

Hawai`i Statewide Falls Prevention Consortium

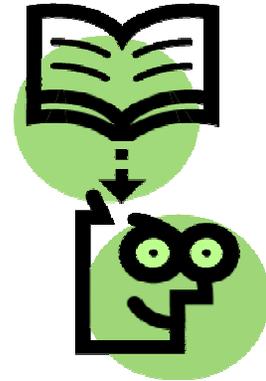
September report on Needs Assessment on
Falls Prevention

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Tasks Completed

- Literature review
- Data collection
 - Online survey underway (n=207)
 - Key informant surveys to follow (n=59)
- Initial inventory of fall-related services
- Presentation of fall-related data (by Dan Galanis) to state and county planners of aging services (Mar 11)
- Participation in CDC “framing” workshops (also attended by state/county aging services reps (Jun 29-30))
- Recommendations draft (see final slides in this PPT)



Literature Review

- Survey developed from literature, especially NCOA's *Falls Free: Promoting a Natl Falls Prevention Action Plan*
- Tools available for:
 - Assessing seniors' risk of falling
 - Assessing home safety
- Many states engaged in coalition building and advocacy around falls

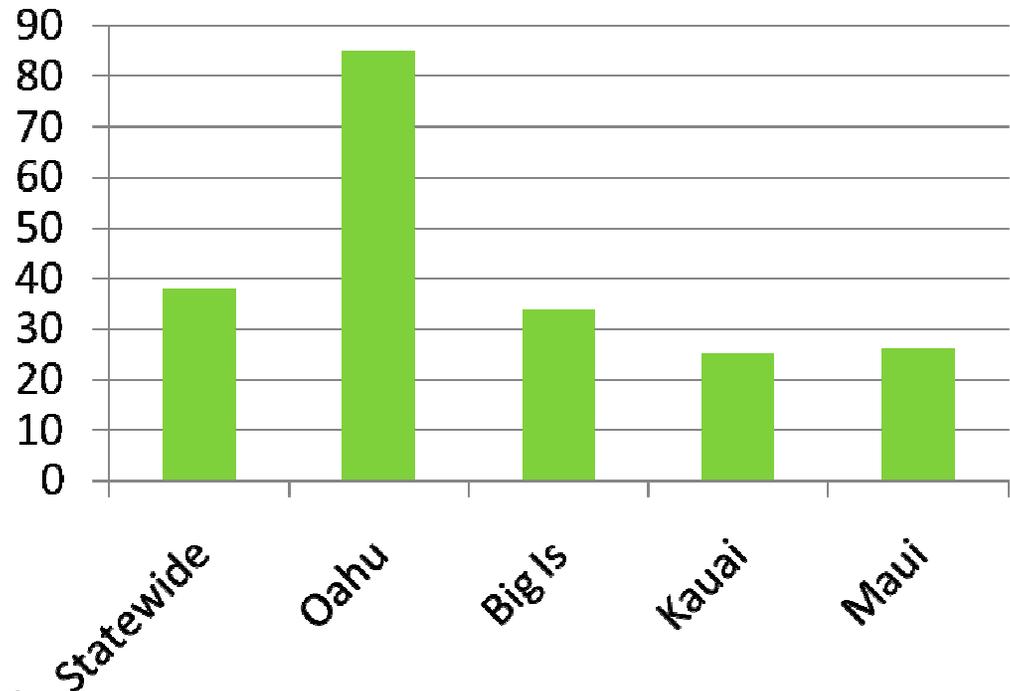


Findings from SurveyMonkey Survey

•207 (52%) of 399 people surveyed responded.

