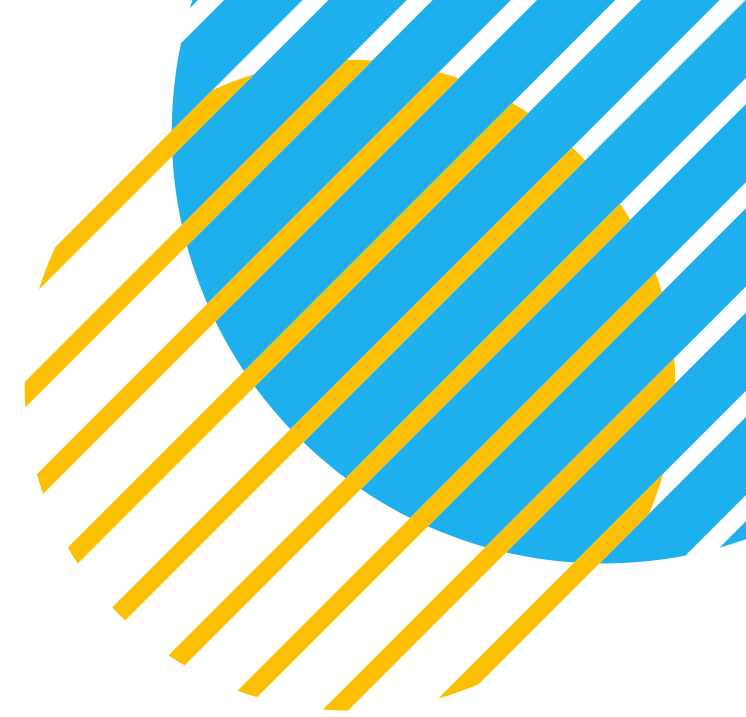


FALLS COALITION SPEAKERS BUREAU

***“DON’T FALL FOR IT-
MAINTAIN YOUR
INDEPENDENCE”***

[https://centralinaaging.org/
metrolina-falls-prevention/](https://centralinaaging.org/metrolina-falls-prevention/)

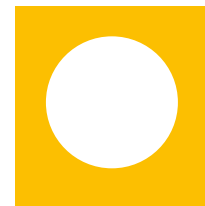
Speaker About Me



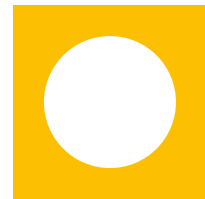
***Insert
agency/organization
logo here**



Metrolina Falls Prevention Coalition



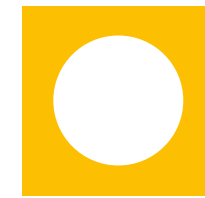
Mission Statement:
Reduce falls and related injuries through collaborative prevention strategies.



Who We Are:

- Community members
- Professionals
- Advocates
- Volunteers

With a common cause
– decreasing falls and fall-related risks

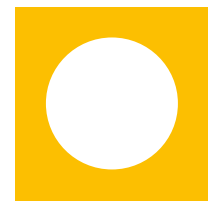


Our Goals:

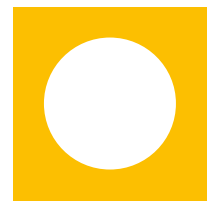
- Raise awareness through outreach efforts that falls are preventable and controllable
- Educate professionals and community leaders on falls-related injuries and prevention strategies
- Share and promote evidence-based, best, and promising practices
- Promote physical activity in our communities.



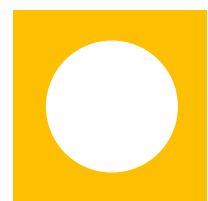
Falls are a Big Deal



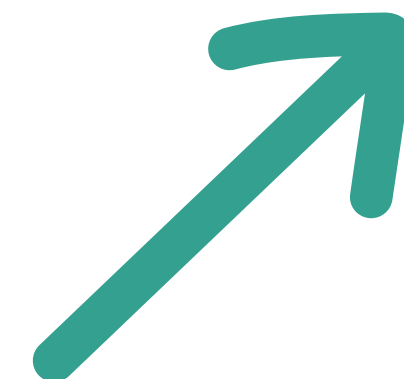
They cause the majority of injuries, hospitalizations and fatalities for older adults

