

# Senior Fall Prevention

## A Matter of Balance

Kayt Zundel

Oregon Health & Science University

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# Falls: Epidemiology of the Problem

- Major cause of injury and death for older adults
- Falls are the leading cause of injury hospitalization in the US
- 1/3 to 1/2 of older adults acknowledge fear of falls
- **Fear of falling is associated with:**
  - *depression*
  - *decreased mobility and social activity*
  - *increased frailty*
  - *increased risk for falls as a result of deconditioning*

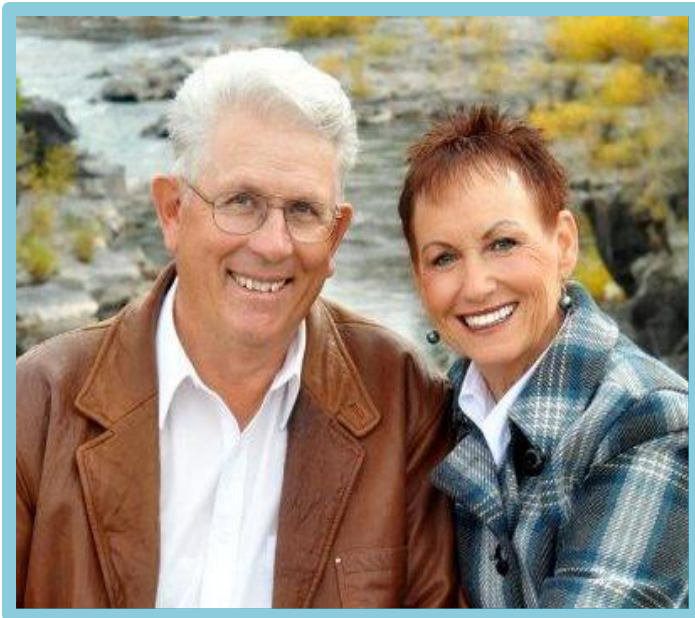
# Why Falls? Why Now?

In the US in 2004:

- 15,000 seniors died from falls. “Every 35 minutes, an older adult dies from a fall”
- 1.85 million treated in Emergency Departments
- 1.3 million treated & released
- 473,000 hospitalized
- Admission rates with age (39% of fall related admissions are 85+)

[www.cdc.gov/ncipc/factsheets/fallcost.htm](http://www.cdc.gov/ncipc/factsheets/fallcost.htm)

# Misconceptions Related to Aging



- Once you reach a certain age exercise will do no good and may even be harmful
- Physical detriment is inevitable
- Changes are irreversible and beyond one's control
- Motivation for change is low

*Evidence shows that even a little bit of exercise is beneficial*

BA Harris 2008

# Why Do Seniors Fall?

- Falls are not an inevitable consequence of aging, but they do occur more often among older adults because risk factors for falls are usually associated with health and aging conditions
- Mobility problems due to muscle weakness or poor balance
- Loss of sensation in feet
- Chronic health conditions
- Vision changes or loss
- Medication side effects or drug interactions
- Home and environmental hazards such as clutter or poor lighting.

[http://www.cdc.gov/TraumaticBrainInjury/tbi\\_falls\\_results.html](http://www.cdc.gov/TraumaticBrainInjury/tbi_falls_results.html)

# What We Know About Falls

- 1/2 to 2/3 of falls occur around the home
- A majority of falls occur during routine activities
- Falls usually aren't caused by just one issue. It's a combination of things coming together.
- A large portion of falls are preventable!

- Common
- Predictable
- Preventable

**Falls are not a natural part of aging!**

## Research Shows:

- It is reasonable to be concerned about falls - safety is important
- 1/3 to 1/2 of older adults acknowledge fear of falling
- Fear of falling is associated with:
  - *decreased satisfaction with life*
  - *increased frailty*
  - *depression*
  - *decreased mobility and social activity*
- **Fear of falling is a risk factor for falls**

# A Matter of Balance: Managing Concerns About Falls Model

- Adapted Research by the Roybal Center for Enhancement of Late-Life Function at Boston University.\*
- Evidence based program
- Simplified so the common lay person can coach Matter of Balance
- Designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls

*Tennstedt, S., Howland, J., Lachman, M., Peterson, E., Kasten, L. & Jette, A. (1998). A randomized, controlled trial of a group intervention to reduce fear of falling and associated activity restriction in older adults. Journal of Gerontology, Psychological Sciences, 54B (6), P384-P392.*

