Fall Prevention: Translating Knowledge Into Action

2009 ASA/NCOA Joint Conference Workshop
March 18, 2009 - Las Vegas, NV
California’s Strategies in Fall Prevention

Jon Pynoos, PhD
Co-Director, Fall Prevention Center of Excellence
FPCE Mission Statement

“Our mission is to provide leadership, create new knowledge, improve practices, and develop sustainable fall prevention programs.”
Fall Prevention Goals

- Establish fall prevention as a key public health priority
- Educate and empower consumers
- Create effective & sustainable FP programs
- Build a comprehensive fall prevention infrastructure
- Educate professionals about fall prevention

The Fall Prevention Center of Excellence is supported by the Archstone Foundation
Examples of Independent Fall Prevention Programs

- CHIPPS – SF DPH
- SIPP – Alameda Co.
- Staying Mobile – Ctr. Healthy Aging
- Senior Health Improvement Program – Butte Co.
- San Diego Fall Prevention Task Force

Legend: Green = Funding Sources  ● Yellow = Coordinating Agencies  ● Blue = Future FPCE Collaborators  ● Orange = Fall Prevention Activities & Programs

Developed by Fall Prevention Center of Excellence, March 2008
Sample of Accomplishments

- 10 statewide coalitions
- Model projects at 7 senior centers
- Educational materials for professionals
- Consumer brochures / assessment
- 2007 California FP Summit
- Fall Prevention Awareness Week
CALIFORNIA FALL PREVENTION EFFORTS - 2008

Fall Prevention Center of Excellence
(multi-factorial approach via physical activity, medical management, & home modification)

USC Andrus Gerontology Center
Veterans Health Administration GRECC / UCLA
CSU Fullerton Center for Successful Aging
CA Department of Public Health

Fall Surveillance Data Analysis
www.stopfalls.org
Program Analysis & Technical Assistance
InSTEP Model Projects
StopFalls Network

California Senior Fall Prevention Projects
- 10 Coalition Development
- 6 Program Expansion

Examples of Independent Fall Prevention Programs
- CHIPPS – SF DPH
- SIPP – Alameda Co.
- Farewell to Falls – Stanford
- Staying Mobile – Ctr. Healthy Aging
- Senior Safety Task Force – Sonoma AAA
- Senior Health Improvement Program – Butte Co.
- Shasta Co. Fall Prevention Coalition
- Mature & Secure from Falls – Sequoia Hospital

2007 FALL PREVENTION SUMMIT

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Next Steps

- Establish new coalitions in areas with underserved groups (Los Angeles)
- Sustain model projects
- Encourage Depts. of Public Health & AAAs to assign a point person in FP
- Establish a permanent statewide task force to coordinate state-level programs and activities
Future Directions

• By 2015, all major stakeholders in CA will adopt Fall Prevention as a major part of their efforts
• Access FP program within 2 miles of home
• Every doctor will assess fall risk and prescribe appropriate action
• Community walkability audits bi-annually

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Future Directions

• Create senior-friendly active communities
• Develop intergenerational and culturally appropriate programs
• Tax incentives and reimbursement streams for UD Homes
• Build fall prevention language into a variety of planning documents (e.g., general plans, housing elements, aging, transportation)