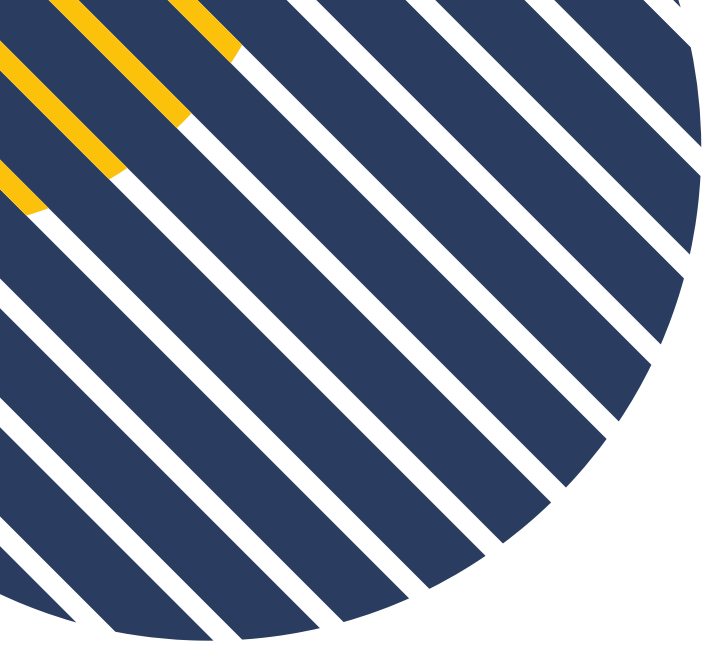


1 out of 5 falls causes a serious injury, like a broken hip or a head injury

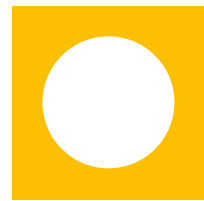


Increases the probability of being admitted to a long-term care community by 4 to 5 times