- Types (check all):

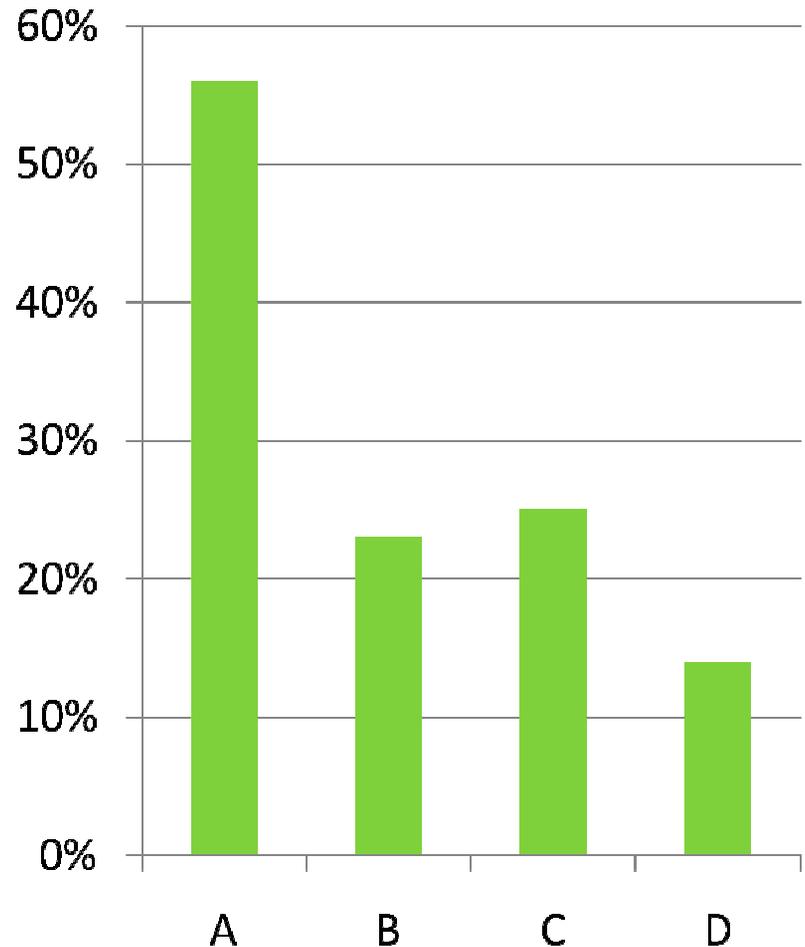
- 43 older adults
- 31 caregivers
- 46 providers
- 42 practitioners
- 38 educators
- 49 advocates
- 9 policy makers
- 64 managers and planners



101 respondents wanted more info on HI Statewide Fall Prevention Consortium

Respondents perceive low awareness of fall risk and fall prevention.

- A. Individuals in my community are aware that falls are a leading cause of injury
- B. Most older adults can access programs to improve balance and strength
- C. Most people know that medication increase risk of falling
- D. Most people know how to modify their homes to reduce risk of falling



What we need to do...

(Most important to respondents)

1. Encourage providers to assess elders for balance and counsel them on the importance of strength training.
2. Expand programs to help elders improve strength and balance.
3. Encourage providers to review elders' medications.
4. Raise awareness about the importance of improving one's strength and balance.
5. Raise awareness about home safety options.
6. Raise awareness about fall risk associated with medications.
7. Expand home safety programs.
8. Expand opportunities for older adults to check falls risks associated with their medications.

Exercise-
related

Medication
related

Home
safety

Findings from Key Informant Phone Interviews

- Falls-related services identified in each county, BUT:
 - There are not enough services
 - Need resource guide, best incorporated into existing Senior Handbooks or ADRC directories
 - Need samples tools for fall and home assessment
 - Need to bring together people interested in fall prevention from multiple disciplines
 - Need to present falls-related information at HPGS and other conferences

- **77 (of 207) agreed to follow-up phone call**
- **59 (77%) interviews completed.**



Informant suggestions to help elders build balance and strength

- Offer exercise programs on all islands
 - EnhanceFitness (Kauai and CFS)
 - Tai Chi (Stan)
 - No Fear of Falling
 - Aqua Aerobics
- Engage other disciplines
 - KCC OTA and PTA program
 - Can they train/certify senior exercise leaders?
 - Can they offer senior exercise through internships?
 - Care home operators - Offer training in senior exercise



