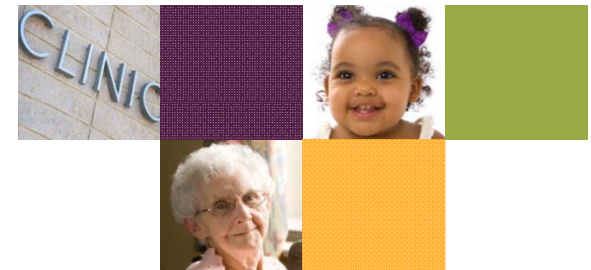


# **Falls Prevention**<sup>TM</sup>

**STEP UP TO STOP FALLS**

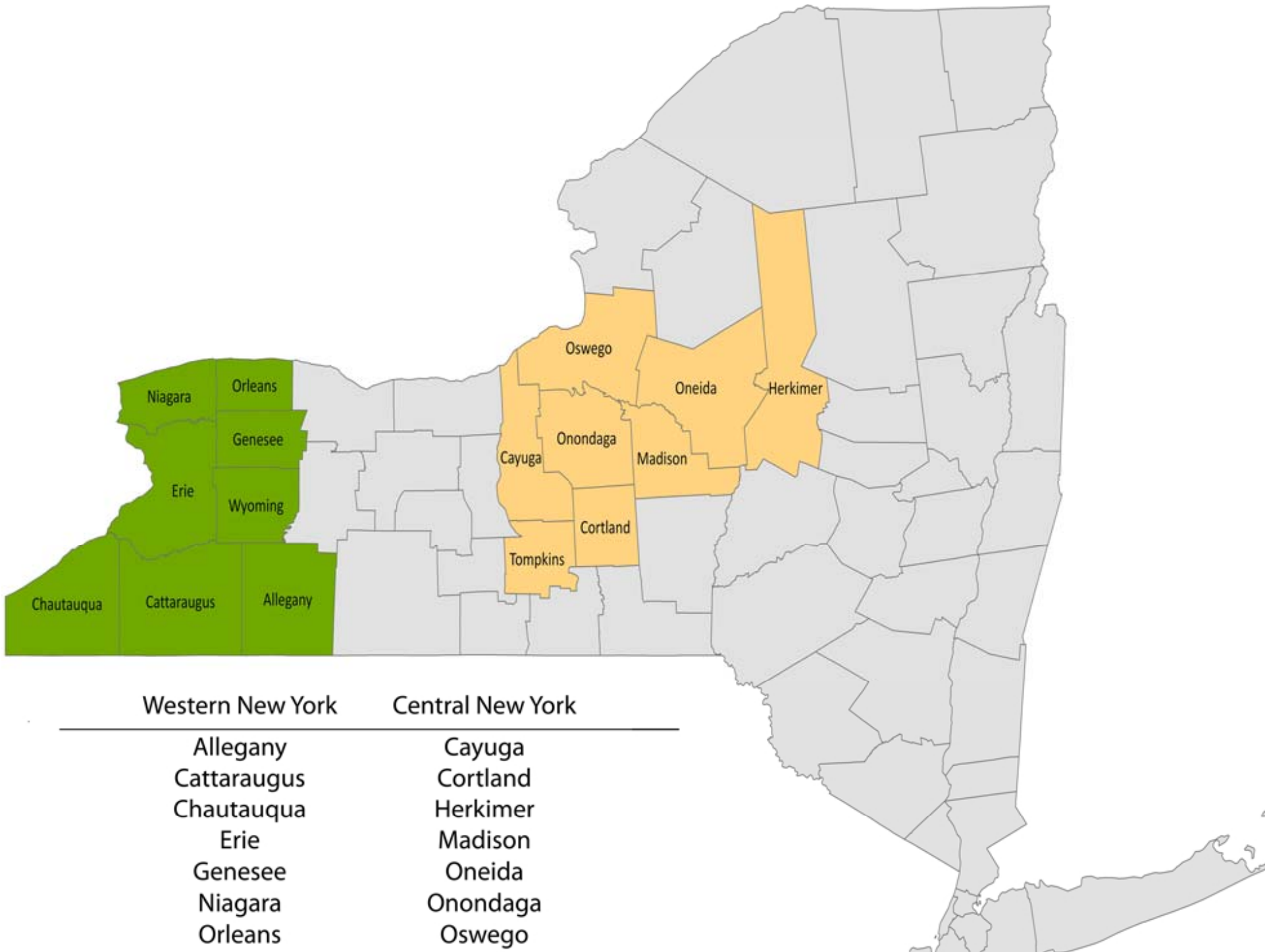
**Christine Klotz**  
**November 16, 2012**



