevention
- ➔ Serve as the national clearinghouse for tools and resources
- ➔ Support and stimulate evidence-based programs and strategies

www.ncoa.org/healthy-aging/falls-prevention/

Are falls preventable?



YES!

Falls are largely preventable!
Come learn how.



Today's Discussion

- Definition of a fall
- Fear of falling
- Risk factors for falling
- Action steps to reduce YOUR fall risk



Image courtesy of Stuart Miles at freedigitalphotos.net

What is a fall?

- Landing on the ground or some other lower surface when you didn't intend to be there
- Includes slips, trips, etc.



Image courtesy of Michael Heiss at flicker.com

Image courtesy of Michael Heiss at flicker.com

Have you had a fall?

- Have you had a fall in the past year?
- Were you hurt?
- Do you worry about falling?
- Do you feel unsteady when standing or walking?

Do you limit activities?

- **Fear of Falling** is a lasting concern about falling that may cause a person to stop doing activities s/he remains able to do.

Tinetti & Powell, 1993



Image courtesy of Dr. Joseph Valks at freedigitalphotos.net

Why does a fear of falling matter?

- May stop you from activities
- Legs weaken with inactivity
- Inactivity leads to falls
- May make the person feel alone
- May cause depression



Photo courtesy of africa at freedigitalphotos.net

Boyd & Stevens, 2009; Donoghue, Cronin, Savva, O'Reagan, & Kenny, 2013; Painter et al., 2012

Types of Fall Risk Factors

Most falls result from a number of risk factors:

- **Physical risk factors:** Changes in your body that increase your risk for a fall
- **Behavioral risk factors:** Things we do or don't do that increase our fall risk
- **Environmental risk factors:** Hazards in our home or community



CDC, 2014c

Risk Factors

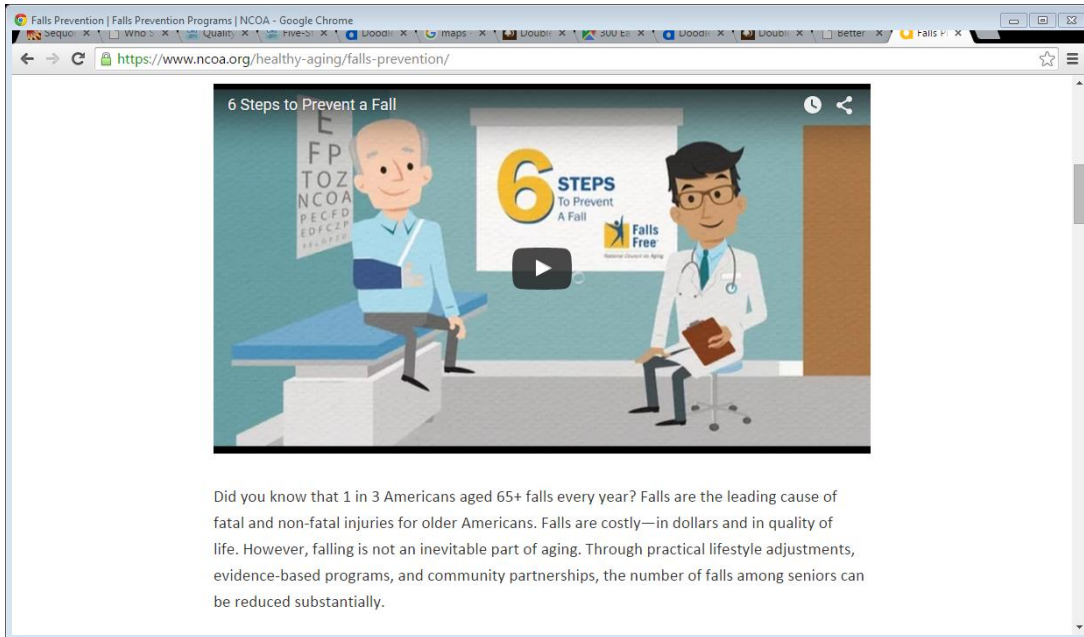
You CAN change

- Physical inactivity
- Home environment
- Vision
- Medication Use
- Fear of falling
- Social isolation
- Weakness
- Improper use of assistive devices