# A Matter of Balance

- Program is volunteer run
- Low cost to participants (\$5.00 for entire 8 sessions)
- Or no cost to seniors
- CD of materials provided to Master Coach during training
- Participant and coach books can be printed in bulk for under \$10.00

# Program Based on Cognitive Restructuring

- Method of turning negative thoughts into positive thoughts
- Need to define barriers, obstacles when engaging in a new behavior
- Identify strategies for overcoming the barriers
- Plan realistic/feasible experiences so you can experience success

***Bandura and Lachman, 1997***

# Focus Interventions on:

- Changing misconceptions
- Teaching skills that promote self-confidence in one's abilities (self-efficacy)
- Instill the belief that one's efforts will make a difference (outcome expectations)
- Encourage positive adaptive responses in the face of difficulties (attributions)

# Who Can Benefit From A Matter of Balance?

## **Designed to benefit community-dwelling older adults who:**

- Are concerned about falls
- Have sustained a fall in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, ambulatory and able to problem-solve

# A Matter of Balance Class

**During 8 two-hour sessions, 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 to increase strength and balance

# Role of the coach

- Review the Matter of Balance session and select the activities for the day
- Arrive early to get organized
- Share the day's goals
- Encourage lots of discussion & problem-solving

# What Happens During Sessions?

- Group discussion
- Problem-solving
- Skill building
- Assertiveness training
- Sharing practical solutions
- Video
- Exercise training
- Snack Break
- Opportunity to socialize

# Participants Report:

- Increased confidence in taking a walk, climbing stairs, carry bundles without falling
- More confidence that they can increase their strength, find ways to reduce falls, and protect themselves if they do fall
- An increase in the amount they exercise on a regular basis
- Fewer falls after taking MOB

## Class Evaluation Results

- 97 % - more comfortable talking about fear of falling
- 97 % - feel comfortable increasing activity
- 99 % - plan to continue exercising
- 98 %- would recommend A Matter of Balance

*"I am already noticing a difference in my physical being. I am sure I am a little more mobile than I had been and plan to continue these exercises. Hopefully I'll be jumping over the moon soon."*

*"I got my life back."*



## Deep Breathing

- Place your hands on stomach and take a deep breath in, filling your diaphragm
- Feel your hands move out as you fully breath
- Exhale and feel hands your hands return

Start with 3 to 5 repetitions for each of the warm-up exercises. Increase to 8 to 12 repetitions, as appropriate.



- **Good Morning Stretch**
- Stretch your arms wide
- Take a deep breath and exhale
- Stretch some more
- Add a gentle turn to the left and then to the right
- Move slowly and breathe deeply.

A Matter of Balance Volunteer Lay Leader Model, Maine Health's Partnership for Healthy Aging.  
Used and adapted by permission of Boston University.

# How to start the program in your area:

- Find out if the program is being taught and register to go through coach training
- Send an organization member to the MOB master training sessions (expensive but worth it)

Questions?

Contact:

Kayt Zundel

[zundel@ohsu.edu](mailto:zundel@ohsu.edu)