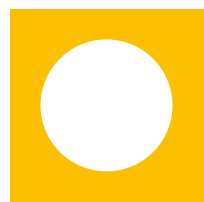




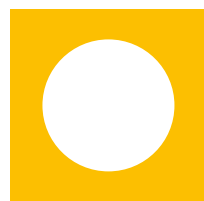
What We Know About Falls



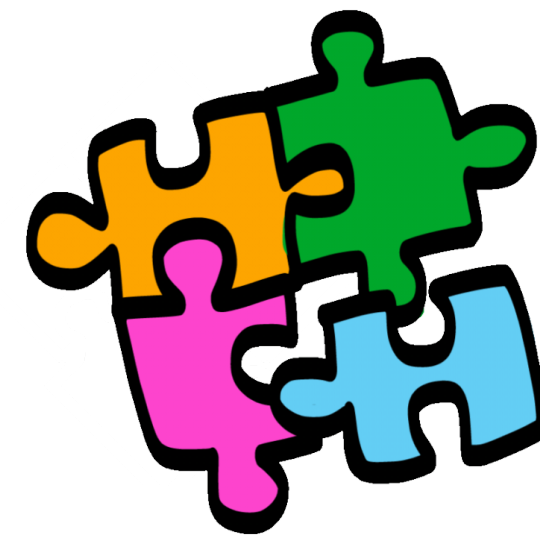
2 out of 3 falls occur around the home



A majority of falls occur during routine activities

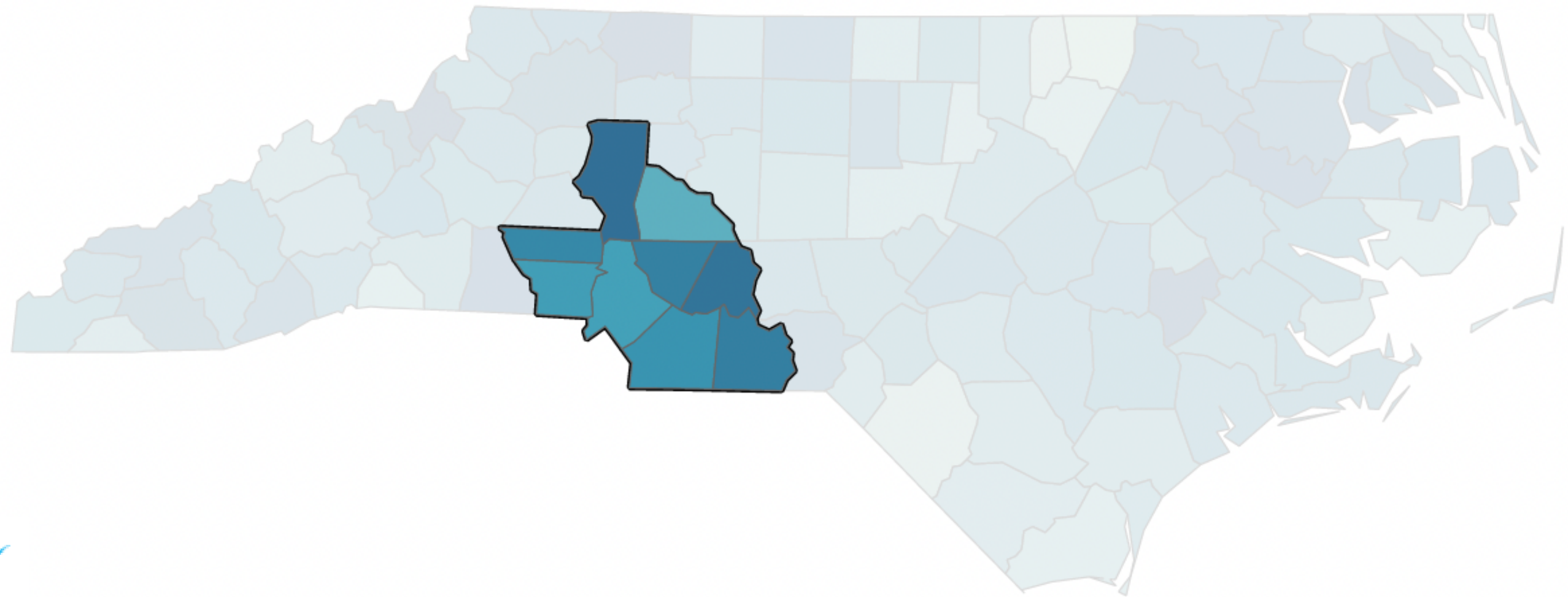


Falls usually are not caused by just one issue. It's a combination of things coming together.





Region F Data



Crude Rate per 100,000 person-years
Unintentional falls are identified by ICD-10-CM mechanism codes.



Region F Data



Age 65+ Crude Rate

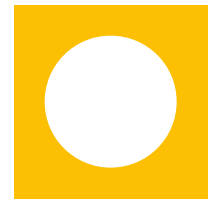
County	Year				
	2016	2017	2018	2019	2020
Anson	4,799	7,104	6,813	7,442	6,617
Cabarrus	5,473	6,530	7,238	7,322	6,616
Gaston	4,998	5,466	5,365	5,574	4,786
Iredell	6,782	7,664	7,967	8,305	6,756
Lincoln	5,784	6,405	6,627	6,845	6,573
Mecklenburg	4,562	5,563	5,440	5,376	4,802
Rowan	3,727	4,083	3,814	4,438	3,788
Stanly	5,778	7,414	7,364	8,043	6,846
Union	4,109	5,774	5,984	6,154	5,324

ED Visit Count, Ages 65+

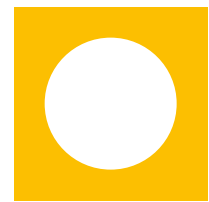
County	Year				
	2016	2017	2018	2019	2020
Anson	209	316	313	352	313
Cabarrus	1,418	1,755	2,023	2,128	1,923
Gaston	1,686	1,903	1,920	2,043	1,754
Iredell	1,773	2,085	2,255	2,451	1,994
Lincoln	792	914	981	1,058	1,016
Mecklenburg	5,127	6,528	6,667	6,864	6,132
Rowan	872	984	947	1,126	961
Stanly	643	851	864	975	830
Union	1,122	1,651	1,791	1,922	1,663