You CAN'T change

- Age
- Gender
- Ethnic background

6 Steps to Prevent a Fall Video

A screenshot of a web browser window displaying a video player. The browser's address bar shows the URL <https://www.ncoa.org/healthy-aging/falls-prevention/>. The video player has a title "6 Steps to Prevent a Fall" and a play button in the center. The video thumbnail shows an elderly man sitting on a blue examination table with a cast on his arm, talking to a doctor sitting on a stool. In the background, there is a whiteboard with the text "6 STEPS To Prevent A Fall" and the "Falls Free" logo. To the left of the man is a chart with letters: F, P, TOZ, NCOA, PECFD, EDFCZP, and 8, 9, 0, 1, 2, 3, 4, 5, 6, 7. The browser's tab bar shows several open tabs, including "Quality", "Falls", and "Better".

6 Steps to Prevent a Fall

Did you know that 1 in 3 Americans aged 65+ falls every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls are costly—in dollars and in quality of life. However, falling is not an inevitable part of aging. Through practical lifestyle adjustments, evidence-based programs, and community partnerships, the number of falls among seniors can be reduced substantially.

<https://www.ncoa.org/resources/video-6-steps-to-prevent-a-fall/>

What can YOU do to prevent falls?

- Exercise to improve you balance and strength
- Have your doctor or pharmacist review your medicines
- Have your vision checked
- Make your home safer



CDC, 2014d

Exercise Recommendations



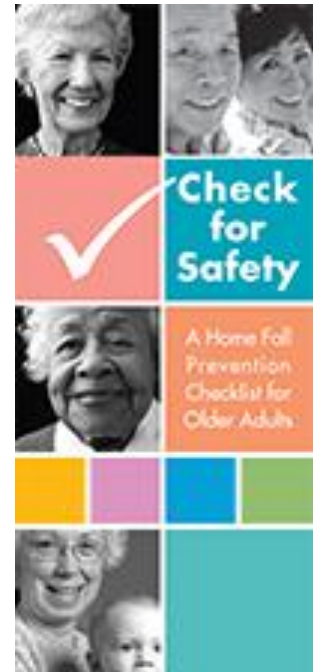
Photo courtesy of the National Council on Aging

- ▶ Talk to your doctor before starting an exercise program
- ▶ Begin with PT or fall prevention classes
- ▶ Be sure classes are for *your* age group or ability level
- ▶ Stick with it!

Home Safety Evaluation

- ▶ Identify and eliminate fall hazards in your home and community
- ▶ *Check for Safety* Brochure in CDC's STEADI Toolkit
- ▶ An occupational therapist can help identify safety issues and solutions

CDC, n.d.



CDC, 2014a

Medications and Falls Risk

- Side effects may make you dizzy
- Medication changes can increase fall risk
- Use one pharmacy
- Review your medications each year
- Be sure you can read your labels



Image courtesy of Victor Habbick at freedigitalphotos.net

Vision and Falls Risk



Image courtesy of ponsulak at freedigitalphotos.net

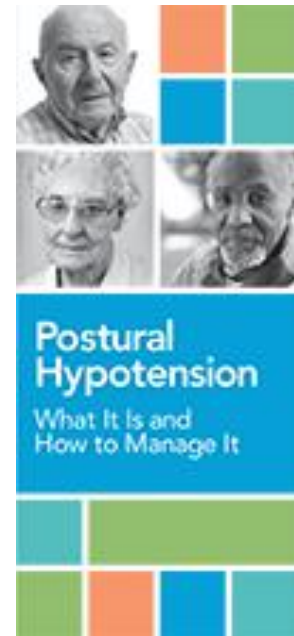
- Having annual eye exams after age 50 can help identify vision problems.
- Wearing multifocal lenses may blur or distort your vision looking down.
- Removing cataract(s) may reduce fall risk.

AGS & BGS, 2010

Blood Pressure and Fall Risk

- Check your blood pressure regularly.
- If you get dizzy when you stand up, see your doctor and have your “sit to stand” blood pressure checked.
- Some blood pressure medications increase fall risk; **Speak with your doctor.**

AGS/BGS, 2010; Panel on Prevention, 2011



CDC, 2014b

Chronic Conditions May Contribute to Your Fall Risk

- Diabetes
- Arthritis
- Stroke
- Multiple Sclerosis (MS)
- Parkinson's Disease
- Chronic Pain
- Depression
- Chronic Obstructive Pulmonary Disease (COPD)

AGS & BGS, 2010; Panel on Prevention, 2011

Risk of Falling May Increase

- Change in your medications
- Illness or infection
- Pain
- Lack of sleep
- Being sad or worried
- Reduced activity level
- Move to new home
- Change in use of cane or walker



Image courtesy of Stuart Miles at freedigitalphotos.net

Start Small

Choose one risk factor to address

- **Pharmacist & Doctor** — review medications for side effects that may cause you to fall
- **Occupational Therapist** — home assessment and recommendations to make your home safer
- **Physical Therapist** — help with physical activity, balance, strength, and moving safely

After a Fall Occurs ...

