Facts About Falls

- One-third of adults age 65 or older fall each year; for adults over age 80, one out of every two adults will fall.
- In Washington state, falls are the leading cause of injury-related hospitalization among older adults.
- Those who fall are 2 to 3 times more likely to fall again.
- 10% to 20% of falls cause serious injuries (e.g., traumatic brain injury or hip fracture).
- 60% of fatal falls occur in the home.
- 54% of older adults were discharged to skilled nursing homes after hospitalization for falls.
- In Washington state, falls result in over 12,000 hospitalizations each year (compared to 2,600 hospitalizations due to motor vehicle accidents).
- Falls are projected to cost $240 billion by the year 2040.

Methodology

- Training for Case Managers was facilitated by Dr. Patricia Matsuda, University of Washington Department of Rehabilitation Medicine.
- Pre- and post- falls prevention workshops were held for Russian and Ukrainian-speaking older adults at risk for falls.

Falls Prevention Among Russian/Ukrainian-Speaking Older Adults

- Workshops focused on:
  - Steps to prevent falls.
  - Exercise to increase strength and balance.
  - Medication management.

Outcomes

- Overall, 97% of participants made changes to prevent falls.
- About 15% of participants were caregivers.
- Most were between the ages of 75 and 84.

Lesson Learned

- Workshops within residential communities are effective.
- Recruiting participants takes time.
- On-site meeting rooms in residential facilities are optimal.
- If off-site, select a location to which clients are willing to travel.

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<th>2012 Workshops</th>
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<th>POST October</th>
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<td>Follow-up Calls &amp; Home Visits</td>
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