# Health Foundation for Western and Central New York

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- Independent, endowed foundation
  - Formed following merger of Univera into Excellus with assets of \$100 M
  - Serves 8 counties in CNY and 8 in WNY
- Three areas of funding
  - Deferring triggers of decline among frail elders
  - Helping young children be healthy and ready to succeed in school
  - **Community health capacity:** Needs for good health decisions and high quality, appropriate healthcare



# **National Falls Free™ Action Plan**

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- Established Core Goals for Action
  - Physical Mobility
  - Medications and Medical Management
  - Home Safety
  - Community – external environment and public policy
- Emphasized the importance
  - Older adults and professional practice

2006, NCOA



# Foundation's Falls Prevention Focus

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Falls Prevention Initiative started in 2007

Using the framework of the National Falls Free Plan, Foundation supported projects focus on:

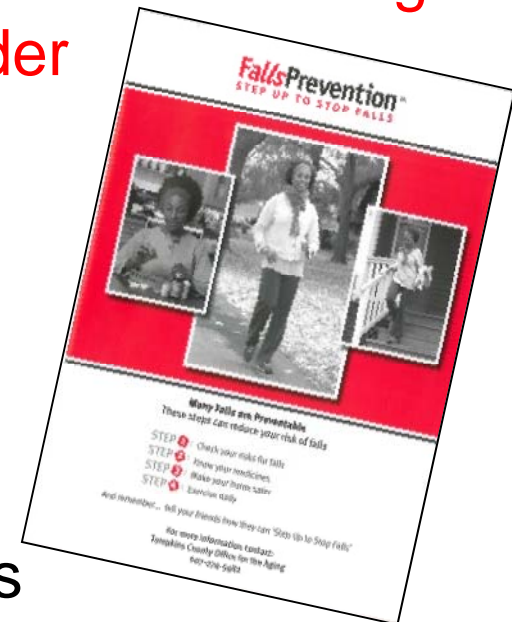
- Behavior change and interventions targeting older adults, and/or
- Professional practice change to support better assessment and intervention



# Step Up to Stop Falls™ Tool Kit

Sample of items included:

- DVD for professional education – TUG, Tai Chi walking
- DVD on balance training exercise for older adults -- Tai Chi and SAFE
- DVD for students – Course Curriculum
- Community Education Guide
- Home Safety screening: HSSAT
- Self assessment brochure
- Otago Exercise Programme resources
- Physical Therapy assessment guidelines
- Walkability Survey tools and summary of Erie

