

# Healthy Aging

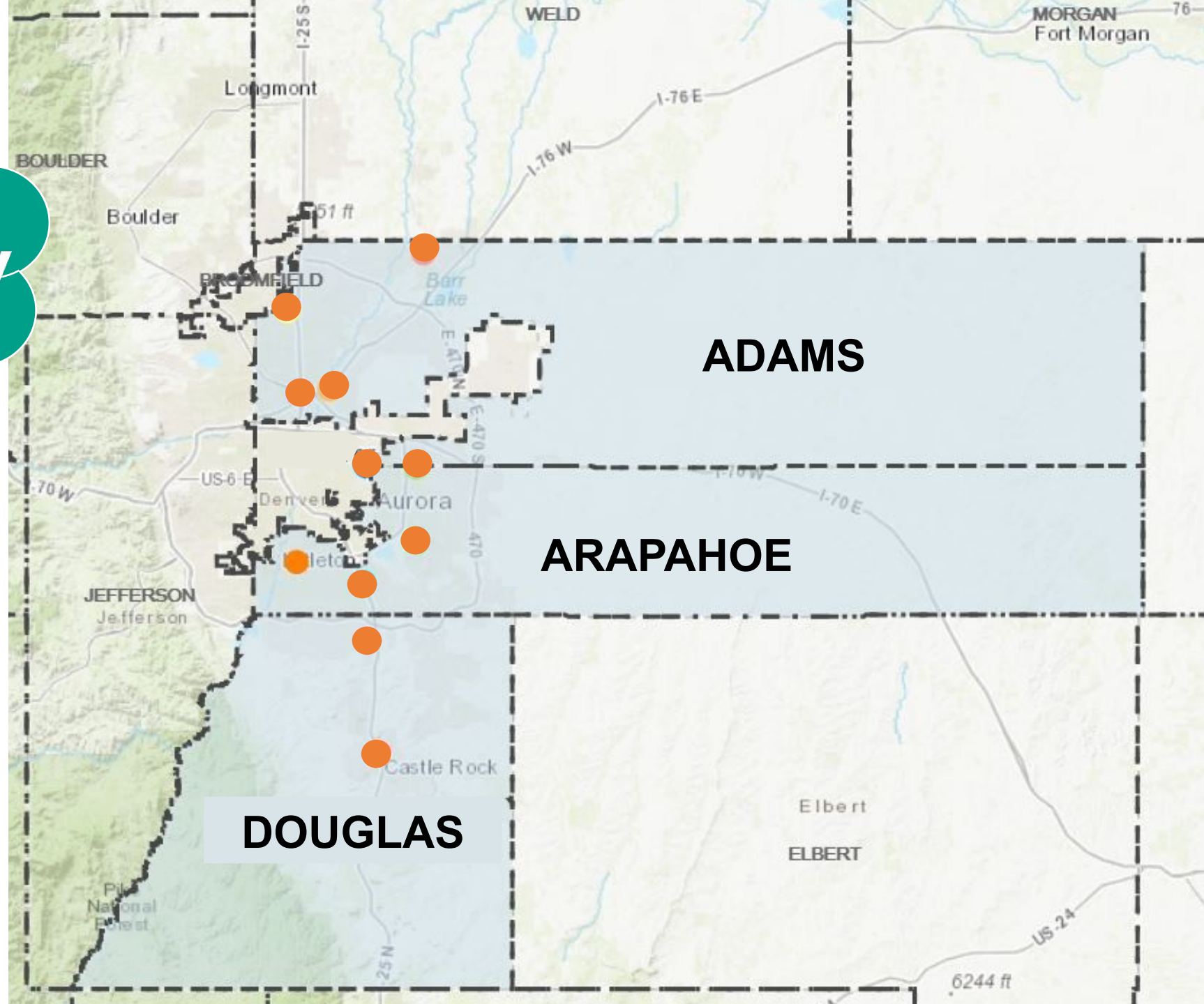
Protecting quality of life and independence with evidence-based fall prevention programming for older adults



*Where is*



**Tri-County**  
Health Department



**ADAMS**

**ARAPAHOE**

**DOUGLAS**

# What is a fall?

Landing on the ground or some lower surface when you didn't intend to be there.



# Why is fall prevention important?

According to Centers for Disease Control:

- One in four Americans aged 65+ falls each year
- Every 11 seconds and older adult is treated in the ER for a fall; every 19 minutes, an older adult dies from a fall
- In 2015, the total cost of fall injuries was \$50 billion
- Falls, with or without injury, also carry a heavy quality of life impact.