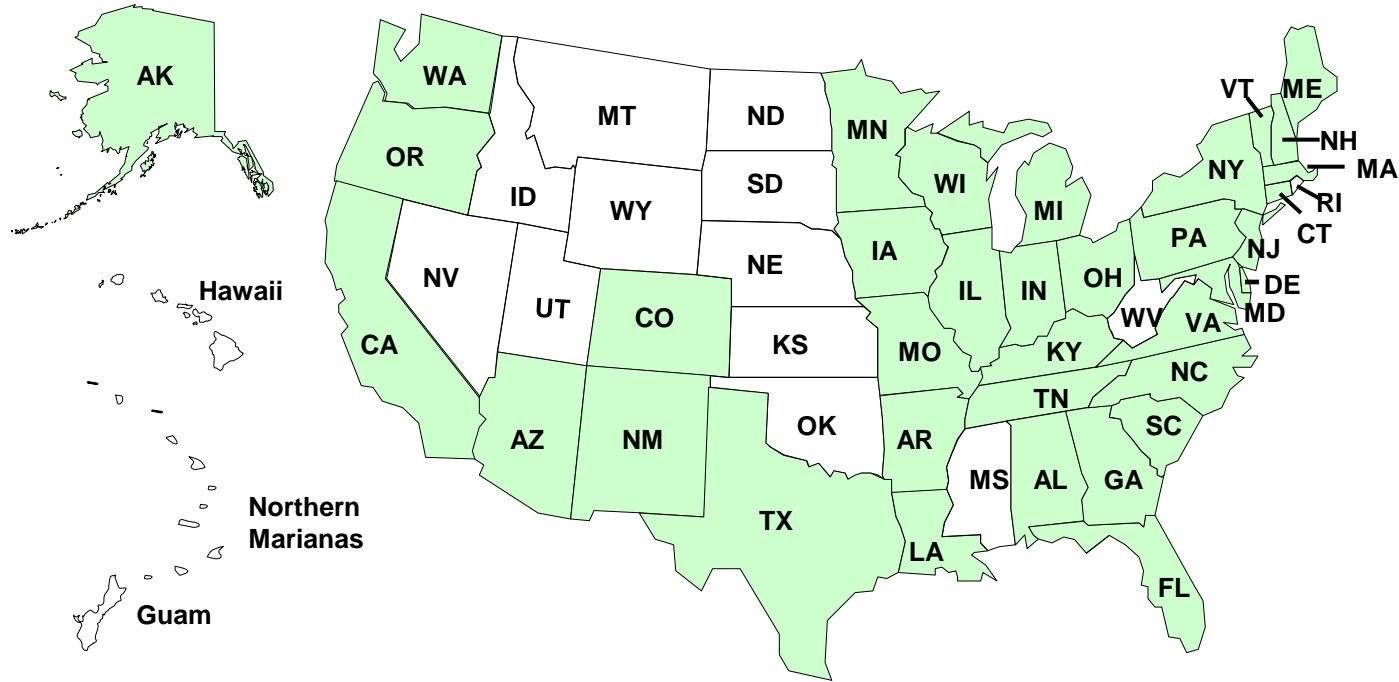
503-494-5353

# Dissemination through Master Trainer Sites

## Master Trainer Site Responsibilities:

- Sign license agreement with PFHA
- Complete MT Training session
- Recruit volunteers to be coaches
- Teach A Matter of Balance curriculum to the coaches
- Recruit healthcare professionals to provide a visit to the class
- Provide coaches with guidance and support
- Evaluate new coaches using the Coach Observation process
- Schedule classes
- Recruit participants
- Report outcomes

# A Matter of Balance (MOB) Lay Leader Model Master Trainer Sites by State



 MOB Lay Leader Model Master Trainer Sites

Over 450 Master Trainer Sites located in 36 states, the District of Columbia, and British Columbia, Canada. Over 850 Master Trainers trained.

**For information about opportunities to become a Master Trainer site please contact Partnership for Healthy Aging (207) 661-7120**

**[PFHA@mainehealth.org](mailto:PFHA@mainehealth.org)**

**[www.mainehealth.org/pfha](http://www.mainehealth.org/pfha)**

**Training is also available on site by request-call for information.**

**Portland, Maine**

**October 20 & 21, 2011**

**Phoenix, Arizona**

**February 15 & 16, 2012**

**SAVE THE DATE**

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

Our two-day training session will provide you with information and materials to offer A Matter of Balance in your community. As a result of the training, you will become a Master Trainer site prepared to:

- Recruit and train volunteers to lead A Matter of Balance classes
- Coordinate the program in your community
- Market the program to older adults
- Evaluate outcomes

**A Matter of Balance: Managing Concerns About Falls  
Lay Leader Model**

**Master Trainer Sessions**

**A Matter of Balance: Managing Concerns About Falls Volunteer  
Lay Leader Model © 2006**

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**A Matter of Balance Lay Leader Model**

*A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).*

**Recognition**

*Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.*

*Recognized with Aging Innovations and Achievement Award, National Association of Area Agencies on Aging, 2006.*

# Fall Prevention and Senior Exercise Resources

American College of Sports Medicine

[www.acsm.org](http://www.acsm.org)

Centers for Disease Control and  
Prevention (CDC)

[www.cdc.gov](http://www.cdc.gov)

[www.cdc.gov/mccdphp/dnpa/physical/growing\\_stronger](http://www.cdc.gov/mccdphp/dnpa/physical/growing_stronger)

Medline Plus

[www.medlineplus.gov](http://www.medlineplus.gov)

National Institute on Aging Information Center

[www.nia.nih.gov](http://www.nia.nih.gov)

President's Council on Physical Fitness and Sports

[www.fitness.gov](http://www.fitness.gov)