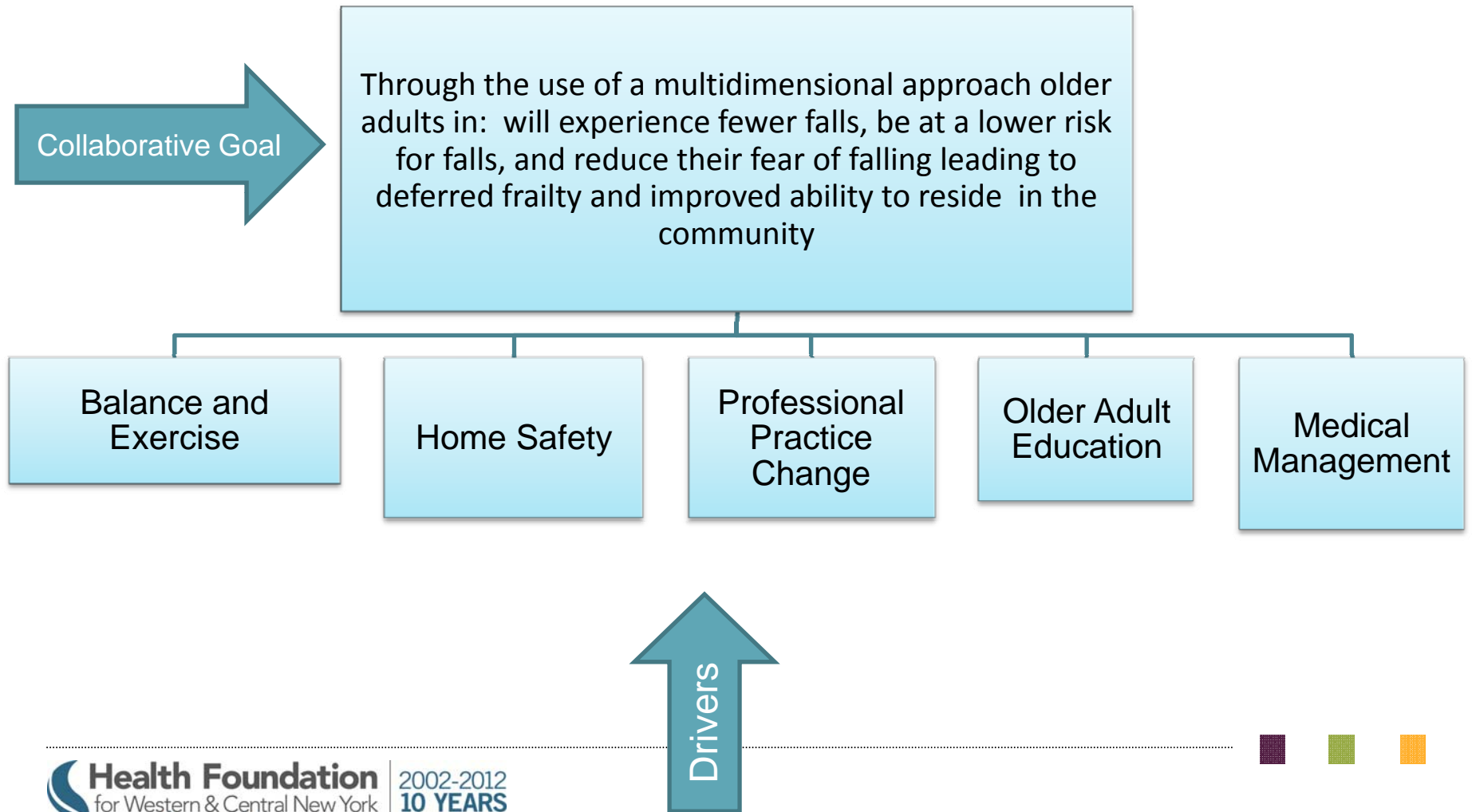


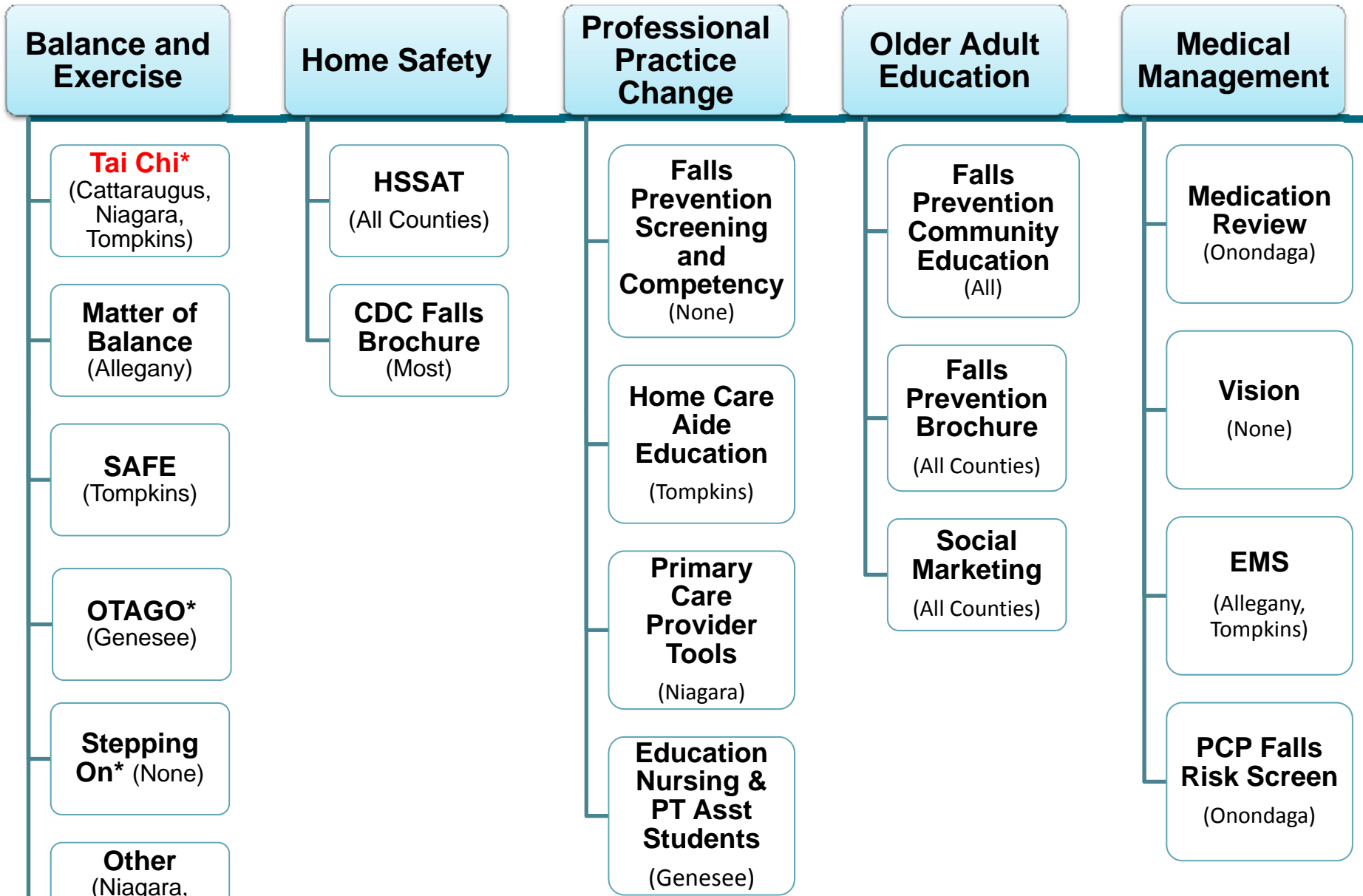
[www.hfwcnny.org](http://www.hfwcnny.org) Current Topics: Falls Prevention



# County Coalitions: Allegany, Cattaraugus, Genesee, Niagara, Onondaga, Tompkins

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# Who has Step Up to Stop Falls Reached?

