Evidence Based Fall Prevention Programs

- A Matter of Balance: Margaret DeSio, LMSW - Aging Resources of Central Iowa
- Stepping On: Barb McClintock – Chair, Iowa Falls Prevention Coalition
- Tai Chi: Trina Radske-Suchan, MPT,CSCS,FMSC – YMCA Healthy Living Center

A Matter of Balance

A Matter of Balance is a program:

- Based upon research conducted by the Roybal Center for Enhancement of Late-Life Function at Boston University
- Designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls

A Matter of Balance Class

Designed to benefit community-dwelling older adults who:

- Are concerned about falls
- Have sustained a fall in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength

A Matter of Balance Class

During 8 two-hour classes, participants learn:

- To view falls and fear of falling as controllable
- To set realistic goals for increasing activity
- To change their environment to reduce fall risk factors
- To promote exercise to increase strength and balance

What Happens during Classes

- Group discussion
- Problem-solving
- Skill building/Cognitive Restructuring
- Assertiveness training/Self Confidence
- Sharing practical solutions
- Videos
- Exercise training

A Matter of Balance Outcomes

Participant Outcomes

- 97% feel more comfortable talking about their fear of falling
- 97% feel comfortable increasing activity
- 98% would recommend A Matter of Balance
- $938 savings in unplanned medical cost per Medicare beneficiary

Matter of Balance Class - Exercises

Stepping On

The program is based on the work of Dr. Lindy Clemson, a Ph.D. occupational therapist from Australia. Presented in the United States by Wisconsin Institute for Healthy Aging.

Stepping On

Goals :

- Facilitate an older person's ability to choose, adopt and follow-through with safety strategies in everyday life
- Build self-confidence
- Be able to appraise their fall risk realistically
- Provide safe balance and Strengthening exercises

Accomplished by:

- Interactive classes based on adult learning principals
  - Story-telling
  - Prevention framework
  - Sharing of mastery experiences
  - Handouts to complete self-assessment in multiple areas
- Display
- Guest speakers

Stepping On

- In group setting the class covers:
  - Falls and risks
  - Strength and balance exercises
  - Safe footwear and walking
  - Vision and falls
  - Home and community safety
  - Medication review and management
  - Bone health
  - Coping after a fall

Stepping On

Target Audience

- Older Adult
- Community Dwelling
- Cognitively intact
- Have a fear of falling or
- At risk for falling or
- Fallen one or more time in a year

- Class size is recommended to be between 8 and 12
- 7 – 2 hour classes followed by a home visit and a 3 month booster session

Program Costs

- 3-day training for leaders
- License from Wisconsin Institute for Healthy Aging
- Manuals
- Printing of Handouts
- Ankle Weights
- Healthy snacks
- Display board and display items
- Flip charts

Walking on Uneven Surfaces- Practice Session 6

Expected Outcomes

- 31% reduction in falls (based on study)
- Increased knowledge of factors contributing to falls
- Identify how falls can be prevented by changing behavior or surroundings
- Be able to adopt safety strategies to reduce the risk of falling

Iowa SO Outcomes (9/1/14 – 2/29/16)

- 87 participants in 9 workshops
- 25% received a health care referral
- 38% reported limited activity at the beginning of the class
- 37% reported 1 or more falls in the months prior to class; after completing, only 13% reported having 1 or more fall since beginning the class
- 85% of participants reported their fear of falling had reduced by the end of the class
- 100% reported they planned to continue exercising
- 98% reported more satisfaction with life

Shoe Audit and Exercise

A little fun

Tai Chi for Arthritis and Fall Prevention

Tai Chi for Arthritis and Fall Prevention

- Tai Chi is an ancient Chinese exercise practice consisting of slow, relaxed movements.
- Tai Chi has shown to improve balance, reduce fear of falling, reduce pain and stress, increase strength, improve functional mobility and flexibility, increase psychological well-being and reduce the risk of falling.
- Tai Chi for Arthritis (TCA) is a program designed by Dr. Paul Lam, in conjunction with a team of medical experts and Tai Chi Masters.
- Using the 12 Sun style Tai Chi movements, the TCA program is easy to learn, safe and effective.

Tai Chi for Arthritis and Fall Prevention

- The Center for Disease Control and Prevention, the world's most authoritative government body on disease and prevention, recognizes the TCA program as a proactive approach to preventing falls and suggests that it is an effective and sustainable public health intervention for fall prevention.

Tai Chi for Arthritis and Fall Prevention

- In 2001, the New South Wales Health Department of Australia funded the world's largest fall prevention study in a community setting.
- The majority of participants were taught the Tai Chi for Arthritis program.
- This study found that recurring falls were reduced by nearly 70%.

FALLS FREE®

Tai Chi for Arthritis and Fall Prevention

- How does it work?
  - Tai Chi teaches movement control
    - Upright postural control
    - Bent knees- lower COG
  - Weight transference
    - Heel step first
    - Feeling more comfortable with shifting weight from one side to the other
  - Integration of mind and body
    - Relaxation, proper breathing and confidence building
    - Decrease fear of falling
- CDC recommends taking a tai chi class that is offered at least twice a week.
  - Tai chi is most effective in reducing fall risk after having 50 hours of practice accumulated

Tai Chi for Arthritis and Fall Prevention

The YMCA of Greater Des Moines is working in partnership with the Iowa Department on Aging implementing Iowa's integrated evidence-based falls prevention Tai Chi grant work.