- Check for injury.
- Call for help, if needed.
- Seek medical attention right away if you might have hit your head.
- Call your doctor.
- Check for safety hazards.
- [Learn how to get up safely.](#)



Photo courtesy of Ventrilock at freedigitalphotos.net

How to get up from a fall

1. Prepare



Getting up quickly or the wrong way could make an injury worse. If you are hurt, call for help using a medical alert service or a telephone.



Look around for a sturdy piece of furniture, or the bottom of a staircase. Don't try and stand up on your own.



Roll over onto your side by turning your head in the direction you are trying to roll, then move your shoulders, arm, hips, and finally your leg over.

2. Rise



Push your upper body up. Lift your head and pause for a few moments to steady yourself.



Slowly get up on your hands and knees and crawl to a sturdy chair.



Place your hands on the seat of the chair and slide one foot forward so it is flat on the floor.

3. Sit



Keep the other leg bent with the knee on the floor.



From this kneeling position, slowly rise and turn your body to sit in the chair.



Sit for a few minutes before you try to do anything else.

Talk to your primary care provider about having a fall-risk evaluation. The fact that you have fallen once means you have a high risk of falling again.

PHILIPS
Lifeline

Philips Lifeline. Sharing your concern for falls safety.

Source: Baker, Dorothy, Ph.D., RNCS, Research Scientist, Yale University School of Medicine New Haven, Connecticut; Connecticut Collaboration for Fall Prevention.

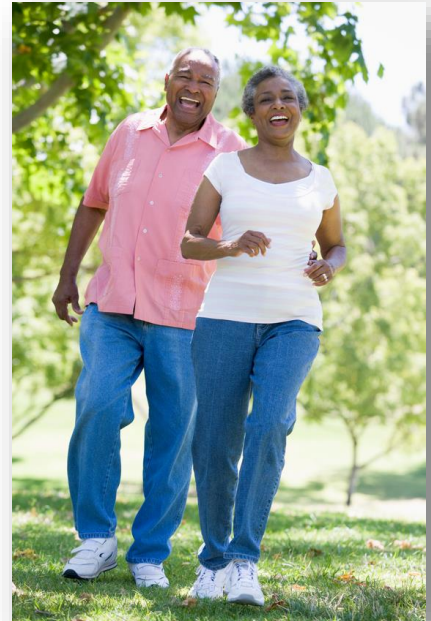
PHILIPS

Download brochure at: <https://www.lifeline.philips.com/content/dam/PLL/PLL-B2C/PDFs/How-to-Get-Up-From-a-Fall.pdf>

Evidence-Based Fall Prevention Programs

Select Program Summaries and Websites:

<https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults/>



You Have the Power to Prevent a Fall Video



<https://www.ncoa.org/resources/you-have-the-power-to-prevent-a-fall-video/>

Otago Exercise Program (OEP)

- Done one-to-one with a trained PT and is delivered as part of a complete PT program
- Includes exercise and walking program designed for you
- If you or your physician feel you should begin with PT, be sure your PT includes the OEP
- Great start for later Stepping On[®] (SO) program

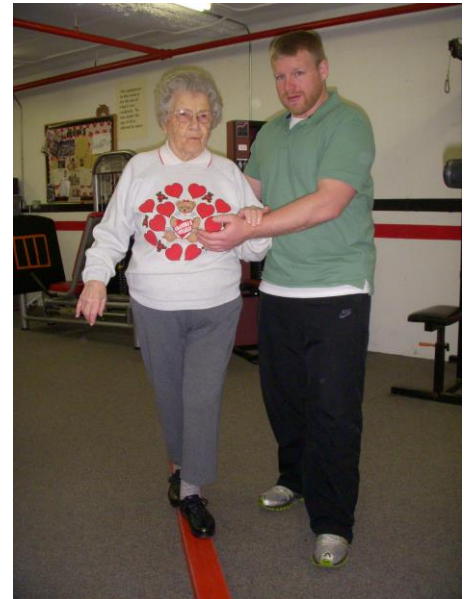


Photo courtesy of the National Council on Aging

Matter of Balance

- Eight weekly 2-hour sessions including peer group discussion, exercise, education, and some behavior modification
- All exercises can be done in sitting or supported standing
- Excellent for people who are fearful of falling
- Great start for later Stepping On
- Visit <http://www.mainehealth.org/mob>



