



Falls Prevention Awareness

The Massachusetts Falls Prevention Coalition

with co-sponsors the

American Physical Therapy Association of MA and Benchmark Senior Living

welcome you to join us for our

12th Annual Falls Prevention Awareness Day Event

Monday, September 17, 2018 at 10:00 AM

Grand Staircase and Great Hall
Massachusetts State House, Boston



- Receive Helpful Information
- Collect Free Giveaways
- Watch Live Demos
- Meet Legislators
- Participate in a Scavenger Hunt and win Raffle Prizes
- Enjoy Light refreshments

Falls Prevention Awareness Day

Date: September 22, 2018



The annual Falls Prevention Awareness Day (FPAD) raises awareness about how to prevent fall-related injuries among older adults. National, state, and local partners collaborate to educate others about the **impact of falls**, share fall prevention strategies, and advocate for the expansion of evidence-based community **fall prevention programs**. National and state efforts are published in NCOA's annual **FPAD Impact Report**. If you would like to learn more about fall prevention efforts in your state, please contact your **State Falls Prevention Coalition lead**.



Falls Prevention Awareness

- 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. 

- ❖ One in four Americans aged 65+ falls each year.
- ❖ Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.

Source: CDC
<https://www.cdc.gov/homeandrecrreationalafety/falls/adultfalls.html>

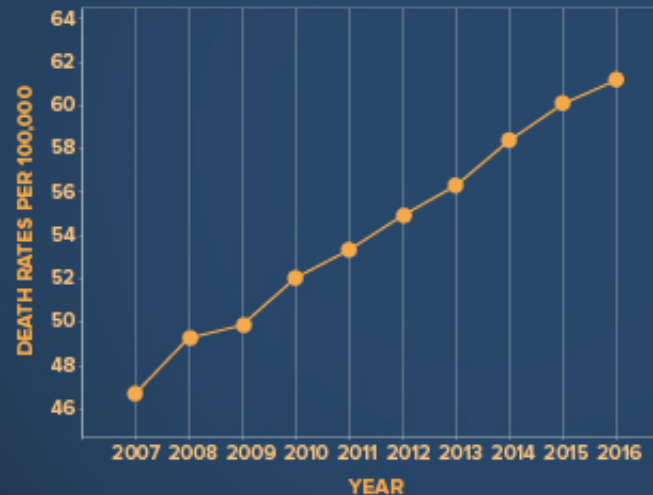


Falls Prevention Awareness

Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.

Source: CDC
<https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

Fall Death Rates in the U.S. **INCREASED 30%** FROM 2007 TO 2016 FOR OLDER ADULTS



If rates continue to rise,
we can anticipate

**7 FALL
DEATHS**
EVERY HOUR
BY 2030

Learn more at www.cdc.gov/HomeandRecreationalSafety.





Falls Prevention Awareness

OLDER ADULT FALLS A Common Concern

IN 2014:



1 in 4 older adults reported a fall.



More than
7 MILLION
of those falls required medical treatment or restricted activity for at least a day.



More than
27,000
older adults died as a result of falls — that's 74 older adults every day.

STEADI Stopping Elderly Accidents, Deaths & Injuries

www.cdc.gov/steady





Falls Prevention Awareness



Falls are costly

- In 2014, Massachusetts acute care hospital charges associated with older adult fall-related injuries totaled over \$744 million.
- In 2015, the total cost of fall injuries was \$50 billion. Medicare and Medicaid shouldered 75% of these costs.

- The financial toll for older adult falls is expected to increase as the population ages and may reach \$101 billion by 2030.



Mass.gov: <https://www.mass.gov/service-details/information-about-falls-and-older-adults>

CDC: <https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>



Falls Prevention Awareness



Interventions & Strategies for Fall Prevention

- Encourage use of assistive device for ambulation
- Encourage consumer to get up slowly from a sitting or lying position
- Encourage proper foot wear during ambulation
- Encourage consumer to take medications as prescribed & report concerns or side effects to their physician
- Encourage clear pathways
- Encourage use of grab bars while bathing, toileting, showering, and the use of railings on the stairs
- Encourage adequate hydration
- Encourage use of prescribed eyewear



Falls Prevention Awareness



Interventions & Strategies for Fall Prevention

- Refer to exercise/physical therapy programs aimed at improving balance, gait, and strength
- Refer to Healthy Living Center of Excellence @ www.healthyliving4me.org
- Refer to toolkits such as STEADI 3.(Stopping Elderly Accidents, Deaths & Injures) www.cdc.gov/steady
- Encourage medication review with pharmacist or physician
- Encourage management of chronic health problems such as heart failure & diabetes
- Encourage management of foot problems and foot pain
- Discuss proper and properly fitting footwear



Falls Prevention Awareness



Preventing Falls at Home



Tips for Preventing Falls



Falls Prevention Awareness



Don't Fall Behind on Fall Prevention.

www.cdc.gov

Keep adults 65+ safe
from falls with STEADI.

National Council on Aging

<https://www.ncoa.org/healthy-aging/falls-prevention/>

6 Steps to Prevent Your Older Loved One from a Fall

<https://www.ncoa.org/wp-content/uploads/6-Steps-to-Protect-Your-Older-Loved-One.pdf>

Osteoarthritis and Falls

<https://www.ncoa.org/wp-content/uploads/osteoarthritis.-and-falls-prevention-booklet-ncoa-1.pdf>

CDC-STEADI

<https://www.cdc.gov/steady/patient.html>



Falls Prevention Awareness



Don't Fall Behind on Fall Prevention.

www.cdc.gov

Keep adults 65+ safe
from falls with STEADI.

Risk Factors for Falls

<https://www.cdc.gov/steady/pdf/STEADI-FactSheet-RiskFactors-508.pdf>

Tips for Preventing Serious Falls

http://www.healthinaging.org/files/documents/tipsheets/falls_prevention.pdf

10 Medications Older Adults Should Avoid....

http://www.healthinaging.org/files/documents/tipsheets/meds_to_avoid.pdf

Health in Aging-American Geriatric Society

<http://www.healthinaging.org/>