PREVENTING FALLS IN ASSISTED LIVING
Preventing Falls in Assisted Living
WHCA Winter Conference
February 22nd, 2019

Carolyn Ham, PTA
Older Adult Falls Prevention Specialist
Washington State Department of Health

Lisa Brudvik
Fitness Manager
Skyline
Falls Are Preventable

Safety Modifications

Screening

Exercise

CDC 2017
Preventing Falls in Assisted Living

FALLS RISK TRIVIA
## Falls Prevention Trivia

<table>
<thead>
<tr>
<th>Medications</th>
<th>Hidden Fall Risks</th>
<th>Chronic Conditions</th>
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</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>Level 1</td>
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<td>Level 2</td>
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</table>
Medications – Level One

The risk of a fall is significantly increased when starting or changing a medication for **Blood Pressure**

Photo by rawpixel on Unsplash
Medications – Level Two

Three types of medications that increase risk for falls

Pain medication
Anxiety medication
Sleep medication

Photo by rawpixel on Unsplash
Fear of Falling causes increased risk of falls
Hidden Fall Risks – Level Two

Can be caused by isolation, lack of appetite or difficulty swallowing and increases risk of falls

Malnutrition

Photo by Thought Catalog on Unsplash
Decreased sensation in this part of the body, often caused by diabetes, increases risk of falls.

Feet

Photo by Frank Vex on Unsplash
Chronic Conditions – Level Two

Older adults should get their Vision checked every year to decrease risk of falls

Home

Photo by David Travis on Unsplash
FALLS PREVENTION FACTS

Fall Death Rates in the U.S.
INCREASED 30%
FROM 2007 TO 2016 FOR OLDER ADULTS

If rates continue to rise, we can anticipate
7 FALL DEATHS
EVERY HOUR
BY 2030

Learn more at www.cdc.gov/HomeandRecreationalSafety.
In Washington State:

- 1 in 3 older adults falls every year

In 2017:

- 20,449 fall-related hospitalizations

- 943 fall-related deaths

In 2017, 34% of all admission to nursing facilities in Washington were for people who had fallen within thirty days prior to admission


Behavioral Risk Factor Surveillance System
Washington State Department of Health, Center for Health Statistics
Negative Cycle of Falling

- Falls
- Fear of Falling
- Limiting Activity
- Decreased Functional Ability
- Loss of Independence
High Risk Groups

• Age 85+
• Cognitive Impairment
• Chronic Conditions
• Homebound
• Multiple Medications
Leading Risk Factors For Falls in Assisted Living

- Decreased leg strength and balance
- Environmental tripping hazards
- Medications
- Fear of falling
- Vision and Hearing Problems
- Decreased sensation in feet
- Depression
- Alcohol and Substance Misuse
- Nocturia/Incontinence
- Cognitive Impairment*
- Advanced Age*
- Previous falls, especially with injury*
- Chronic Conditions*

*Non-Modifiable
Preventing Falls in Assisted Living

FALLS PREVENTION STRATEGIES
Group Activity Exercise

Evidence-based programs are the most effective
Evidence-Based Group Exercise

- Several evidence-based falls prevention programs are being used successfully in Assisted Living:
  - Otago Exercise Program group adaptation

- DOH offers scholarships for training and technical assist with starting a program
Common Environmental Safety Challenges

- Assistive device height or malfunction
  - Should be at wrist or hip (greater trochanter)
  - 4WW brakes loose (DME retailer or PT)
  - Wrong AD, using on wrong side

- Dining room/hallway chair safety
  - Should not swivel or roll
  - Adequate height for safe sit to stand transfer

- Outdoor areas are mobility-friendly
  - Clearly marked curbs and ramps
  - No bumps or cracks in sidewalks
In The Bathroom

Many falls occur in the bathroom

Common issues in assisted living are:

- Placement of grab bars
- Ask for resident feedback
- Low Lighting
- Motion Sensor Lighting
- Visual and cognitive deficits
- Brightly colored toilet seats
Medications That May Increase Falls

https://www.ahrq.gov/professionals/systems/hospital/fallpxtoolkit/fallpxtk-tool3i.html

