



# Institute for Aging Research

Hebrew SeniorLife



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# Falls Intervention Program

- Overview

The Problem of Falls.....

30% community dwelling 65+ fall each year

1/2 will experience 2+ falls

1/5 of all falls require medical attention

Hip Fractures – most serious fall-related injury



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# Falls Intervention Program

## Background

### Aggregate Data – Falls Assessment CHA

one fall in last 30 days – 5.4 % (358)

two falls in last 30 days – 1.2 % (81)

fall 31-90 days – 6.4 % (423)



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# Falls Intervention Program

- Aggregate Data – Falls Assessment CHA

13% one or more falls in past 90 days

862 adults



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# Falls Intervention Program

- 20 COLLAGE sites -  
more than 13% falls



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# Falls Intervention Program

- Other Descriptors

Among the fallers in COLLAGE sites:

52% live alone

15% inability to see in adequate light

29% urinary incontinence

14% some level of dizziness

29% some level of unsteady gait



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# Falls Intervention Program

- Review of Scientific Literature

The Cochrane Collaboration

- Leadership Council
- Program Committee



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# Falls Intervention Program

- One of three interventions

Falls Brochure – “Stay on Your Feet”

A Matter of Balance Program

Fit for Your Life



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# Falls Intervention Program

- Falls Brochure – “Stay on Your Feet”
  1. Identify residents who “trigger” for falls risk
  2. Staff member meets with resident and provides them two copies of the summary report of the falls risk; one copy for personal use; one copy to share with primary health care provider
  3. Staff member provides resident with brochure –

“Stay on Your Feet”



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# Falls Intervention Program

Stay on  
Your Feet

Don't Fall Head  
Over Heels



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# Falls Intervention Program

- A Matter of Balance (MOB) Program

A Cognitive Behavioral Strategy

Designed to:

reduce fear of falling;

increase the activity level of older adults who have this concern.

Focus on changing attitudes and self-efficacy

Later, change in behaviors



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# Falls Intervention Program

- A Matter of Balance (MOB) Program

Identify residents who “trigger” for falls risk

These residents would receive invitation to participate in MOB program

MOB open to all who are interested



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# Falls Intervention Program

- A Matter of Balance

## Organization of the Program

9 two hour sessions over 4 1/2 weeks

10-12 participants per session



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# Falls Intervention Program

- A Matter of Balance

## Topics Covered

thoughts and concerns about falling

exercise and fall prevention

assertiveness and fall prevention

managing concerns about falling



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# Falls Intervention Program

- A Matter of Balance

Topics covered

recognizing fall-ty habits

recognizing fall hazards in the home and  
community

practicing no fall-ty habits



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# Falls Intervention Program

- A Matter of Balance

Personnel Requirements

Master Trainer

Volunteer Coaches

Guest Therapist

Space Requirements

classroom with space for participants to

exercise and move around comfortably



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# Falls Intervention Program

- A Matter of Balance

Cost for Implementation

Master Trainer Session - \$1500

includes manual and dvd

Coach Handbook - \$22

Participant Workbook - \$14



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# Falls Intervention Program

- Fit for Your Life Program (FFYL)

A research-based exercise regimen designed for older adults  
in a variety of settings

Emphasis on:

progressive resistance (strength)

integrated balance training

Also addresses endurance and flexibility training



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# Falls Intervention Program

- Fit for Your Life Program

Identify residents who “trigger” for falls risk

These residents would receive invitation to participate in FFYL program

FFYL open to all who are interested



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# Falls Intervention Program

- Fit for Your Life

## Organization of the Program

1 hour sessions

2-3 x per week

8 week session



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# Falls Intervention Program

- Fit for Your Life

## Personnel Requirements

Program Coordinator

Group Leaders – Trained in FFYL Program

## Space Requirements

exercise or multi-purpose room



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# Falls Intervention Program

- Fit for Your Life

Equipment needed

free weights system – hand and leg

optional – weight stack machine

- pneumatic resistance machine



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# Falls Intervention Program

- Fit for Your Life

## Cost for Implementation

Master Training - \$2000

Training Manual - \$50

Booklets for Participants - \$15

Exercise Prescription Pad (50 sheets) - \$5



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# Falls Intervention Program

- Program Monitoring

Information collected at start and completion of programs  
from COLLAGE (CHA) data (triggers)

history of falls

dementia

unsteady gait

change in mental function

limit outdoors

vision

psychotropic meds

other medications

diabetes

alcoholic drinks

stroke/CVA

continence

cognitive impairment

dizziness



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# Falls Intervention Program

- Program Monitoring

Information collected at start and completion of programs  
and at specified points up to 18 months

Fall Risk Profile

Falls Efficacy Scale

Short Physical Performance Balance

SF-12 – Health Status Survey



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# Falls Intervention Program

- Questions and Discussion



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