- The vast majority (about 80%) of participants are female
- Programs were successful in reaching “older” age groups
  - Exercise: 68% over age 70, 32% 80+
  - Home modification: 56% over age 80, 14% 90+
  - Education activities: 41% over age 80, 9% 90+



# What have they participated in?

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- Exercise programs
  - All 7 counties
  - About 43% of participants have done some type of Tai Chi or Qigong program
- Home modification programs
  - 5 counties
  - Mostly HSSAT assessments, some COMPASS



# Is Anyone Better Off?

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## (Outcomes)

- ✓ *Exercise* - Significant decrease over time in TUG scores among exercise participants, indicating reduced risk of falling
- ✓ *Home Modification* - About 50% of participants resolved 100% of the home hazards they identified. Only 22% resolved no hazards.
- ✓ *Older adult education* - Significant increase in extent to which participants agreed that they could do things to reduce the risk of falling.

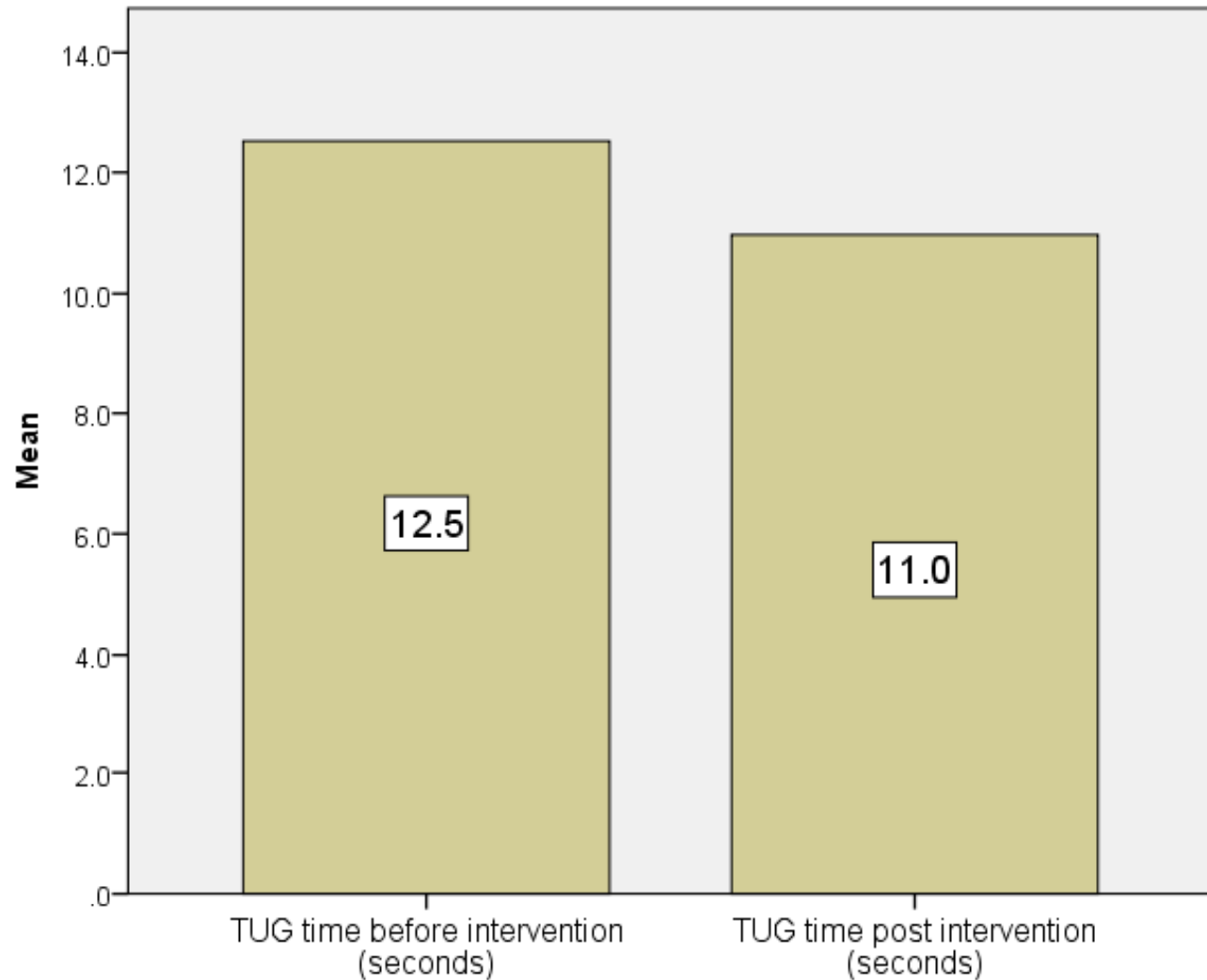