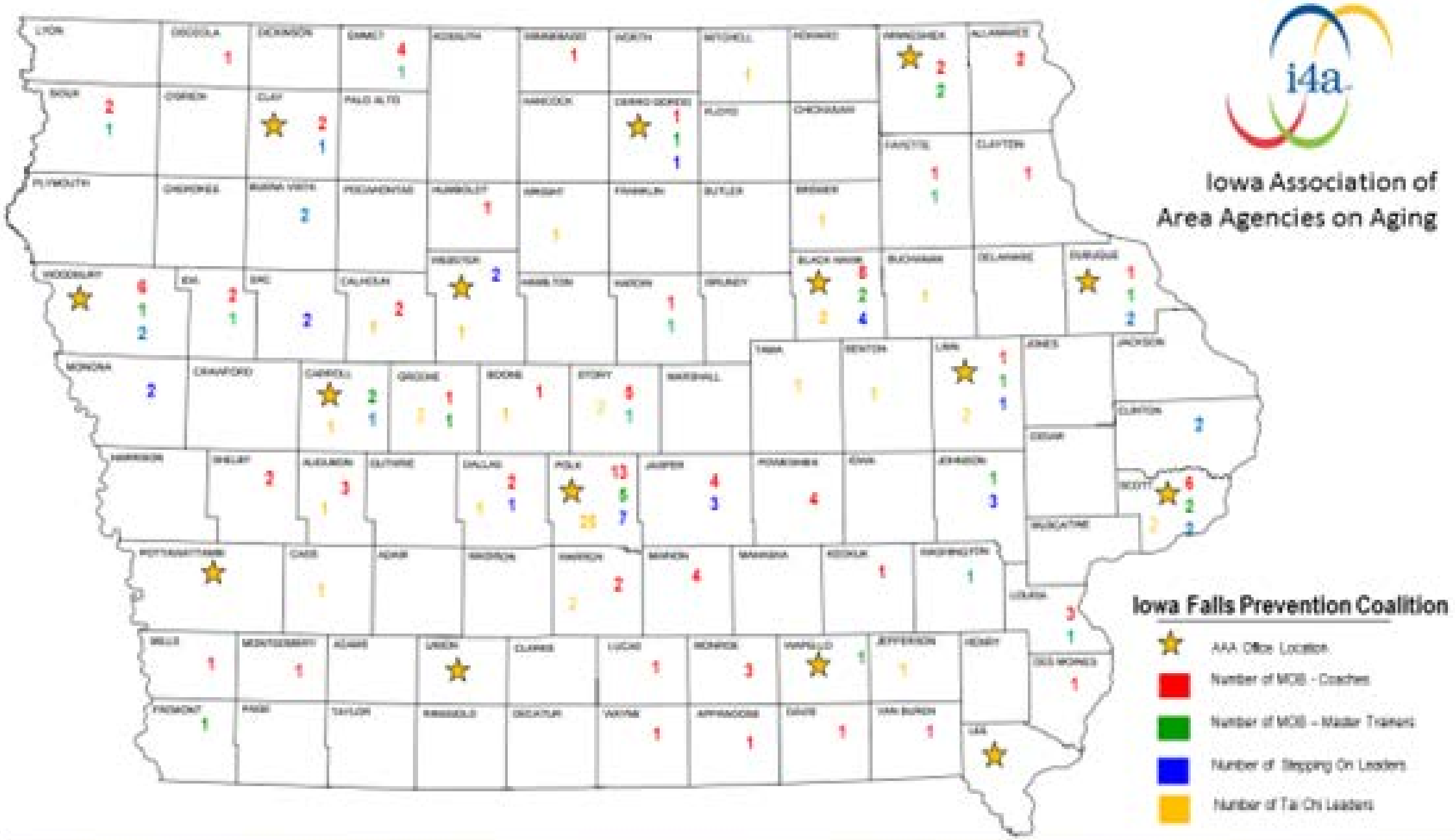
Goals:

1. To increase the number of Tai Chi for Arthritis (TCA)and Fall Prevention classes offered within the Greater Des Moines Association YMCA's (starting with 2 branches).
2. To increase the number of certified instructors in the TCA form across the state of Iowa (goal: 70 new instructors)
   - Set a training/mentoring standard to ensure safe and effective offerings of classes across the state
   - Prepare instructors to collect fall risk data and report results for grant purposes
   - Acknowledge certified instructors completing training standards by including their contact info and classes on website **www.iowaaging.gov/evidence-based-programs**
3. To develop a participant referral system into evidence-based fall prevention programs by health care professionals across the state

Tai Chi for Arthritis and Fall Prevention

- 4 total certification trainings
  - No Master trainer in Iowa
- 77 new instructor certifications in TCA
- 22 instructor re-certifications in TCA
- 33 instructors completed training requirements
- 20 instructors are conducting classes across Iowa
- 14 instructors are conducting data collection
- Greater Des Moines YMCA branches conducting TCA and Fall Prevention classes grew from 2 to 7 branches.
  - Y-HLC, Grubb YMCA, Ankeny YMCA, Indianola YMCA, Wellmark YMCA, South Suburban YMCA, Walnut Creek YMCA

Tai Chi Demo


i4a
Iowa Association of
Area Agencies on Aging
Iowa Falls Prevention Coalition
AAA Office Location
Number of MOB - Coaches
Number of MOB - Master Trainers
Number of Stepping On Leaders
Number of Tai Chi Leaders

This project was supported by grant number 90FP0003-01-00, financed solely by Prevention and Public Health Funds, from the U.S. Administration for Community Living, Administration on Aging, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.