

NASUAD HCBS Conference

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



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August 31, 2016



National Council on Aging

Improving the lives of 10 million older adults by 2020



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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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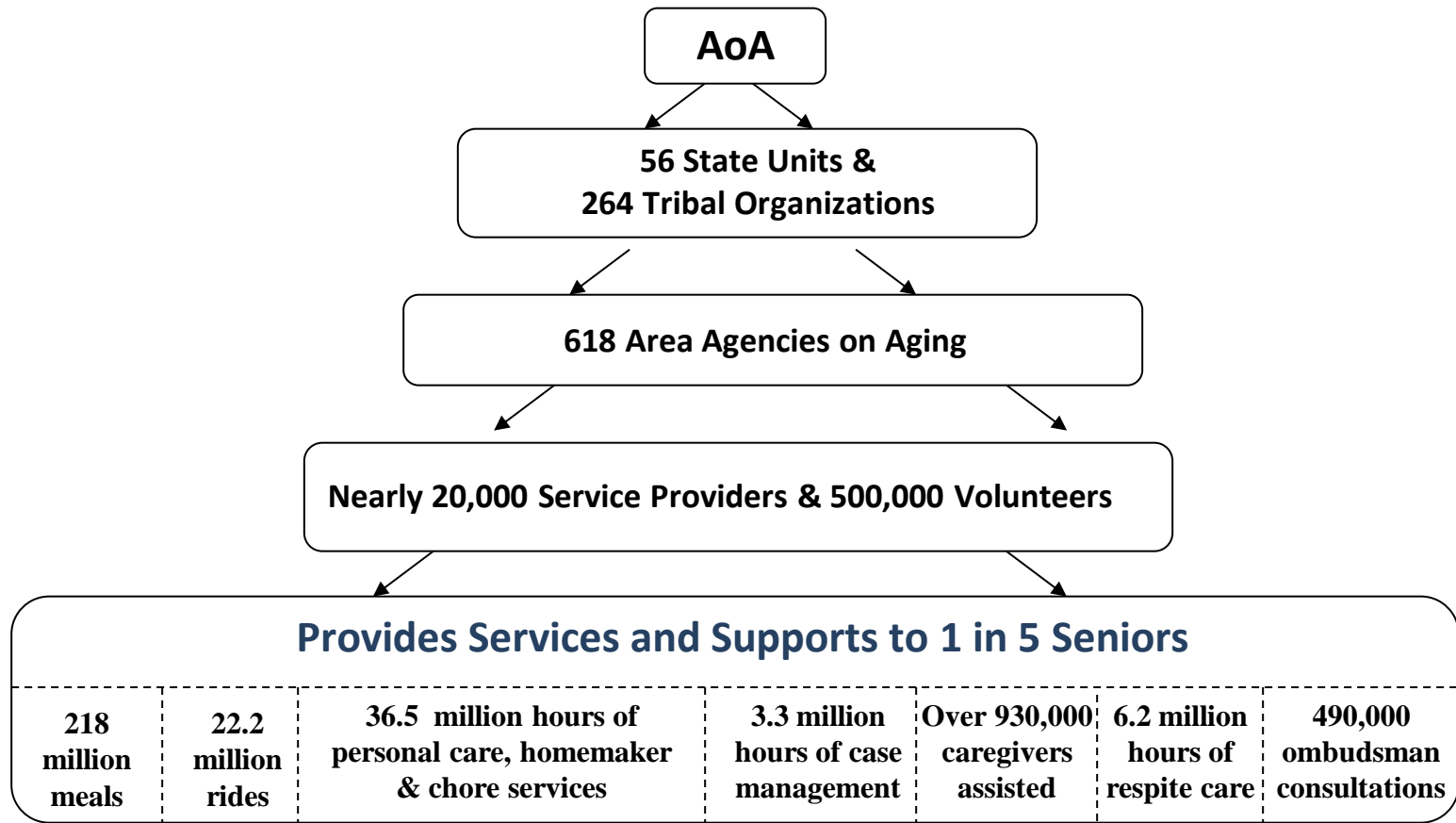


About ACL

- **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.

