

Case Study:

Preventing hospitalizations

Ashley is a service coordinator at an apartment building for older adults in California that has about 110 residents. She regularly arranges for community organizations to come to the property and speak to residents on various topics. For one presentation, the Down with Falls Coalition talked to residents about how to avoid falls, including the importance of staying active to maintain mobility.

“John”

One of Ashley’s residents is “John,” who is 85 years old and receives both Medicare and Medicaid. John had previously had a bad fall, and he ended up spending two days in the hospital and then a week in a nursing home to recover. He attended the presentation on preventing falls. Since then, Ashley has seen him walking the halls of the building each morning to stay active.

In addition, John’s doctor prescribed Ensure to supplement his nutrition and give him energy. Ashley worked with MediCal to get the Ensure mailed directly to John at his apartment to make sure that he would not run out of the prescription.

John has not had any additional falls since, saving thousands of dollars in hospital and other health care costs.

\$30,000+

The average hospital cost for a fall injury*

800,000

Number of patients hospitalized per year due to a fall injury*

*Centers for Disease Control and Prevention

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