



Prevent Falls One Step at a Time

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Overview

- **Fall Facts**
- **FP Programs**
 - *Tai Chi: Moving for Better Balance*
 - *Stepping On*
 - *FallProof!*
 - *InSTEP*
- **Review**





Fall Facts

- Falls are the leading cause of **injury**, **hospitalization**, and **death** among adults age 65 and older
- **1 in 3** older adults falls each year
- Falls are **preventable**



Source: Los Angeles County Department of Public Health, Injury & Violence Prevention Program, Falls Among Older Adults in Los Angeles County, June 2010.



Common Fall Risk Factors

- Past falls
- Hazards in the home and community
- Problems walking
- Balance problems
- Weakness
- Improper footwear
- Chronic diseases
- Multiple medications
- Poor vision
- Depression
- Memory problems
- Behaviors like rushing



Ways to Reduce Your Fall Risk

- **Talk with Your Doctor**
 - Prior falls, medications, vision
- **Physical Activity**
 - An individualized program – in a class or at home
- **Home & Community**
 - Check home for risks, make changes for safety





Fall Prevention Programs

- **There is no “one size fits all”**
 - Fall risk level
 - Resources/personnel needed to conduct program
- **Continuum of programs**
 - *Tai Chi: Moving for Better Balance*
 - *Stepping On*
 - *FallProof!*
 - *InSTEP*
 - *A Matter of Balance*





Fall Prevention Programs

Tai Chi Moving for Better Balance	Stepping On	FallProof!	InSTEP
Physical activity program to improve balance, muscle strength, and physical functioning and reduce falls based on a Chinese martial art	Multi-factorial program to reduce falls, improve ability to reduce fall risk, and encourage behavior change	Multi-factorial program to reduce fall risk factors and improve self-confidence about balance	Multi-factorial program tested at local community centers to improve balance and mobility, educate about and reduce fall risks

Tai Chi MfBB and *Stepping On* are evidence-based programs currently being disseminated by the Centers for Disease Control and Prevention



Target Audience

Tai Chi Moving for Better Balance	Stepping On	FallProof!	InSTEP
For physically mobile older adults without severe mental deficits	Community-residing cognitively intact older adults who have fallen or fear falling	For older adults at moderate to high risk for falls	For older adults at moderate to high risk for falls



Components & Description

Tai Chi Moving for Better Balance	Stepping On	FallProof!	InSTEP
Group-based classes, 8-form sequence with home practice with video/DVD & guidebook encouraged	Small group classes on fall risk education and risk reduction through behavior change, follow-up home visit	Fall risk education, behavior change, physical activity, fall risk assessment, medical management, home modification	Group or home exercise class, medical risk evaluation, home risk evaluation with follow-up; some with motivational discussion group
2 hours, 1x/week for at least 12 wks; some variation	2 hours, 1x/week for 7 weeks, follow up and booster session	1hr, 2x/wk for 24 wks with 6-45min sessions ev. 2 wks	12 week program



Facilitator and Space Requirements

Tai Chi Moving for Better Balance	Stepping On	FallProof!	InSTEP
<p>Instructors familiar with Tai Chi with experience teaching older adults; or Tai Chi instructors with experience in Yang style; must complete 2-day instructor training program</p>	<p>Health care professionals (e.g., RN, NP, PA, PT, OT); Professionals (e.g., social worker, fitness expert, health educator) worked with older adults; must complete 3-day instructor training program</p>	<p>Health care professionals or exercise specialists with training in balance and mobility; must complete instructor training program; renewal every 2 years</p>	<p><u>High intensity</u>: MD, nurse practitioner, certified balance and mobility specialist, OT <u>Moderate</u>: Social worker, professional exercise instructor <u>Low</u>: Senior center staff, volunteers</p>
<p>Senior, adult activity, or community centers; rehabilitative settings to retrain balance</p>	<p>Room large enough for exercises, outdoor access</p>	<p>Community settings, residential community, university & clinical settings</p>	<p>Senior and community centers, other settings TBD</p>



Review

- Falls are the leading cause of injury among older adults
- Fall risks can be related to health, the home, or behavior
- **Falls are preventable**
- There are various programs to reduce fall risks
 - Consider your target population and resources/personnel





Fall Prevention Center of Excellence

**For fall prevention resources and technical
assistance briefs on incorporating FP
programs into your organizations**

please visit

www.stopfalls.org

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