Special care when starting and changing doses

**Risk level related to falls**

**High**

Drugs that change mood and thinking: antianxiety, pain and sleep drugs

**Medium**

Drugs to treat high blood pressure and other cardiac conditions

**Low**

Diuretics
New Hearing Aid Benefit for Medicaid Enrollees

- Hearing loss has been shown to be independently associated with falls.
- Starting in January 2019, hearing aids are a covered benefit for Washington Medicaid enrollees age 20 and older.
- During last year's legislative session, the Washington State Legislature passed ESSB 5179 that requires Apple Health (Medicaid) to cover hearing instruments (hearing aids) when medically necessary.
- See the Health Care Authority site for this benefit to learn who is eligible and how to use this benefit
  - https://www.hca.wa.gov/about-hca/apple-health-medicaid/adult-hearing-benefit

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3518403/
Depression and Substance Misuse are Treatable

- There are significant interrelationships between depression, substance misuse and falls.
- Depression in older adults may have different symptoms:
  - Trouble sleeping
  - Irritability
  - Loss of interest
  - Persistent thoughts of suicide
- Depression is **not** a normal part of aging, and can be successfully treated by mental health professionals.
- Opioids and alcohol are main substances of abuse.
- Older adults do better than other age groups when provided treatment for substance use disorder.

https://www.nia.nih.gov/health/depression-and-older-adults
Resources for Preventing Falls

- **AHCA Website:**
  - Multiple resources including a staff education video focused on assisted living

- **The Agency for Healthcare Research and Quality (AHRQ) free toolkits**
  - Preventing Falls in Hospitals
  - Has risk assessment tools that can be helpful
  - Two toolkits for nursing facilities with falls response tools that can be used in ALFs

https://www.ahcancal.org/facility_operations/Clinical_Practice/Pages/Quality%20of%20Life%20and%20Person-Centered%20Care.aspx

https://www.ahrq.gov/professionals/systems/hospital/fallpxtoolkit/index.html
Assisted Living Fitness Program at Skyline

Lisa Brudvik, Fitness Manager
February 22, 2019
• Life Plan community in downtown Seattle
• Opened in October 2009
• The Tower
  • Independent living: 199 apartments
• The Terraces
  • Assisted living: 48 apartments
  • Skilled nursing: 34 beds
  • Memory support: 28 apartments
Fitness Programming

• Objectives
  • Physical movement
  • Cognitive health
  • Social engagement
  • Empowerment
  • Purpose
  • Fun!
The Individual

• What are their barriers?
• What motivates them?
• Focus on their ABILITY vs disability.
• They should leave feeling better than when they arrived.
Strategies

• Considerations
  • Environment: accessibility, natural light, flooring, chairs
  • Time of day
  • Naming of classes
  • Regular evaluation of program offerings
• Look for opportunity to celebrate success
• Who are your Champions?
Fitness Offerings at Skyline

• Fitness classes
  • 35 fitness class per week
  • 10 classes per week with AL focus
  • Range of classes for all physical and cognitive abilities
• Small group training
• Personal training (fee-based service)
## February 2019 – Fitness

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>8:15–8:45</td>
<td>Wake &amp; Stretch (MB) Petrina</td>
<td>Wake &amp; Stretch (MB) Petrina</td>
<td>Wake &amp; Stretch (MB) Lisa</td>
<td>8:10—Stretch &amp; Core Stability (MB) 40 min Petrina</td>
</tr>
<tr>
<td>9:00</td>
<td>Aqua Aerobics (P) 60 min Petrina</td>
<td>Women's Circuit Training (FC) 30 min Petrina</td>
<td>Aqua Aerobics (P) 60 min Petrina</td>
<td>Men's Circuit Training (FC) 30 min Petrina</td>
</tr>
<tr>
<td>9:15–10:15</td>
<td>Tai Chi for Arthritis (ES) Barb</td>
<td>9:30—Core Stability (MB) 30 min Lisa</td>
<td>Tai Chi: Learn the Yang 24 Forms (ES) Barb</td>
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<tr>
<td>9:45–10:25</td>
<td>Seated Fitness 2 (MB) Petrina</td>
<td>Seated Fitness 2 (MB) Petrina</td>
<td>Seated Fitness 2 (MB) Petrina</td>
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<tr>
<td>10:10–11:00</td>
<td>Aqua Aerobics (P) Petrina</td>
<td>Aqua Aerobics (P) Petrina</td>
<td>Aqua Aerobics (P) Lisa</td>
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<tr>
<td>11:15–12:00</td>
<td>Seated Fitness 1 (ES) Petrina</td>
<td>11:30—Seated Movement with Music (ES) 30 min Petrina</td>
<td>11:30—Seated Movement with Music (ES) 30 min Petrina</td>
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<tr>
<td>2:00</td>
<td>Water Walking (P) 30 min Petrina</td>
<td>Water Walking (P) 30 min Petrina</td>
<td>Water Walking (P) 30 min Petrina</td>
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<tr>
<td>2:30–3:00</td>
<td>Balance Basics (ES) Petrina</td>
<td>Balance Basics (ES) Petrina</td>
<td>Starts 01/25—Chair-based Pilates (ES) Ellen</td>
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<tr>
<td>3:30–4:30</td>
<td>Starts 01/23—Chair-based Pilates (ES) Ellen</td>
<td>*FEE BASED CLASS—Sign up with Lisa</td>
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### FITNESS CLASS CHANGES & VIRTUAL WALK