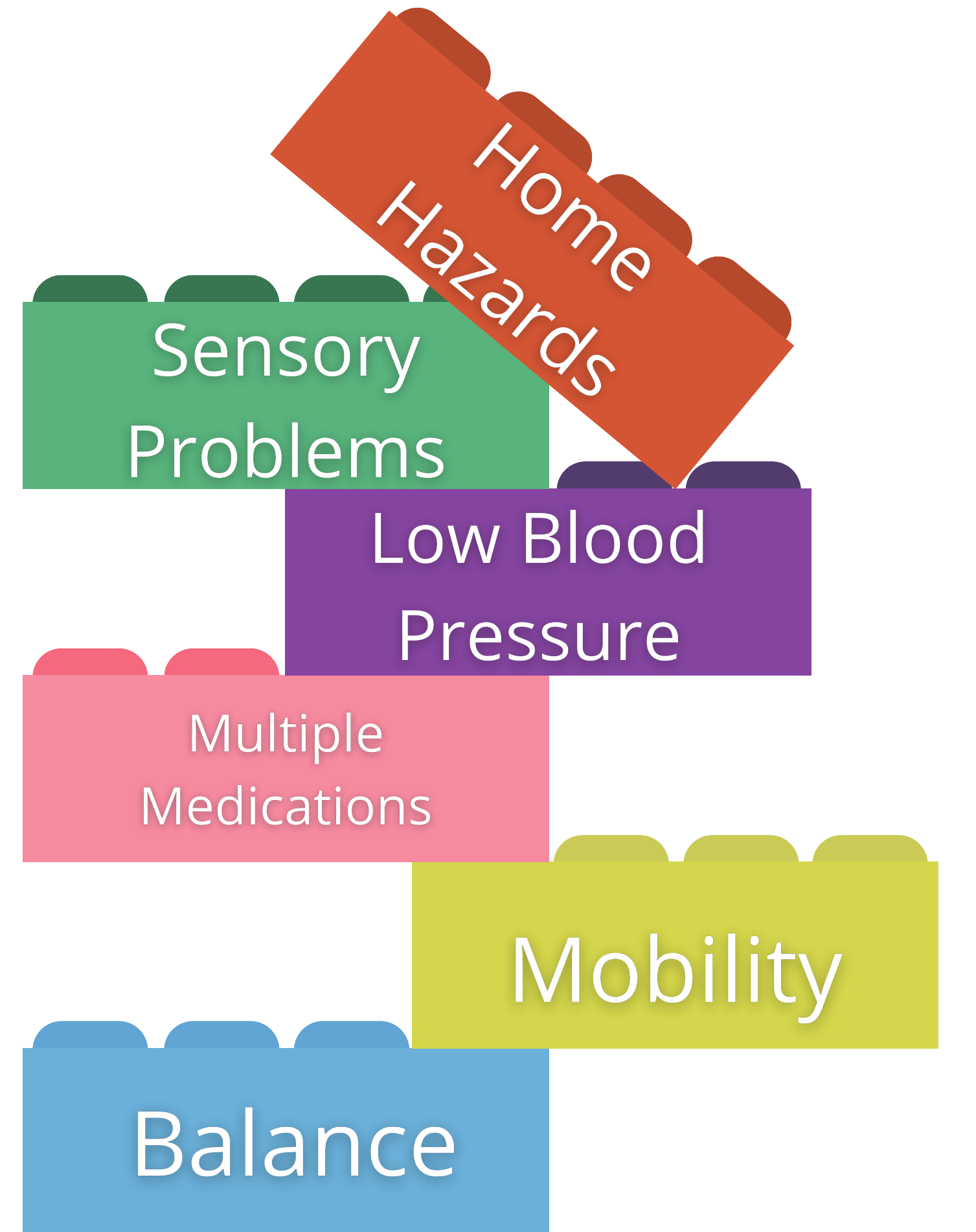
Tower of Falls Risk



Research shows that just having 4 or 5 risk factors makes the probability of a fall more of a certainty



Reduce risk for falls by being aware of the risk and then remove or manage each risk one by one



(Phillips Lifeline)

