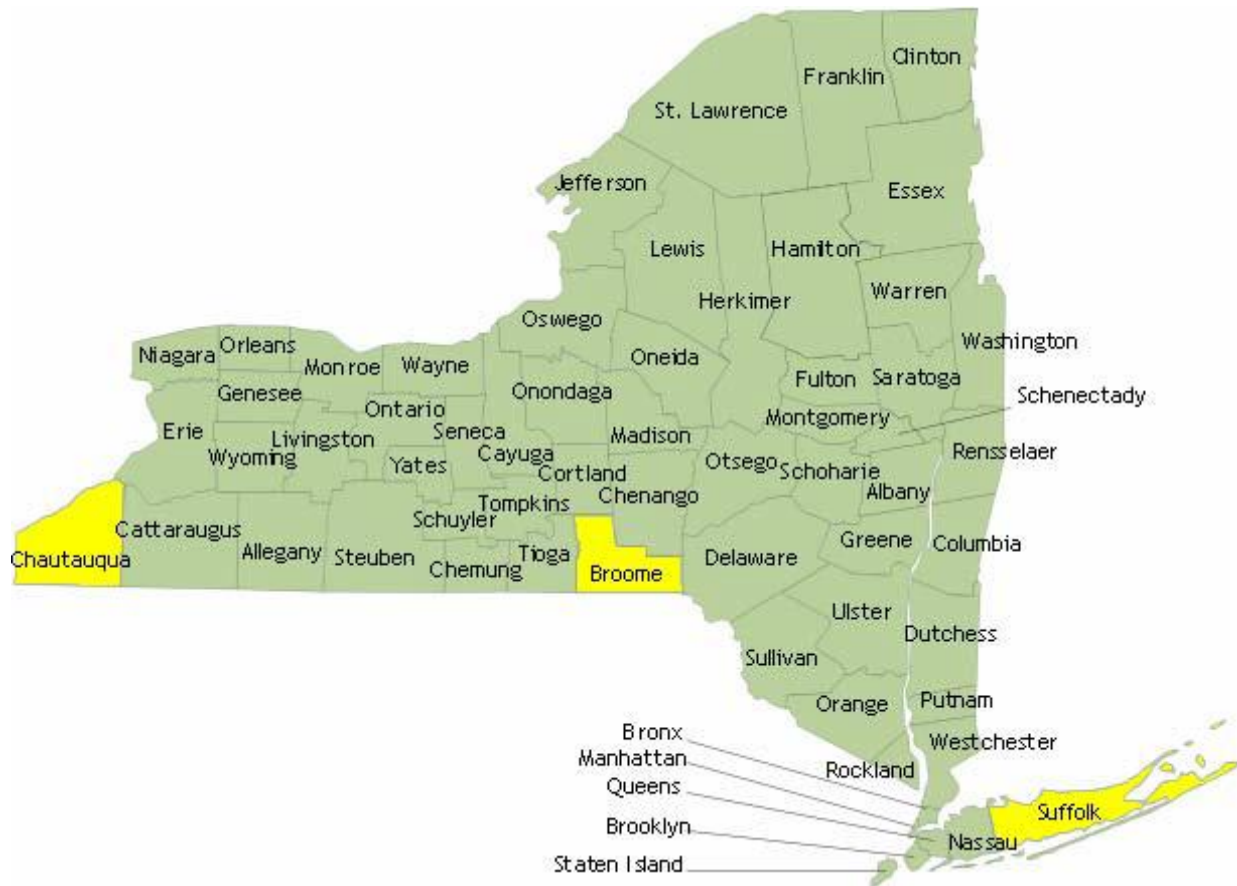


NYS Older Adult Fall Prevention Program

NYS Department of Health, Bureau of Occupational Health & Injury Prevention

Video – <http://youtu.be/XxDr4V06KaU>

With funding from the Centers for Disease Control and Prevention, the NYS Department of Health Bureau of Occupational Health and Injury Prevention supports evidence-based fall prevention programs in Broome, Chautauqua, and Suffolk Counties.