# 10 ft Pre-Post TUG Results

## n=250

\*Statistically significant change in TUG scores

Scores >13 secs associated with being a frequent faller\*



# Tai Chi Activity- Cattaraugus



Tai Chi training for older adults to improve balance and mobility

**Goal:** All older adults will have knowledge of, and access to, effective programs and services that preserve or improve their physical mobility and lower the risk of falls.

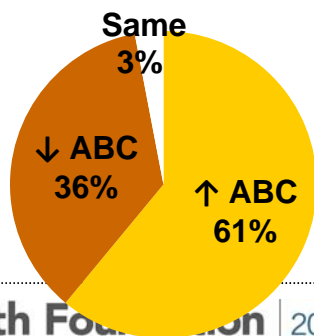
**Target Population:** Cattaraugus County Senior Wellness And Nutrition participants, Senior Apartment Residents, and Senior Citizen groups



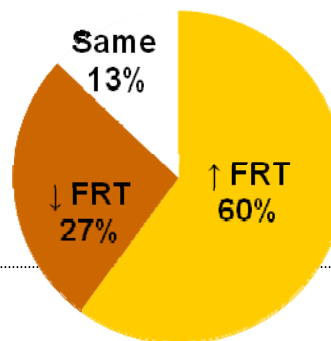
# Tai Chi Successes

- 20 individuals trained to facilitate Tai Chi activity for older adults in a variety of settings
- 24 senior groups participate with some 200+ individuals
- 61% of the participants completing pre/post ABC scale improved their confidence and reduced fear of falling
- 62% of those completing pre/post TUG improved score
- 60% increased completing pre/post FRT increased their score while 13% maintained their FRT score
- Tai Chi Flash Mob at Olean Mall Summary Event