(1) Tromp AM, Pluijm SMF, Smit JH, et al. Fall-risk screening test: a prospective study on predictors for falls in community-dwelling elderly. *J Clin Epidemiol* 2001;54(8):837–844.

(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

FY2016 Awardees	
National Council on Aging (Resource Center)	
Elder Services of the Merrimack Valley	MA
Iowa Department of Public Health	IA
MAC, Inc.	MD
Marymount University	VA
New Mexico Department of Health	NM
Rush University Medical Center	IL
Southern Maine Agency on Aging	ME
Indian Health Council	CA
Inter Tribal Council of AZ, Inc.	AZ
Mescalero Apache Tribe	NM
Spirit Lake Tribe	ND

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.

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About NCOA

Our Mission:

Improve the lives of millions of older adults, especially those who are struggling

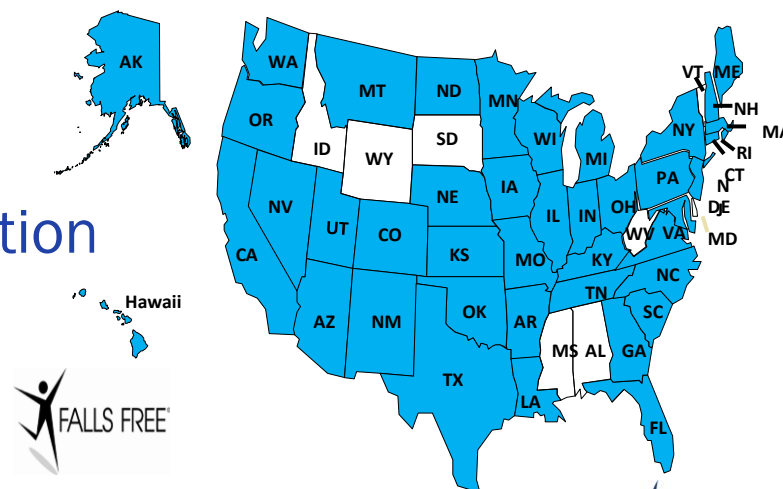
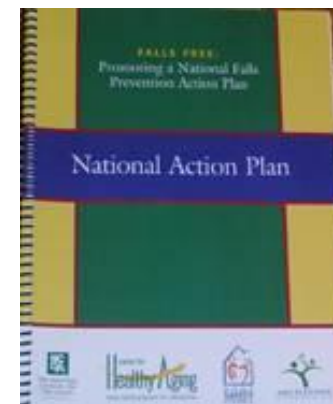
Our Social Impact Goal:

Improve the health and economic security of 10 million older adults by 2020



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**



National Council on Aging

Improving the lives of 10 million older adults by 2020



National Council on Aging

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National Falls Prevention Summit

2015 WHITE HOUSE
CONFERENCE
on **AGING**

- 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/](http://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

Technical Assistance



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

CDC Tools

About **25,000** older adults die each year from a fall.

That's one person every **20 minutes.**



Direct medical costs for falls amount to about

\$34 billion each year.



Using **3 steps** in CDC's STEADI initiative can help you protect your patients age **65 and older** from falls —

SAVING LIVES AND COSTS.



ASK

Ask your patients if they have fallen in the last year, feel unsteady, or worry about falling.

1



REVIEW

Review your patient's medications & stop, switch, or reduce the dose of prescriptions that increase the risk for falls.

2



RECOMMEND

Recommend Vitamin D supplements for your patients of at least 800 IU/day with calcium.

3

CDC's **STEADI** initiative can help your older patients stay **healthy, active, and independent** longer.