| 02/07: 2nd Aqua Aerobics class cancelled—10:15am (P) | 02/11: Virtual Walk starts! |
| 02/07: Virtual Walk Kickoff at Happy Hour—4:30pm (GL) | 02/12: Core Stability cancelled—9:30am (MB) |
| 02/08: 2nd Pedometer Tutorial—1:00pm (GL) | 02/12: 2nd Aqua Aerobics class cancelled—10:15am (P) |
| 02/11: Tai Chi resident led—9:15am (ES) | 02/13: History Club: The Mother Road—1:30pm (MB) |
| 02/14: Tai Chi resident led—9:15am (ES) | 02/14: Cardio Fit cancelled—10:30am (ES) |
| 02/18: Tai Chi resident led—9:15 (ES) | 02/21: Cardio Fit cancelled—10:30am (ES) |

### ANNOUNCEMENTS

**Learn about SAIL Fitness—02/26 at 3:00pm (MB)**

Stay Active & Independent for Life (SAIL) is an evidence-based fall prevention program that incorporates strength, balance and fitness for older adults. In March, we will change our Seated Fitness 2 class to SAIL Fitness. Lisa will talk about what SAIL Fitness is and answer your questions.

### HEART HEALTHY

**02/07:** Wear Red... Heart Disease Weekly Newsletters
**02/27:** “Heart Health Tips” with Dr. Susie Woo – 3:30pm (MB)

### SMALL GROUP TRAINING

See pink sign up binder located in the Fitness Center cubbies for days and times.

### AQUATIC CENTER CLOSURES

Closed every Friday from 11:00am-2:00pm for maintenance.
## February 2019 – Terraces Fitness

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<td>Seated Movement with Music (ES) Graham</td>
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February is Heart Health Month.

- **02/01**: National Wear RED Day* to show support and awareness of heart disease.
- **02/12**: Skyline Memorial “Sweet Remembrance” – 3:00pm (SC)
- **02/27**: “Heart Health Tips” with Dr. Susie Woo – 3:30pm (MB)

*Clearance from Nursing/ Fitness staff required. See Lifestyle Department or Fitness Department for more information.

**ROOM KEY**

- (AC5): Arts & Crafts Room
- (ES): Exercise Studio
- (M): Madrona
- (MN): Mt Baker North
- (MS): Mt Baker South
- (P): Pool
Culture & Camaraderie
Comprehensive Programming

• Regular fall prevention seminars
  • Fall recovery workshops
• Annual walker and wheelchair tune-up
• Partnerships
  • Families & Resident Council
  • Lifestyle Coordinators (Activities Team)
  • PT & OT
  • Marketing
• Examples of other activities
  • Annual Fitness Evaluations
  • Virtual Walk
  • Skyline Olympic Games
  • IN2L (It’s Never 2 Late)
Every interaction is an opportunity to make an IMPACT!
Questions? Comments?

Lisa Brudvik
lbrudvik@skylineseattle.org
206-407-1700

Thank you.
Case Study: Mr. Jones

Mr. Jones is a pleasantly confused 75-year-old man who lives in an ALF. He doesn’t use his call light very often, because he wants to be as independent as possible. The facility is managing his medications. He can dress himself and ambulates to the dining room with a 4WW that his sister gave him. He has had three non-injury falls in the past week, two were in bathroom, and the third was next to his bed. Mr. Jones states that he fell because he “lost his bearings” and that he was “trying to go too fast.”

What can you do to help him stop falling?
Questions?
Washington State Department of Health is committed to providing customers with forms and publications in appropriate alternate formats. Requests can be made by calling 800-525-0127 or by email at civil.rights@doh.wa.gov. TTY users dial 711.