

Incorporating Evidenced- Based Programs on a Tight Budget

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Fall Prevention Programs

SCREENING, EDUCATION, & EXERCISE

STEADI Toolkit

Stopping **Elderly Accidents, Deaths & Injuries**

- Developed by the CDC
- For use by Clinicians: MDs & other Health Prof.
- Includes:
 - **Stay Independent Brochure:** Includes falls risk self-screen
 - Falls Risk Assessments: **Falls Risk Checklist**
 - **TUG: Timed up and Go**
 - **30 sec Chair Stand Test**
 - **4 Stage Balance test**
 - **Postural Hypotension**
 - Falls Education Materials
 - **Risk Factors, Major Threat, Medications Linked**
 - Tools specific for MD practices:
 - Integrating Fall Prevention in your practice
 - Triage patients based on falls risk
 - Talk about Fall Prevention with your patients
 - Prevent Falls Pocket Guide



Stay Independent Brochure

Check Your Risk for Falling

Please circle "Yes" or "No" for each statement below.			Why it matters
Yes (2)	No (0)	I have fallen in the last 6 months.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total _____		Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor.	

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. *J Safety Res*; 2011;42(6)493-499). Adapted with permission of the authors.

Implementation



Falls Risk Screen

- Low Cost: Materials available on the CDC website
- Cost of reprinting (no copyright issues)
- Required all **EISEP** homecare agencies to complete during regular monitoring
- Printed screen separately & **added MD consent**
- **Follow Up:** OFA receives completed screen
 - Fax screen to MD
 - Health Educator phone contact
 - Source of referrals for **Tai Chi, Stepping On, MFBB**



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STEP UP TO STOP FALLS

**Sponsored By Health Foundation of
Western & Central New York**

COALITION & TOOLKIT

STEP Up to Stop Falls Coalition

Great Resource for Programs & Ideas

Toolkit: 4 sections

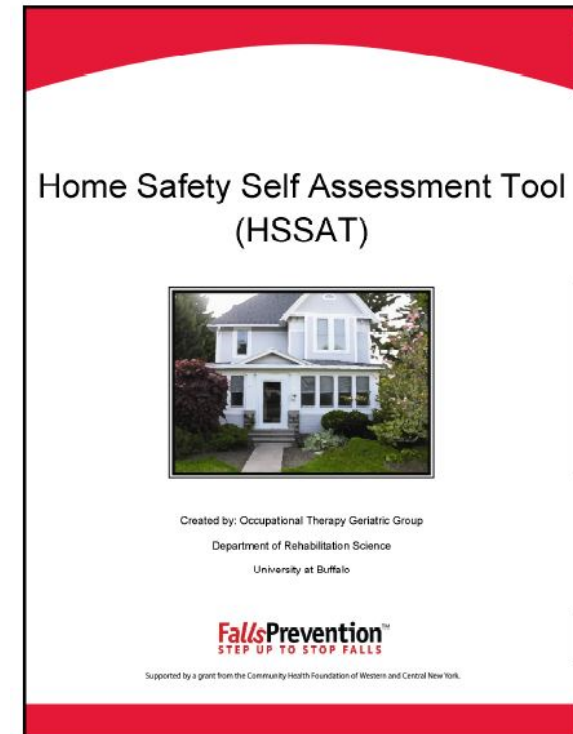
- 1) Balance & Exercise Programs:
 - **Tai Chi DVD**
- 2) Home Safety
 - **Home Safety Self-Assessment Tool**
- 3) Tools for Healthcare Professional
- 4) Community Educations Materials

www.hfwcny

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HSSAT

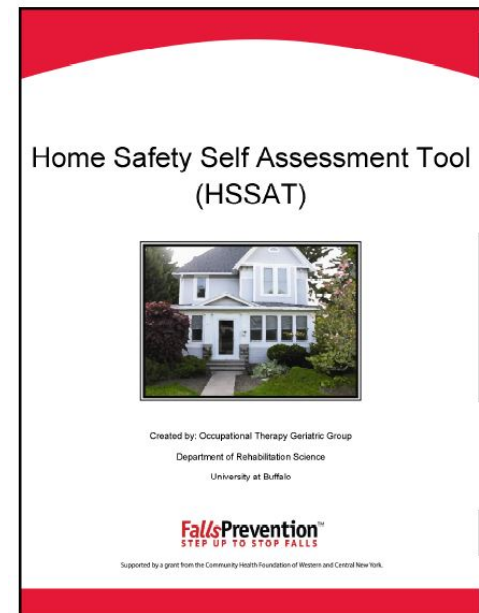
- Identifies home falling hazards
- Hazards are scored
- Higher score = High Falls Risk
- Lengthy but Comprehensive
- Assesses in and around the home
- Ideas to remediate hazards: low cost to custom solutions.
- Can be locally tailored
 - **Include local resource section**
 - **Compliment home repairs/access program**



HSSAT Implementation

- Need Staff or Volunteers to implement
- Need to assess more than once to track impact
- Clients readiness to change will influence impact
 - we implemented with other education
- Cost of changes will influence impact
 - Some OFA mixing with home repairs program
 - EISEP ancillary
 - Other grant funds
- Cost to reproduce the document

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STEP UP TO STOP FALLS





Exercise Programs

EXAMPLES & IMPLEMENTATION

Tai Chi:

Tai Chi DVD: Step up to Stop Falls Coalition

- 2 Form: All forward facing
- Sitting*** & Standing
- **Sitting forms alone will not prevent falls**
- Great intro to Tai Chi & Chi Gong
- Seniors can do on their own or in group
- “For Older Adults: Exercises to Improve Balance, Mobility, and Strength”

Moving for Better Balance : CDC sponsored (Y & NYSDOH)

- 8 forms of Tai Chi with variations
- Trained certified leader
- 1 hour, 2x week for 8-10 weeks

Tai Chi for Arthritis (CDC & DOH).....Coming Soon!