- [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

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

Sources: Report to Congress in November 2013: The Centers for Medicare & Medicaid Services'

Evaluation of Community-based Wellness and Prevention Programs under Section 4202 (b) of the Affordable Care Act.

Stevens JA, Sogolow, ED. Preventing Falls: What Works A CDC Compendium of Effective Community-based Interventions from Around the World; Atlanta, GA: CDC, 2009.

Carande-Kulis , VG, Stevens, JA, Beattie, BL & Arias, LA cost-benefit analysis of three older adult fall prevention interventions, Journal of Safety Research, 2015



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Program Reach

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

	% Reporting Relevant Data
Living Alone	49%
Average Age	76
At least one fall in last three months	20%
At least one chronic condition	89%
Chronic conditions	Arthritis (61%), Heart Disease (28%), Diabetes (22%)
Disability	39%
Fearing falls “somewhat” or “a lot”	49%

Reported Outcomes

Between September 2014 and July 2016, participants enrolled in ACL grantee-supported falls prevention programs reported the following outcomes:

	% Improved/Maintained
Program helped reduce their fear of falling	83%
Feel they can protect themselves from a fall	88%
Can find a way to reduce falls	90%
Can find a way to get up if they've fallen	87%
Can increase their physical strength	88%
Have become more steady on their feet	86%

Implementation, Partner, and Sustainability Strategies

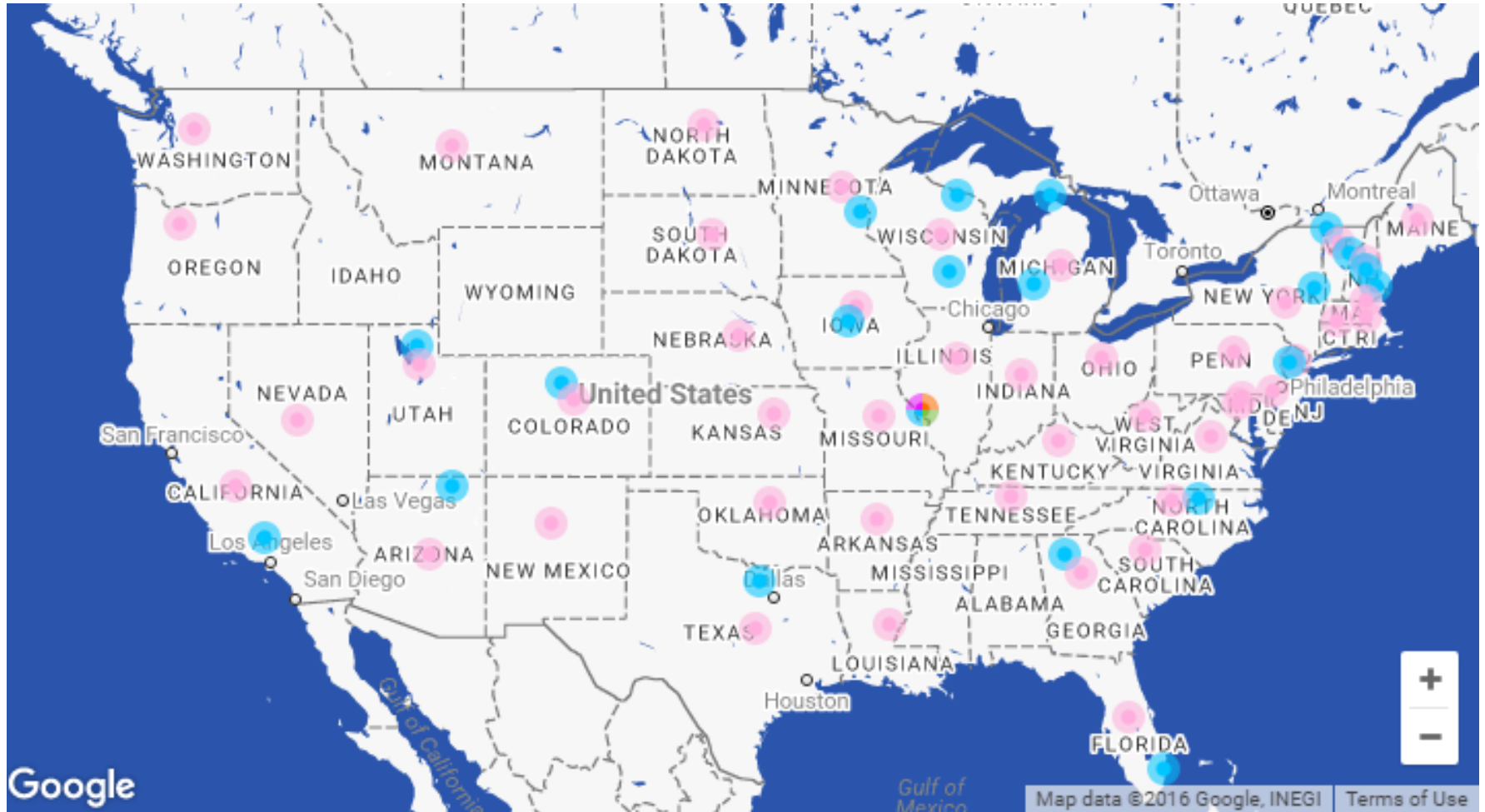
- Contract with Medicare Advantage plans to reimburse for programs
- Engage hospitals, trauma centers to embed programs
- Partner with PACE sites
- Work with clinical settings and first responders/EMS to embed STEADI and make program referrals
- Train CHW to deliver programs