Risk Factors for Falls



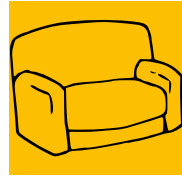
Age 65+



Excessive Alcohol Intake



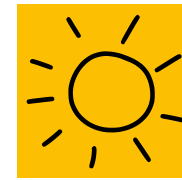
Combination of Medications



Physical Inactivity



Family History



Low Vitamin D

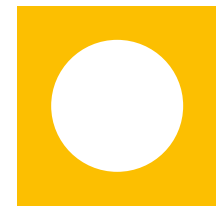


Low Calcium Diet

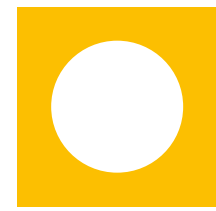


Poor Balance

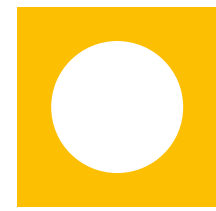
Medical Risk Factors for Falls



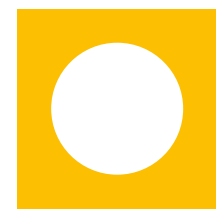
Low Blood Pressure



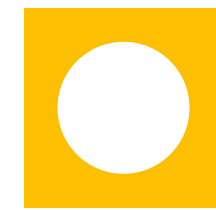
Orthostatic Hypotension



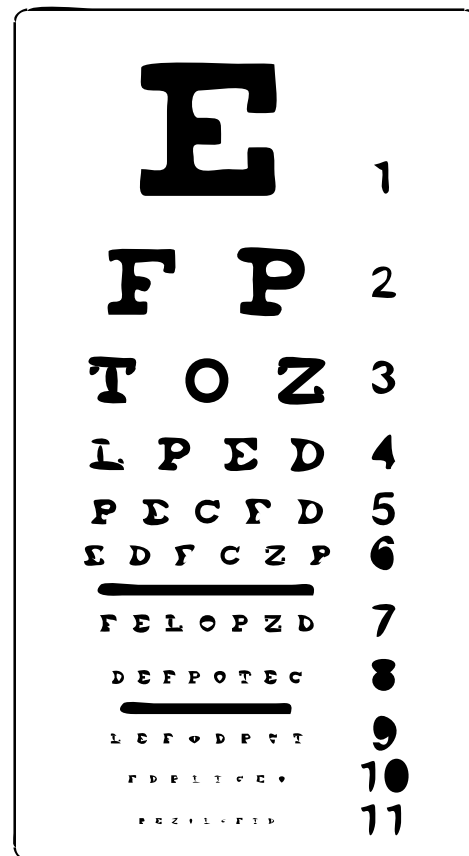
Vision Deficits/ Macular Degeneration



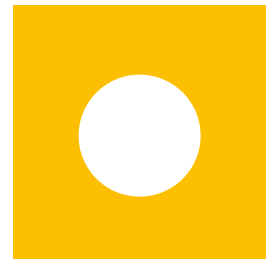
Parkinson's Disease



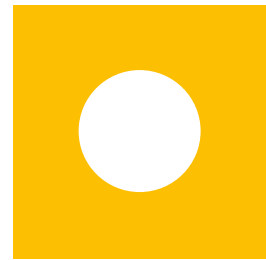
Alzheimer's Disease



Fear of Falling...



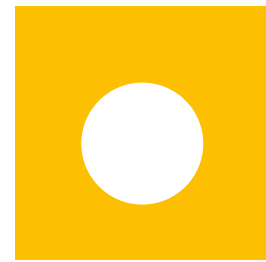
can be a constant concern that may cause a person to stop doing activities.



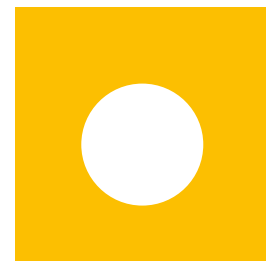
increases future fall risk.



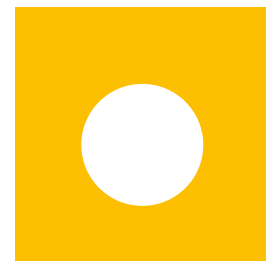
How?



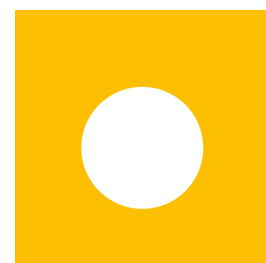
By enabling leg and body weakness



Fatigue



Social isolation



Depression

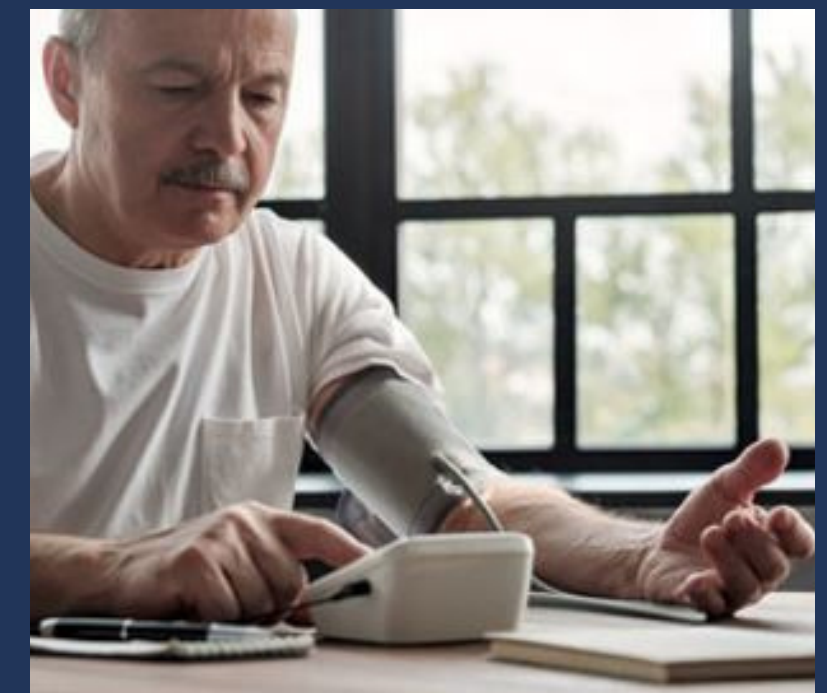
WHAT CAN I DO TO PREVENT FALLS?



