

QUICK SHOT:  
FALL PREVENTION FOR OLDER ADULTS  
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STANFORD HEALTH CARE TRAUMA



# PROGRAM OVERVIEW

- Level 1 Trauma Center – Peds and Adults
- Top three mechanisms of injury at your center
  - Falls
  - MVC
  - Bicycle
- Fall Prevention programs – started in 2005
  - Multiple interventions – due to varied needs of community



# FALL PREVENTION – 70% OF TRAUMAS FOR ADULTS 65 YEAR AND OVER AT STANFORD HEALTH CARE

- Multiple fall prevention interventions:
  - Home-based program (Farewell to Falls, similar to new EBP program Capable)
  - A Matter of Balance – evidence-based program reduces fear of falling and reduces falls
  - Stepping On – evidence-based program reduces falls
  - Fall prevention coalition(s) – community approach to identify needs and gaps, promote collaboration and referrals, looks at systems approach.



# PROGRAM DEVELOPMENT

- Matter of Balance – Evidence-based program
  - Affordable. After training/licensing cost of \$1550, no additional license fees
  - Lay-lead model – use volunteers, working in pairs, to facilitate 8 2-hour sessions
  - Costs include paid staff for coordinating program, training volunteers, providing fidelity checks and support and more; workbooks for each participant and snacks
- Who pays: Hospital operating budget, some community benefits, grant funds and partnerships.



# PROGRAM IMPLEMENTATION

- Coordination by occupational therapist. Guest presentation (7<sup>th</sup> session) by OT (paid)
- Offered at senior centers, YMCA, senior residential communities and mobile-home parks.
- Most volunteers recruited through large hospital volunteer services department. Some volunteers also volunteering in other departments have added MOB to their volunteer commitment. Additional volunteers from past participants, word of mouth. No



# PROGRAM EVALUATION

- Process - tracking of number of older adults enrolled and # complete 5 or more sessions.
- Outcome (e.g. – how you demonstrate a reduction in senior falls in the community)
  - Pre and post tests plus 3,6 9 and 12 month follow-up (by mail). One year follow-up results:
    - Results of small sample – 46% reported making home modifications, including lighting, rug removal and grab bars
    - 20% reported doing the MOB exercises 3-4 days/week.