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

NCOA Map of Programs & Partners

www.ncoa.org/map/ncoa-map/

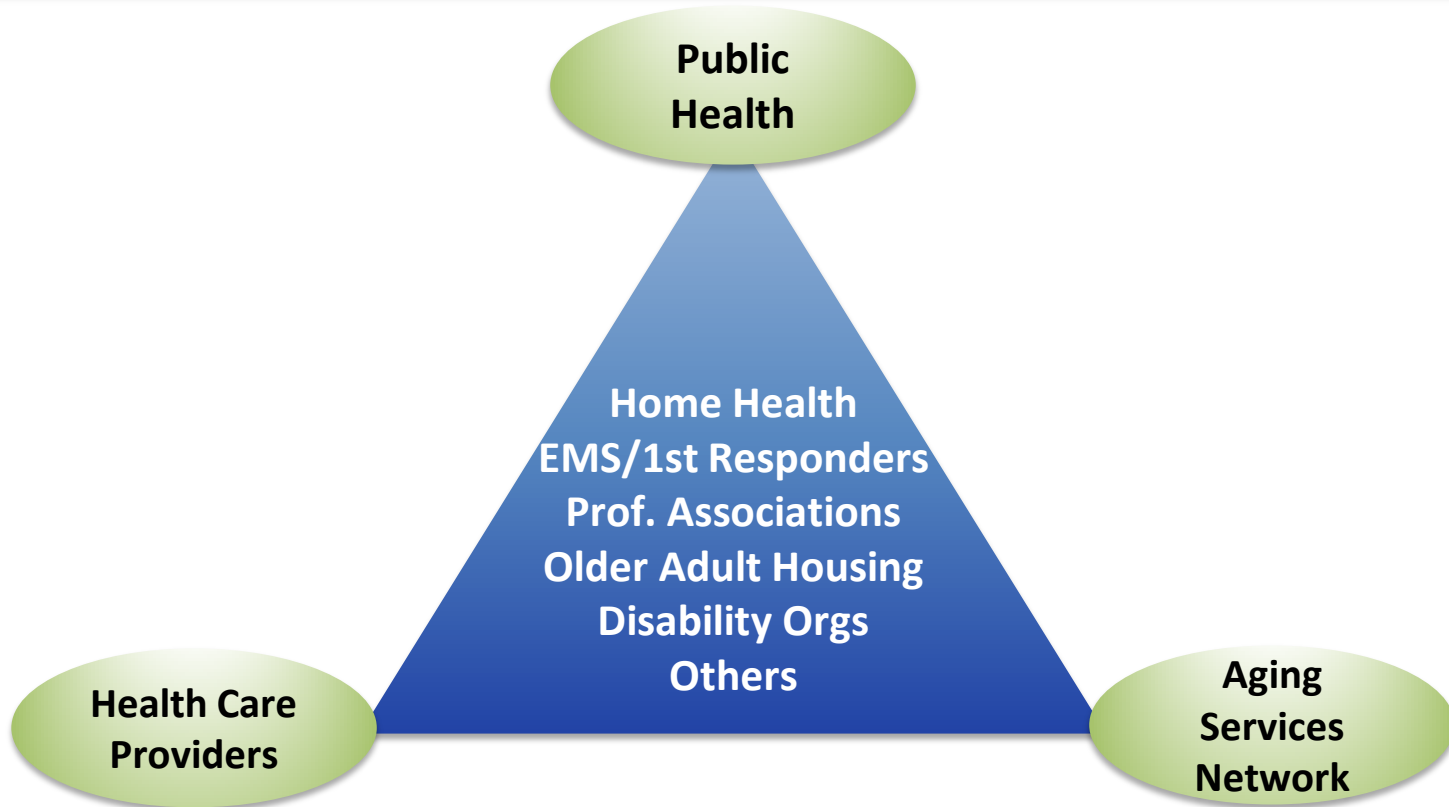


Google

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Partners Found

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



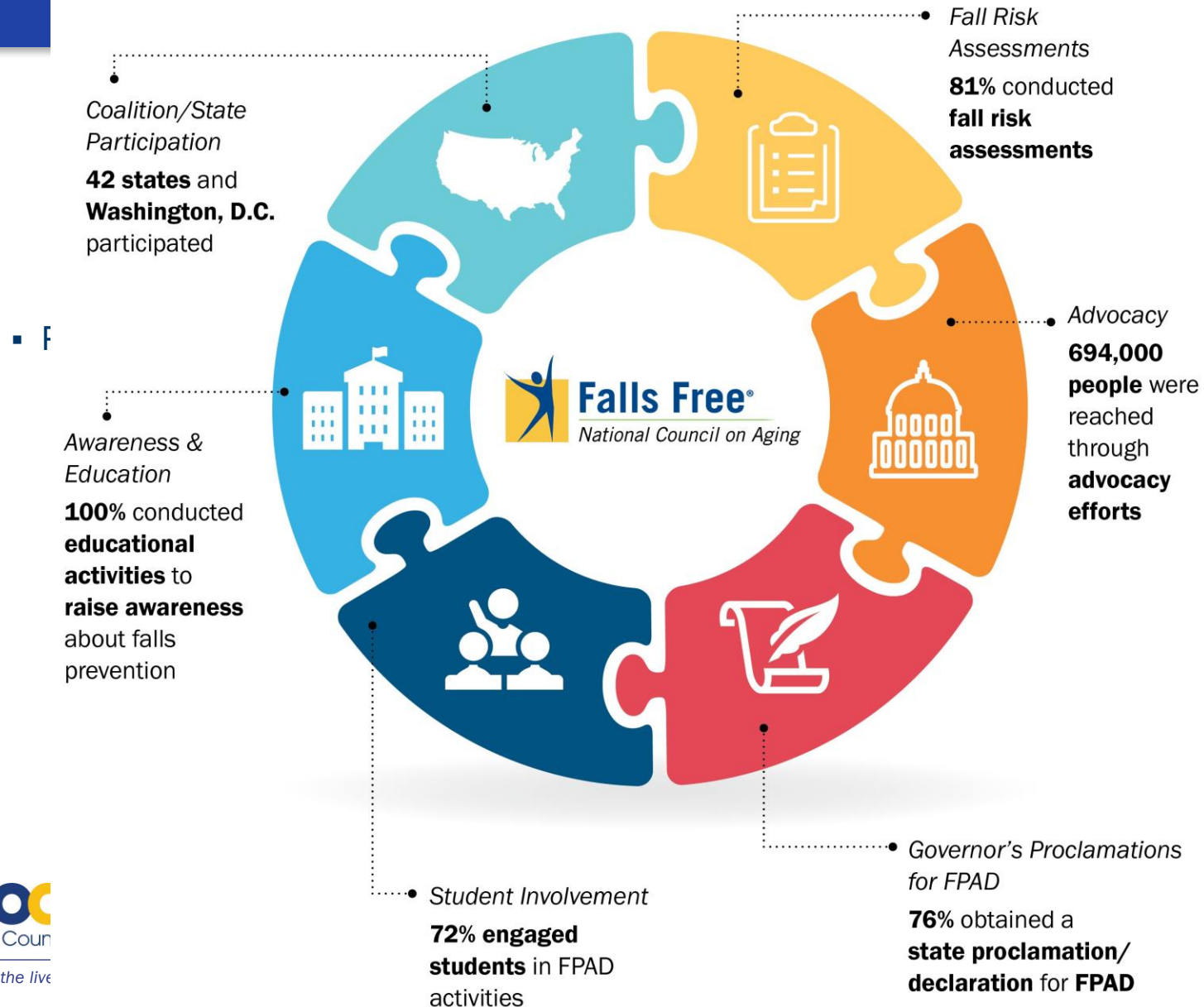
State and Local FPAD Activities

- 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



FPAD Compendium

- Filled with great ideas!
- The NFPRC will be asking for contributions for the 2016 compendium.
- <https://www.ncoa.org/resources/34074/>

Falls Prevention Awareness Day 2015



Take a Stand to Prevent Falls

A Compendium of State and National Activities



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

Go

PowerPoint Presentation
Toolkit

Go

2016 Falls Free® Video