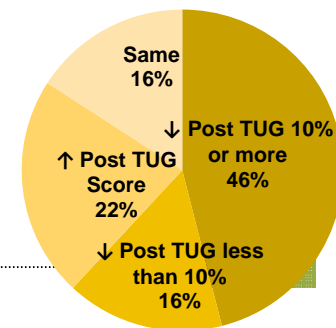
Results of Pre/Post ABC Scale



Results of Pre/Post FRT



Results of Pre/Post TUG Scores



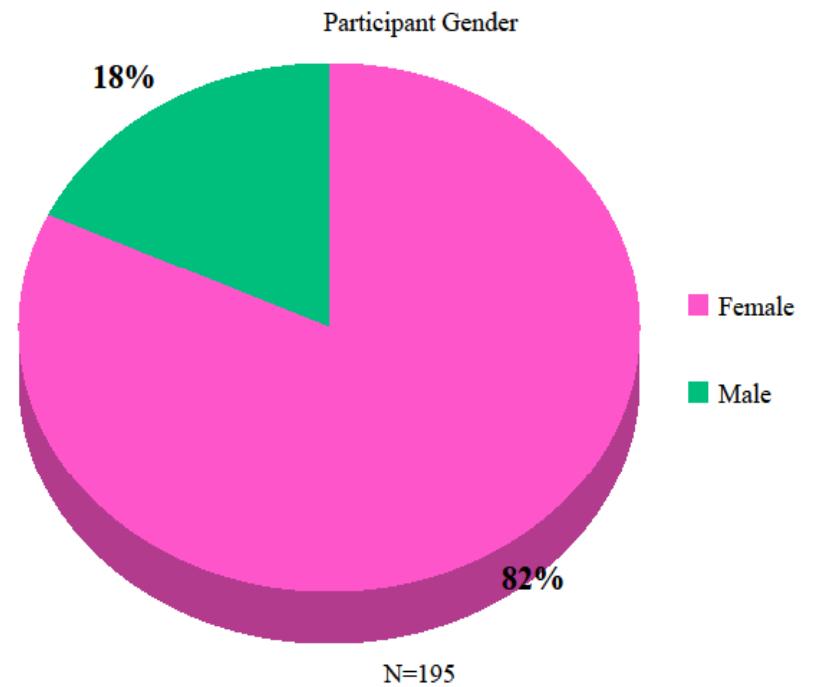
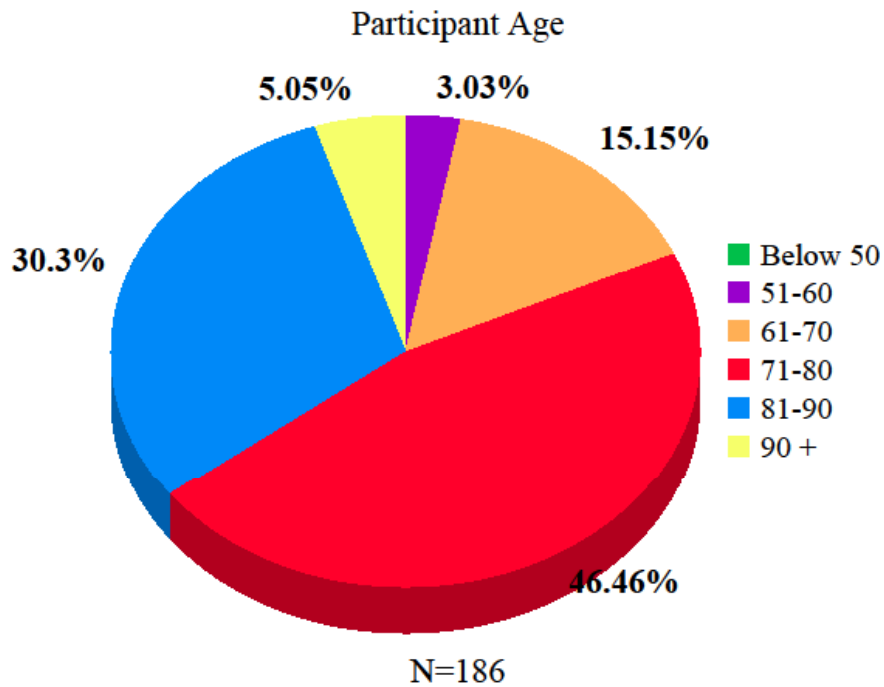
# Stay Well On Your Feet- Niagara

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- Programs presented at 9 Niagara County sites in 12 months (3, 5 and 6 week sessions)
- 238 participants
- Each series incorporated
  - Timed Up and Go (TUG)
  - Blood Pressure monitoring
  - HSSAT Book
  - Falls Prevention Education
  - Active participant participation
  - **Qi Gong (with take home CD)**
  - Promotional resource items
  - Healthy Snack
  - FUN!!!!