Ask for a physical evaluation for an MD or PT



Pharmacist evaluation (drug/drug & drug/ food interactions)



Monitor blood pressure (sitting/ standing)

WHAT ELSE CAN I DO TO PREVENT FALLS?

EXERCISE



Balance



Flexibility



Strength



Endurance



Falls Prevention Success

Story: Majorie Brown

- Majorie started falling many times which resulted in many broken bones including her foot, ankle, and shoulder
- She became socially isolated and depressed because she felt like she could no longer go anywhere or do anything
- She hasn't fallen since attending A Matter of Balance classes





Falls Prevention Success Story: Majorie Brown

"There are a number of things that have helped me avoid falls since I took the class. I'm a lot stronger now, both because of the exercises we did in the balance class and the chair exercise classes at the senior center. I'm also paying better attention."





A Matter of Balance Class

During 8 two-hour classes, in groups of 10-12, 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 and to increase strength and balance



TOP 5 RESOURCES

1.

National Council on Aging – Falls Prevention Awareness Week Promotion Toolkit

2.

National Institute on Aging – Aging in Place: Tips on Making Home Safe and Accessible

3.

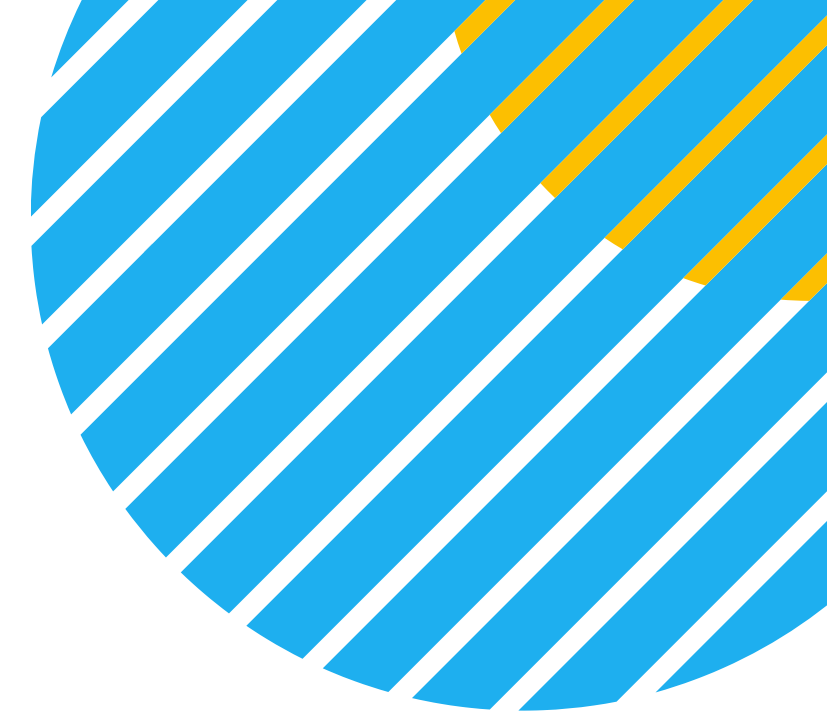
National Council on Aging – Take Control of Your Health: 6 Steps to Prevent a Fall

4.

Centers for Disease Control and Prevention: STEADI


5.

North Carolina Department of Health and Human Services: North Carolina Assistive Technology Program



HOW TO GET INVOLVED

**Join the Falls Coalition so you can help share information in the community to increase awareness about falls and falls prevention!
For more information, contact Kristen Scarano.**

 **(704) 348-2729**

 **kscarano@centralina.org**



CENTRALINA
Area Agency on Aging



METROLINA
FALLS PREVENTION
COALITION

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