These counties were chosen because they had:

- established programs that promote physical activity, chronic disease and injury prevention, as well as numerous community-based programs aimed at keeping seniors safe, healthy and living independently as long as possible
- a high percentage of older adults
- higher death and emergency department visit rates due to fall-related injuries compared to NYS as a whole

NYS Older Adult Fall Prevention Program - Evidence-Based Programs

Community Programs

	Stepping On (ongoing since 2010)	Tai Chi: Moving For Better Balance (ongoing since 2010)	Tai Chi for Arthritis (ongoing since August 2014)
Summary	Community-based, multifactorial, small group workshop designed to reduce falls and build confidence	Group tai chi program based on simplified 8-forms (Yang style) (also known as <i>YMCA Moving for Better Balance</i>)	Group tai chi program based on 12-forms (Sun Style) (also known as <i>Arthritis Foundation Tai Chi</i>)
Focus	Build confidence in making decisions and behavioral change	Improve muscle strength, balance, and postural control	Improve relaxation, balance, posture, and immunity
Evidence	31% reduction in falls ¹ Meets AoA highest standard of evidence Return on Investment: \$0.64/dollar invested ⁶	55% reduction in falls ² Meets AoA highest standard evidence Return on Investment: \$5.09/dollar invested ⁶	70% reduction in falls ³ Meets AoA highest standard of evidence
Frequency & Duration	1x/wk for 7 weeks (2-hour classes) Follow-up home visit or call Follow-up booster session (3-months after 7th session)	2-3x/wk for at least 12 wks (1-hour classes) 60 or 90 minute classes Plus home practice	2x/wk for 8 weeks (1-hour classes) Plus home practice
Delivered By	Health professional and co-leader Four local guest experts visit	Led by certified instructor	Led by a certified instructor
Class Size	8-12	10-12 (ideal), 12-15 (can also work)	Depends on instructor's experience Start with 6 – 10 students
Target Population	- Age 60+, lives in home or apt - At risk of falling, have fallen in past year or have a fear of falling - Cognitively intact - Can walk without help, don't use aid most of the time for indoor mobility	- Age 60+, community-dwelling - Mobile with or without assistive devices	Any questions - consult doctor
Materials	CDC Implementation Guide Leader Manual + DVD Intro Webinar (for prospective leaders) Exercise manual + handouts (for participants) Ankle weights	CDC Guidelines/Recommendations has: - Participant Guidebook - Instructor Guidebook - Implementation Plan - TCMBB Movements	Brochure 12-lesson DVD Handbook Free Videos
Creator	Dr. Lindy Clemson, OT created in Australia Brought to United States in 2007 by Dr. Jane Mahoney (Wisconsin Institute for Healthy Aging w/CDC)	Dr. Fuzhong Li (Oregon Research Institute) created in 2004	Dr. Paul Lam and a team of medical experts (Tai Chi for Health Institute) created in 1997
Website	https://wihealthyaging.org/stepping-on	http://projects.ori.org/taichi/	http://www.taichiforarthritis.com/

NYS Older Adult Fall Prevention Program - Evidence-Based Programs		
Healthcare- & Clinical-based Programs		
	STEADI (Stopping Elderly Accidents, Deaths, & Injuries) Tool Kit (ongoing since 2012)	Otago Exercise Program (no implementation yet)
Summary	An evidence-based resource for healthcare providers to assess fall risk and refer older adult patients to proven fall interventions	Yearlong, individualized, home-based balance and strength program
Focus	Incorporate fall risk assessment and individualized fall interventions into clinical practice	Improve strength and balance
Evidence	Based on 2010 American & British Geriatrics Societies Clinical Guideline, literature review, conceptual models, in-depth interviews, and focus groups ⁴	35% reduction in falls ⁵ Return on Investment: \$1.27/dollar invested ⁶
Frequency & Duration	Ongoing Track two CPT-II codes related to falls: Falls Risk Assessment (#154, 3288F) Falls Plan of Care (#155, 0518F)	7 home visits + 7 phone calls over 1 year Participants encouraged to exercise 3x/wk Plus walking at least 2x/wk Exercises take 30 minutes to do
Delivered By	Primary care providers	Physical Therapists
Target Population	Older adult (age 65+) patients	Community-dwelling older adults Most effective for adults age 80+
Materials	Webinar for Health Care Providers Patient resources (brochures and handouts) Provider resources (Assessment Tests, Pocket Guides, Conversation Starters, Fall Risk Assessment & Intervention Algorithm, Case Studies)	3-hr online training for physical therapists (earn 3 CEUs) CDC Implementation Guide Otago Manual Otago Resources (Patient & Provider)
Creator	CDC created in 2012 Implemented at United Health Services (Broome County)	University at Otago Medical School, New Zealand created Adapted to U.S. by CDC
Website	http://www.cdc.gov/homeandrecreationalafety/Falls/steady/index.html (CDC website) http://www.albany.edu/sph/cphce/phl_0515.shtml (Free webcast hosted by the University at Albany School of Public Health - continuing education credits available)	http://www.med.unc.edu/aging/cgec/exercise-program

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For more information on older adult falls, please visit the NYSDOH website at:

http://www.health.ny.gov/prevention/injury_prevention/falls.htm

If you have any questions, please contact:

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