

Hands on strategies CHWs can use to prevent & reduce falls among older adults

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Presenter Disclosures

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The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No relationships to disclose.

Learning Objectives



- * Explain why preventing & reducing falls among older adults is important.
- * List & explain risk factors for falling, both inside & outside the home.
- * Describe ways CHWs can help reduce falls among older adults.
- * Demonstrate message tailoring with CHWs so CHWs can adapt fall prevention messages for their respective communities.

Why talk about Fall Prevention?

- * Falls = most common accident in older adults
- * Every 18 seconds an older adult goes to ED as a result of a fall
- * Every 35 seconds, an older adult dies as the result of injuries from falling
- * 60% of fatal falls happen at home
- * **Falls can be prevented & injuries reduced by knowing & addressing common risk factors for falling.**



Risk Factors for Falling

Individual Risk Factors

1. Physical mobility
2. Medications
3. Transitioning home from hospital
4. Fear of falling
5. Traumatic Brain Injury (TBI)
6. Cognitive Impairment

Environmental Risk Factors

1. Home safety
2. Safety factors outside the home



Strategies & Prevention Tips for Older Adults

1. Begin a regular exercise program
2. Have health care provider review medications
3. Have vision checked
4. Make home safer



The Strategy: Why Utilize CHWs in Fall Prevention?

The bottom line

- CHWs often interact with older adults
- CHWs are generally trusted by older adults

The result

- CHWs are a natural avenue to help older adults to prevent & reduce falls & related injuries
- State-wide & national searches did not yield a current, comprehensive, fall prevention curriculum for CHWs
- This finding lead to the development of a CHW, evidence-based, fall-prevention curriculum

Hands-on Strategies

KEY POINTS:

- * Falls are preventable
- * Identify risk factors
- * Reduce risk factors

STRATEGIES:

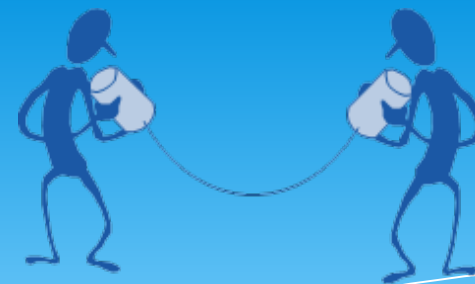
- * Communication
- * Assessments & Field trips
- * Action plans





ACTIVITY

Communication



- * Bring “falls” up in conversations!
- * Closed vs. Open-ended questions (“why,” “how,” or “what”)
- * Make “falls” personal
- * Make “falls” relevant
- * Emphasize PREVENTING falls
- * Involve clients in identifying risk factors
- * Involve clients in creating solutions

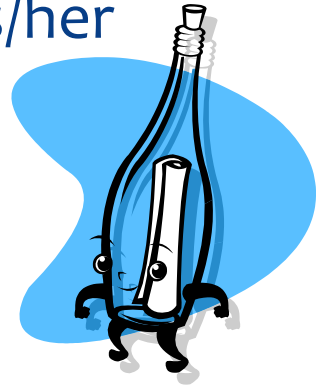


Tailored Communication for Falls Prevention

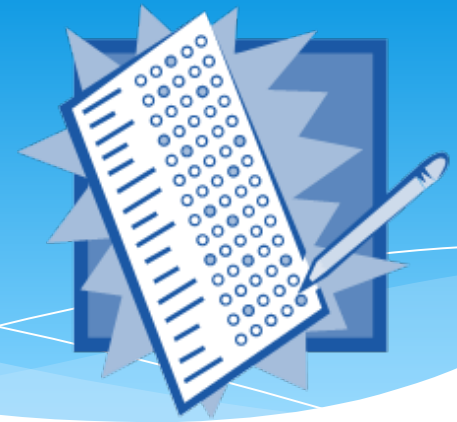
- * Messages that are tailored (customized) for a specific individual are most effective in influencing positive changes in his/her knowledge, attitudes, & behaviors.

Why?

- * Individuals have different health behaviors, experiences, & motivations.
- * Individuals have different levels of perceived information relevance & information processing skills.



Assessments



- * Check Your Risk for Falling Self-assessment
- * Home safety check-lists
 - * http://www.cdc.gov/HomeandRecreationalSafety/pdf/steady/stay_independent.pdf
 - * http://www.environmentalgeriatrics.com/pdf/enviro__assessment.pdf
- * Medications list



Field Trips

- * Tour the neighborhood
- * Tour “frequent flyer” locations
- * Visit healthcare professionals (doctor, pharmacist, optometrist, podiatrist, PT)



Action Plans

Identifies:

- * Risk factor
- * Action required
- * Person responsible
- * Location
- * Timeframe
- * Completion date
- * Follow-up
- * Comments



Questions?



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Training Links

Online

- * [http://www.aheconnect.com/cgec/cdetail.asp?courseid=cg
ec6](http://www.aheconnect.com/cgec/cdetail.asp?courseid=cg
ec6) (CHWs)
- * <http://nchwtc.tamhsc.edu/fall-prevention-curriculum/>
(CHW instructors:

In-person trainings

- * <http://nchwtc.tamhsc.edu/>



Thank you!

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