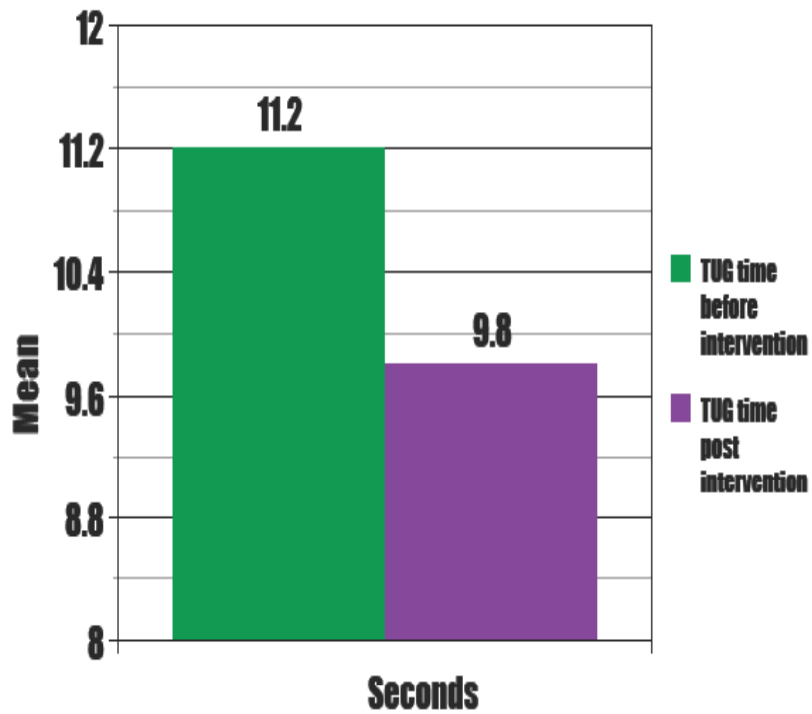
# Participants





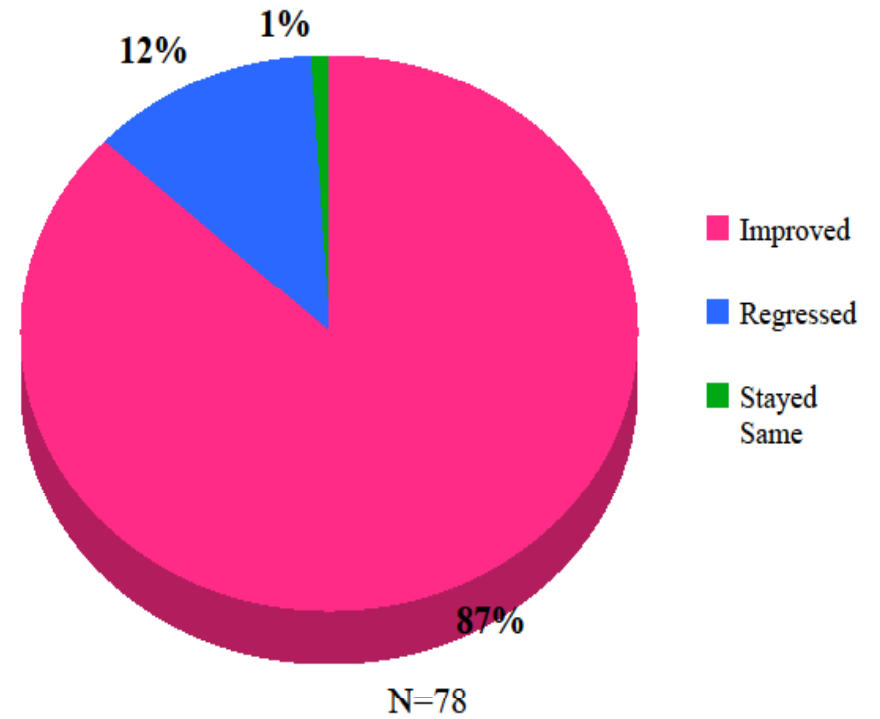
# TUG

Pre-Post TUG Results



N=79

Pre-Post TUG Results



# For more information

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Health Foundation: [www.hfwcny.org](http://www.hfwcny.org)

Allegany/Western Steuben Rural Health Network

Healthy Community Alliance - Cattaraugus

Genesee County Office for Aging

De Graff Hospital/Kaleida Health - Niagara

Onondaga Dept of Aging and Youth

Tompkins County Human Services Coalition