Photo Courtesy of the National Council on Aging

Stepping On[®] (SO)

- Seven weekly 2-hour classes including peer discussion, exercise, expert lectures
- Great follow-up to Otago (OEP)
- SO classes include standing exercises that are done by a chair independently
- You should feel safe standing and walking independently before you begin SO
- Visit <https://wihealthyaging.org/stepping-on>

Tai Chi



Courtesy of the National Council on Aging

- Fantastic program for ongoing fitness and balance training
- Does not include educational component
- Classes are usually ongoing and not limited to certain weeks
- Participants should be able to stand on one leg for 5 seconds

Finding Evidence-Based Falls Prevention Programs

- Local Senior Center
- Area Agency on Aging
www.eldercare.gov or
1-800-677-1116
- State Falls Prevention Coalition
<https://www.ncoa.org/resources/list-of-state-falls-prevention-coalitions/>
- Hospitals or health clinics
- YMCA for programs like Tai Chi



Photo courtesy of the National Council on Aging

Go 4 Life

- Exercise and Physical Activity Book
- Workout to Go Book
- Tip sheets
- Bookmarks, posters, and motivational flyers

Visit

<https://go4life.nia.nih.gov/free>

to download, share, and/or
order these free resources



Fall Prevention Resources & Handouts

- Falls Prevention & Healthy Aging Blog
- 6 Steps to Prevent a Fall infographic and video
- 6 Steps to Protect Your Loved One from a Fall
- 18 Steps to Modify Your Home Video
- Winterize to Prevent Falls
- Osteoporosis and Falls
- Myths about Falls
- Coming Soon: Caregiver Falls Prevention Conversation Toolkit

Download these free resources and more at:
<https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/general-resources/infographics-handouts/>

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

Every 11 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 have 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. Use 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
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

ncoa
National Council on Aging

To learn more, visit [ncoa.org/FallsPrevention](https://www.ncoa.org/FallsPrevention).

NATIONAL COUNCIL ON AGING

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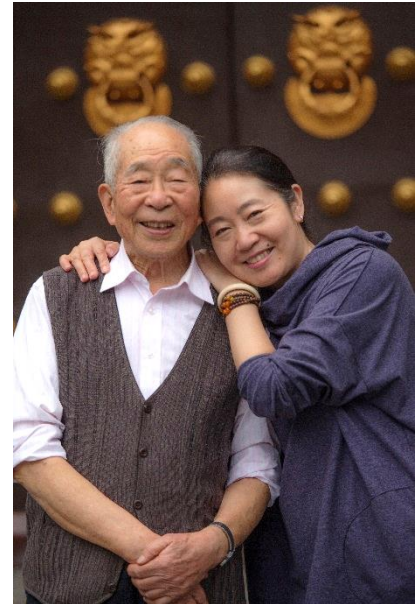
National Fall Prevention Awareness Day (FPAD)

- Raise awareness about how to prevent fall-related injuries among older adults.
- Date: September 22, 2017
- State and local FPAD Activities:
 - Professional education
 - Physical activity events
 - Public awareness activities
 - Falls risk screening fairs
 - State and local advocacy activities
 - Enrolling older adults in evidence-based falls prevention programs
- For more information and resources, visit www.ncoa.org/FPAD



Join Us!

- Visit ncoa.org and sign up for e-news
- Follow [@NCOAging](https://twitter.com/NCOAging) on social media
- Share NCOA's free, trusted tools with older adults
 - ▶ BenefitsCheckUp.org
 - ▶ EconomicCheckUp.org
 - ▶ MyMedicareMatters.org



Thank You!

Kathleen Cameron, MPH

Kathleen.cameron@ncoa.org

Office: 571-527-3996

Chelsea Gilchrist, MGS

chelsea.gilchrist@ncoa.org

Office: 571-527-3939



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