



Institute for Aging Research

Hebrew SeniorLife



A teaching affiliate of Harvard Medical School

Third Annual COLLAGE Members' Conference 2009

- An Update on Falls, Nutrition and Cognitive Interventions in COLLAGE
 - Elizabeth Howard, PhD, RN, BC-ACNP
 - Institute for Aging Research, Hebrew SeniorLife



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- FALLS Intervention
- 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



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- FALLS

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)



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- FALLS
 - Aggregate Data – Falls Assessment CHA
 - 13% one or more falls in past 90 days
- 862 adults



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- FALLS
- 20 COLLAGE sites -
more than 13% falls



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- FALLS
 - Underreporting
 - 13% in COLLAGE sites
 - 30-35% reported by CDC



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- FALLS
- 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



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- FALLS
- 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



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- FALLS
 - Triggers for fall
 - CHA – general items
 - Fall Risk Profile



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- FALLS
- A Matter of Balance
 - Organization of the Program
 - 9 two hour sessions over 4 1/2 weeks
 - 10-12 participants per session



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- FALLS
- A Matter of Balance
 - Topics Covered
 - thoughts and concerns about falling
 - exercise and fall prevention
 - assertiveness and fall prevention
 - managing concerns about falling



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- FALLS
- A Matter of Balance
 - Topics covered
 - recognizing fall-ty habits
 - recognizing fall hazards in the home and community
 - practicing no fall-ty habits



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- FALLS
- 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



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- FALLS
 - Additional Data Collection Tools
 - Falls Efficacy Scale
 - 10 item tool
 - » Level of confidence in accomplishing each activity
 - Perceived Control Over Falling Scale
 - 4 item tool
 - » Strongly agree>>>Strongly disagree



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- NUTRITION

- Overview

- Incidence of obesity among older adults has doubled in past 30 years
 - Among individuals over 51, approximately 40% are overweight and 25 % are obese
 - Health burden to the individual
 - Economic burden to the health care system



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- NUTRITION
 - COLLAGE Data
 - 32 % overweight
 - 14.5% obese
 - Underreporting on Wellness Tool
 - 87% report they feel they are eating a healthy diet
 - 31% acknowledge being overweight
 - 22.4% overweight and interested in a program to improve diet
 - 8.7% overweight, not interested in losing weight at this time



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- NUTRITION
 - Best approach for improved nutritional intake
 - A cognitive behavioral program combined with diet and exercise



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

NUTRITION

*“Healthy Eating for Successful
Living in Older Adults”*

Education and support program

Assist in self-management of nutritional health

Understand and implement eating and activity behaviors that support heart and bone health



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- NUTRITION

- *“Healthy Eating for Successful Living”*

- Lay Leader Model
 - Six consecutive 2.5 hour session
 - Optional Healthy Eating Luncheon (one month after program completion)



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- NUTRITION

- “Healthy Eating for Successful Living”

- Topics of Sessions

- MyPyramid, Dietary Guidelines, Water and Exercise
- Grains, Fruits, Vegetables and Exercise
- Meat, Eggs, Legumes, Milk and Exercise
- Fats, Oils, Sweets, Label Reading and Exercise
- Applying skills – Grocery Shopping
- Meal preparation or Cooking Demonstration

- Optional Healthy Eating Luncheon



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- NUTRITION

- *“Healthy Eating for Successful Living”*

- Weight Loss Booster Session

- 4 weeks



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- NUTRITION
 - Outcome Measures
 - BMI
 - Waist Circumference
 - Mood State
 - Self-rated Health
 - Physical Activity



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- COGNITION

- Overview

- Mild Cognitive Impairment

- Subjective memory complaints
- Objective evidence of memory deficits

- Dementia

- Memory loss, difficulty in understanding or using words, inability to perform motor activities despite adequate motor function, failure to identify or recognize objects
- Some have problems with social functioning
- Some have behavioral disturbances



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- COGNITION

- Overview

- Dementia

- Alzheimer's Disease

- » 75% of individuals with dementia

- Vascular Dementia

- » 15% -20% of individuals with dementia



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- COGNITION

- Overview

- Mild Cognitive Impairment

- 19% among people younger than 75 years

- 29% greater than 85 years

- Dementia

- 6 – 10 % 65 years

- 30% 85 years and older

- 40% among people 90-94



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- COGNITION

- Overview

- Longitudinal Research

- Between 23% and 47% of adults ≥ 75 who were initially dementia free but manifested “aging associated cognitive decline” developed dementia over a 2.6 year period



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- COGNITION

- COLLAGE Data

- Memory Deficit

- 45% forgetful

- 13% memory deficit

- 10% executive function deficit

- 10% report others have told them they are concerned with the person's memory



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- COGNITION

- COLLAGE Data

- Interest in Program to Improve Memory

- One-third of all residents

- » 20% without a memory problem

- » 42% forgetful

- » 42% memory problem

- » 45% executive function problem



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- COGNITION

- Interventions

- Non-computerized

- Cognitive stimulation – a remediation program with caregiver as intervening agent
 - Spaced retrieval method
 - Cueing Hierarchy
 - External Memory Aids – memory wallets, cue cards, schedules
 - Experience Corp – School Volunteer Model
 - ACTIVE Program
 - Cognitive-Behavioral Model of Everyday Memory (CBMEM)
 - Brainpower Game Plan



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- COGNITION
 - Computerized Interventions
 - Posit Science – Brain Fitness
 - Cognifit – Mind Fit
 - My Vigorous Mind
 - It's Never Too Late



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife

Update on Interventions in COLLAGE

- COGNITION
 - Evaluation of Outcomes
 - Primary Outcomes
 - Cognition
 - Self-reported Memory
 - MMSE
 - Secondary Outcomes
 - Functional Ability
 - Social engagement
 - Depression



A teaching affiliate of
Harvard Medical School



Institute for
Aging Research
Hebrew SeniorLife