Contest

Go

2016 Falls Free® Photo
Contest

Go

Media Toolkit

Go



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FPAD Awareness Ribbons



For information about ordering ribbons, visit the [ribbons webpage](#) or email 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

Saving Lives, Saving Money

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



- 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 Common

Falls Are Costly

Falls in adults aged 65+ are the leading cause of head injuries and broken hips

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:

Carande-Kulis, V., Stevens, J., Florence, C., Beattie, B.L., Arias, I. (2015). A cost-benefit analysis of three older adult falls prevention interventions. *Journal of Safety Research*, 52, 65-70.

Report to Congress in November 2013: *The Centers for Medicare & Medicaid Services' Evaluation of Community-based Wellness and Prevention Programs under Section 4202 (b) of the Affordable Care Act*. <http://innovation.cms.gov/Files/reports/CommunityWellnessRTC.pdf>



Falls Free®

National Council on Aging

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

- * Net benefit = Direct medical costs averted (e.g., emergency department visits, hospitalizations, rehab, homecare) after subtracting intervention costs
- ** ROI (return on investment) = Net benefit per participant divided by average cost of the program per participant; percentage of return for each dollar invested
- ***Now known as "Tai Ji Quan: Moving for Better Balance"

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



To learn more, visit ncoa.org/FallsPrevention.