Recently CDC declared any Tai Chi as Fall Prevention!!!

- Check with AoA to see if your program qualifies.
- Check on fidelity qualifications



Implementing: Tai Chi



Tai Chi: Moving for Better Balance : CDC

- 1- 2 day training*
- Training Costs (Y trainers)
 - Free to \$200 + travel
 - Y certification has pre-requisites
- Place to Hold
- Recruiting clients & leaders
- Sustaining volunteer leaders
- Staff leaders ? Capacity
- **Data Collection**
 - Pre & Post + Attendance
- Minor material costs (booklet)
- Resources (local Y & DOH)

***Note NCOA info different**

Tai Chi DVD: HFWCNY

- Where to hold
- Recruiting participants
- Group leader (optional)
 - Client data
 - Attendance= unit of service
 - Help with testing
- Burning DVD copies
 - Check with HFWCNY
 - Some free copies available
- Measure Outcomes
- Pre & post testing

Strong Women Program

Developed By Tufts University

- AKA: “**Healthy Bones** ” Bone Builders, Strong Bones,
- People with osteoporosis or pre-osteoporosis (osteopenia)
- Exercises with weights to build the bones most likely to fracture in a fall (Hip, spine, and wrist)
- Leaders must attend 2-3 day training to be certified.
- Equipment: Weights, floor mats, handouts
- Location with enough space
- 2x/week for 10 weeks
- Class size up to 20/class.

***Only Master Trainers can train new leaders**

LIFTING WOMEN TO BETTER HEALTH



Implementation Issues

Strong Women: “Healthy Bones”

- Training Costs (around \$200 + travel)
- Equipment Cost : need enough for each participant
 - leg weights \$10-20/pair
 - Arm weights need variety of 1#, 2#, 3#
 - Need enough for all participants to use and storage
- Recruiting & Retaining volunteer Leaders
- Charging for the class(helps cover equipment & training)
 - \$20 donation for the first 10 weeks
 - \$10 continuing fee
 - Receipts to turn into Insurance
- Cost/donation to host site & refreshments
- Some paper materials

***Only Master Trainers can train new leaders.**

LIFTING WOMEN TO BETTER HEALTH



Stepping On:

Building Confidence and preventing falls



Stepping On

CDC program sponsored by NYS DOH

Wisconsin Institute on Healthy Aging (WIHA)

- Program runs 2 hours, once a week for **7 weeks**
- 10- 14 participants per class (**Fidelity Factor**)
- Multi-factorial approach to fall prevention
- **Adult learning principals:** small group discussion, guest experts, physical exploration, exercises, practicing what to do.
- **Home visit & Booster at 3 months**
- Materials: Handouts, Display table, weight
- Guest Experts: **PT, Pharmacist, Vision, Community Mobility**

Stepping On:

Building Confidence and preventing falls



Stepping On

Implementation

- **3 day training for Leaders & Peer Leaders** (Cost ? + travel)
 - Credential Requirements for master trainers
 - 6 Master Trainers in NY
- Materials: Handouts each class (binders for each)
- Display table & weight (these can be reused about \$200)
- Recruit participants
 - Work with MD offices or utilize your community screenings
- Recruiting Guest Experts: Material in book to give them
 - Takes time but was easy to get local PT, Pharmacist,
 - Vision from Blind Assoc. or local Eye Doctor
 - Community Mobility: Emergency Services or “Complete Streets”

Local Model for Delivering EBI

Chautauqua County Health Educator: Judy Blitz

- Full time Health Education Aide
- Paid by mixture of grants, local, and IIID funds
- Trained in all the programs but does not run the programs
- Role: “Make volunteer’s life as easy as possible”
- Advertises and Recruits Participants
- Prepares all materials
- Assist with securing location
- Orders and keeps track of equipment
- **Pre & Post testing:** more reliable when same person performs

Volunteers only take attendance and run the class

Resources

[AoA.gov](#): Guidance for the FY 2012 Title IID Notice of Awards Requirements/Frequently Asked Questions

[HFWCNY.org](#) : Step up to Stop Falls Toolkit

[CDC.org](#): STEADI toolkit

[NCOA.org](#) : **National Council on Aging**

- Media toolkit for Fall Prevention
- Advancing Fall Prevention Policy
- National Depression Screening Day (links to tools)
- Center to Healthy Aging
 - **Where to find evidenced based programs**

Contact

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NY Connects Helpline 716-753-4582