

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.



fall (/fɔːl/) *n* 1 an event which results in a person coming to rest inadvertently on the ground or other lower level.

FALLS PREVENTION Among Russian/Ukrainian-Speaking Older Adults



Russian and Ukrainian-speaking Case Managers at Aging and Disability Services, the Area Agency on Aging for Seattle and King County

Workshops focused on:

- Steps to prevent falls.
- Exercise to increase strength and balance.
- Medication management.

OUTCOMES



Percentage of interventions (steps/changes made to prevent falls). N=158

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

2012 Workshops	PRE	POST
	July	October
Number of Workshops	2	2
Number of Participants		
Plaza Seventeen	31	40
Royal Hills	76	88
Total	106	128
Commitment Forms Distributed	90	
Follow-up Calls & Home Visits		78



LESSONS 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.
- Optimal time of year: Spring, Summer, Autumn
- Utilize building-based case managers to conduct outreach.
- Handouts are crucial for clients, family members and caregivers.
- Pre- and post- workshops AND one-on-one follow-up are important.
- Use presenters who are familiar with ethnic cultures.
- Certificates of achievement, food and prizes are popular and important.