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202-479-1200 ■ www.ncoa.org
www.facebook.com/NCOAging ■ www.twitter.com/NCOAging

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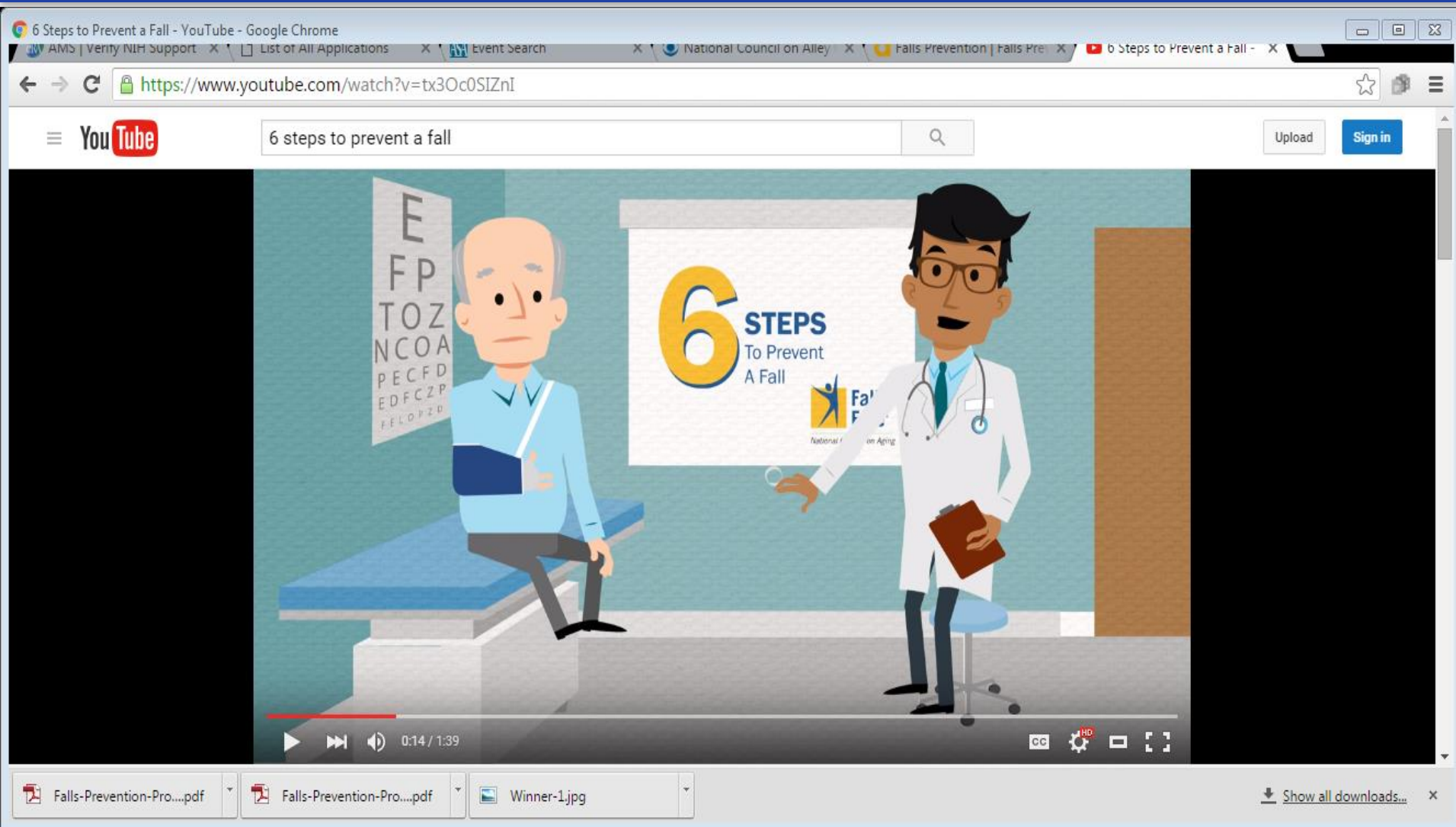


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6 Steps to Prevent a Fall Video



It Takes A Village



“It takes a village of stake holders working together to prevent falls and reduce falls risk, tasks that no one stakeholder can accomplish alone”

Ganz,DA, Alkema,GE, and Wu,E. Injury Prevention, 2008

Thank You

Questions?