<https://www.ncoa.org/news/resources-for-reporters/get-the-facts/falls-prevention-facts/>

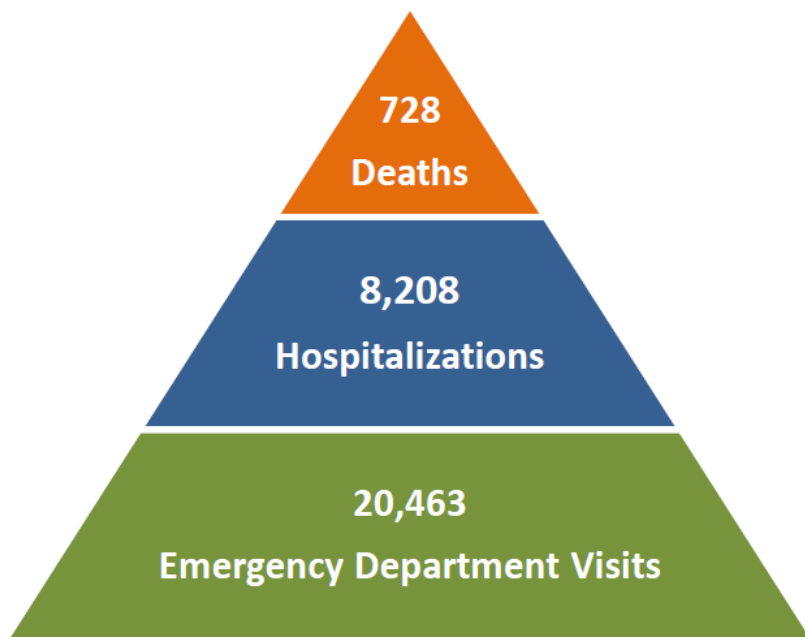
# Colorado

## Special Emphasis Report: Fall Injuries among Older Adults 2007-2015



**COLORADO**  
Department of Public  
Health & Environment

FIGURE 1. Burden of Fall-related Injuries  
Colorado Residents Age 65+, 2015



***Each week, there are 394 emergency department discharges among residents ages 65+, 158 inpatient hospitalizations, and 14 deaths due to fall injuries.***

Full report available here:

[https://www.colorado.gov/pacific/sites/default/files/PW\\_ISVP\\_CO\\_Falls%20SER\\_2015.pdf](https://www.colorado.gov/pacific/sites/default/files/PW_ISVP_CO_Falls%20SER_2015.pdf)

# What do we know about falls?

Common

Predictable

**Preventable**

*Falls are NOT a natural part of aging*

# Why do falls happen?

**Risk factors can be:**

**Physical**

**Behavioral**

**Environmental**

**Most falls experienced by older adults result from interacting risk factors**

# Fear of falling is a risk factor for falls

And is associated with:

*decreased satisfaction with life, increased frailty, depression,  
decreased mobility and social activity*

*1/3 – 1/2 of older adults acknowledge a fear of falling!*



# A Matter of Balance: Managing Concerns About Falls

**8 weekly 2-hour sessions led by trained coaches**

Excellent for people who are fearful of falling

Group discussion, problem solving, assertiveness training, sharing practical solutions to strengthen skills and promote self confidence in one's abilities

We have a lot of fun!



## **Designed to benefit community-dwelling older adults who:**

Are concerned about falls

Have sustained a fall in the past

Restrict activities because of concerns about falling

Are interested in improving flexibility, balance and strength

Are age 60+ , ambulatory and able to problem-solve

# A Partnership Approach makes this effort possible

## **Funding** from

Denver Regional Council of Governments

## Regional **Coordination** by

Tri-County Health Department

## **Community Partners Who Lead Classes**

Volunteers of America

Home Care Assistance of Douglas County

Colorado Visiting Nurse Association

Denver Health and Hospital Authority

Spring Institute

## **An Incredible Team of Volunteer Coaches**



# Thank you!

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## References:

10 years standing together: AOTA/APTA's AGPT Fall Prevention Presentation 2017 through the joint efforts of the American Occupational Therapy Association and the American Physical Therapy Association working together with the National Council on Aging

<https://www.aota.org/Practice/Productive-Aging/Falls/Toolkit.aspx>

Shumway-Cook, A, Brauer, S, & Woollacott, M. (2000). Predicting the probability for falls in community-dwelling older adults using the Timed Up & Go Test. *Phys Ther*, 80(9), 896-903.

CDC Compendium of Effective Fall Interventions: What Works for Community-Dwelling Older Adults, 3rd Edition

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

National Center for Injury Prevention and Control. Preventing Falls: A Guide to Implementing Effective Community-based Fall Prevention Programs. 2nd ed. Atlanta, GA: Centers for Disease Control and Prevention, 2015.

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[https://www.colorado.gov/pacific/sites/default/files/PW\\_ISVP\\_CO\\_Falls%20SER\\_2015.pdf](https://www.colorado.gov/pacific/sites/default/files/PW_ISVP_CO_Falls%20SER_2015.pdf)