

NC Fall Prevention Hub

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The burden of Falls in North Carolina

- Falls are the 3rd leading cause of unintentional injury and the number one cause of injury death for those 65 and older.
- The death rate increased nearly 66% from 2000-2011
- By 2030 it is projected that 73 of NC's 100 counties will have a Older Adult population in which more than 20% of residents are 65 and older.
- Projected rise of deaths due to fall injuries, increased ER utilization, and hospitalizations = diminished quality of life for NC Elders.

Statewide, Coordinated Efforts

1. NC Division of Aging and Adult Services
2. Division of Public Health
3. NC Fall Prevention Coalition
4. Regional Falls Coalitions
5. UNC system schools
6. Offices on Disability and Minority Health
7. AAAs, YMCAs, Senior Centers, and more





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A vision for the future

- Single point of entry for participants
 - Centralized, Statewide Coordination efforts
 - Data Collection
 - Highest Tier Evidence Based Programs
 - Current events/articles
 - Fall Prevention Continuum Toolkit
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Evidence Based Programs for
Fall Prevention

Matter of Balance

Otago

YMCA: Building
Better Balance

Long Term Vision:

— -Programs are embedded into an integrated, sustainable, statewide delivery system

— -Quality of life for our Elders is dramatically improved, data shows we are reducing falls in NC.

Measurable Outcomes

- (1) Increased public and stakeholder awareness of programs and services
- (2) Increased organizational capacity to provide evidence-based programs and services
- (3) Increased Health Care provider knowledge of falls and fall risks
- (4) Clinical/ Community partnerships to establish referral systems
- (5) Older Adults & Adults with Disability will increase self-efficacy.

Other Outcomes and Benefits

- (1) Improved integration of programs along a “Continuum of Care”
- (2) Integration of program cost data in decision making
- (3) Increased participation, awareness, health
- (4) Embedded referral systems



Making an Impact for NC Elders

- Paradigm shift that falls are preventable and not a normal part of aging
- Incorporation of programs into organizational, health care, long term services, and support systems, and community plans/policies
- Integrated, Sustainable, and Statewide delivery system with centralized “Hub” coordination via the NC Center for Health and Wellness “Healthy Aging Team”



Barriers and Obstacles

NC is unique in its broad and various partnerships:

- Initial Funds came from Blue Cross Blue Shield of NC, current operations are under a 2 year grant from the ACL.

- Plans to implement reimbursement systems for programs to create sustainability are underway.

- Inventorying programs and connecting trainers offering Fall Prevention activities in NC: Through our regional Falls Coalitions the Hub can connect services all over the state with various partners.

Thank you !!

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