Informant suggestions to promote medication review/adjustment

- Pass law the MDs must do annual “med check”
- Engage others
 - EMS, PHNs, and case managers
 - Care home operators
 - Pharmacists and pharmacy assistants
 - Working
 - Retired
 - In training, e.g., in Hilo



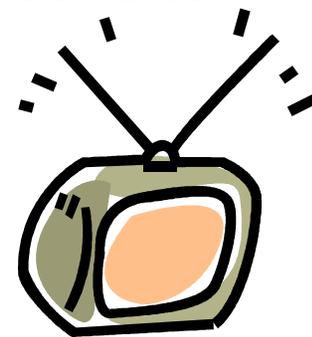
Informant suggestions to increase home safety

- Offer “home assessment service” on all islands
 - Project Dana, Fire Department, and EMS
 - Checklists available from many Hawaii hospitals
 - Get MDs to prescribe
- Engage others
 - Carpenters and carpentry students
 - EMS, PHN, case managers, and caregivers
 - CNAs, CMAs, and RNs
 - Agencies that know how to handle hoarding issues
 - Aging Network



Informant suggestions for raising awareness

- People LOVE the DOH fall prevention magnets!
- Engage others:
 - Janette Sargent-Hammer and CDC framing initiative to help with PSAs
 - Speech/Communications students at UH
 - Speakers bureau; health fairs
 - Local Generations Magazine and Kupuna TV
 - AARP, YMCA, Parks and Rec, Aging Network, ADRC
- Keep messages clear, w/a few key points



Based on new data, do 2005-2010 recommendations need modifying?

2005-2010 Recommendations

- Enhance public awareness that falls are preventable, and promote actions that reduce the risk of injury.
- Increase availability and accessibility of fall prevention programs statewide for caregivers and the elderly on how to prevent falls and effectively use community resources.
- Expand the role of medical and health care professionals in screening, educating, and referring elderly to fall prevention programs.

Rec 1 - Enhance public awareness that falls are preventable, and promote actions that reduce the risk of injury.

Possible modification:

- Enhance awareness among the public, older adults, caregivers, and providers that risk of falling can be reduced through:
 - Exercising to increase one's strength and balance
 - Getting medications reviewed and adjusted at least annually
 - Modifying one's home to reduce fall hazards
 - Checking one's eyes and correcting vision impairments

Rec 2 - Increase availability and accessibility of fall prevention programs statewide for caregivers and the elderly on how to prevent falls and effectively use community resources.

Possible modification:

- Increase availability and accessibility of fall prevention programs statewide that will help older adults:
 - Exercise to increase their strength and balance
 - Get their medications reviewed/adjusted at least annually
 - Modify their homes to reduce fall hazards
 - Check for and correct vision impairments

Rec 3 - Expand the role of medical and health care professionals in screening, educating, and referring elderly to fall prevention programs.

Possible modification:

- Engage public workers (such as EMS, Fire, Public Health Nurses, State Unit and Area Agency on Aging employees), health care providers, elder care providers, ADRC, training programs (e.g., for medicine, nursing, social work, physical and occupational therapy, pharmacy), coalitions (e.g., the Hawaii Healthy Aging Program), NGOs (e.g., AARP, YMCA), retired workers, volunteers, and others in activities that can help reduce risk of falling in older adults.

Recommendation 4

New:

- Invite needs assessment participants, especially those from the Aging Network, to join the Hawaii Statewide Fall Prevention Consortium to work on message development, compile and distributed a package of “tools” useful in fall prevention (e.g., balance-assessment scales, risk-of-falling scales, and home assessment scales), offer screening sessions (e.g., through health fairs), provide training, participate in a speakers bureau, etc.



Your input is needed to finalize HIPP recommendations for 2010-2015

Send comments to:

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