TBI and Older Adult Falls
The View from the U.S. Administration for Community Living
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Casey DiCocco, MPH
Office of Nutrition and Health Promotion Programs
Administration on Aging/Administration for Community Living
casey.dicocco@acl.hhs.gov
OLDER ADULTS, FALLS, AND TBI
An Aging America

- 10,000 people in the U.S. turn 65 everyday
- In 2012, 35 million Americans were ages 65 or older, and by 2030 that number is expected to reach 72 million
- The older old, those 85 and older, are the fastest growing age group in the U.S. The number of older adults ages 85 or older is expected to triple between 2010 and 2050.
Older Adults and Falls

• One in three Americans aged 65 and older falls every year

• Falls are the leading cause of both fatal and nonfatal injuries for those 65 and over

• In 2014, falls in older adults resulted in over 2.8 million emergency room visits and over 800,000 hospitalizations.


(2) Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web–based Injury Statistics Query and Reporting System (WISQARS) [online].
Older adult falls and TBI

- 81% of TBIs in adults aged 65 and older are caused by falls
- Falls are the most common cause of traumatic brain injuries (TBIs) across all ages

Why Do Older Adults Fall?

Anyone’s risk of falling increases with:
- Loss of muscle mass/strength
- Poor cardiovascular health
- Changes to balance and gait
- Changes to vision and hearing

Many common drugs can increase falls risk:
- Antidepressants
- Anti-anxiety medications
- Sedatives
- Drugs for Hypertension
- NSAIDs
- Diuretics

All of these factors are associated with aging!

Polypharmacy!
Falls risks in the environment

- Stairs
- Bathroom and showers
- Loose rugs
- Cords and wires
- Bad lighting
- Clutter
Falls Are Not Inevitable

- Cardiovascular health
- Strength
- Balance
- Flexibility
- Vision and hearing
- Polypharmacy
- Environment

These are modifiable risk factors!
What is falls prevention?

• Vision and hearing checks
• Medication management
• Home assessments and modifications
• Activities to improve strength, balance, flexibility:
  – Physical activity
  – Lifestyle modification

• There are Evidence-based falls prevention programs can include all of these
FALLS PREVENTION PROGRAMS
Evidence-Based Programs

- There are a number of evidence-based programs that can be implemented in a community or one-on-one setting have been proven to help older adults reduce their risk or fear of falling
Falls Prevention Programs Offered

- A Matter of Balance
- FallScape
- Stepping On
- Otago
- Tai Chi
  - Tai Ji Quan: Moving for Better Balance
  - Tai Chi for Arthritis
  - YMCA Tai Chi: Moving for Better Balance
Stepping On video from Ventura County Area Agency on Aging: https://youtu.be/R75nByLVK2o?t=25
## Proven Benefits of Falls Prevention Programs

<table>
<thead>
<tr>
<th>Falls Prevention Program</th>
<th>Effectiveness</th>
<th>Net Benefits and ROI</th>
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</thead>
<tbody>
<tr>
<td>Tai Chi: Moving for Better Balance</td>
<td>Fall rate among participants was reduced by 55%</td>
<td>Net benefit = $530, ROI = 509%</td>
</tr>
<tr>
<td>Stepping On</td>
<td>Fall rate among participants was reduced by 30%</td>
<td>Net benefit = $134, ROI = 64%</td>
</tr>
<tr>
<td>Otago Exercise Program (adults 80+)</td>
<td>Reduction of 35% in adults over age 80</td>
<td>Net benefit = $429, ROI = 127%</td>
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<tr>
<td>A Matter of Balance</td>
<td>Significant increase in falls efficacy, falls management, and falls control</td>
<td>Total cost savings per Medicare beneficiary = $938</td>
</tr>
</tbody>
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- Report to Congress in November 2013: The Centers for Medicare & Medicaid Services’ Evaluation of Community-based Wellness and Prevention Programs under Section 4202 (b) of the Affordable Care Act.
ADMINISTRATION FOR COMMUNITY LIVING
INVESTMENTS IN FALLS PREVENTION
The Administration for Community Living

Formed in 2012, ACL brought together programs for older adults, people with disabilities, and their caregivers into a new operating division of the U.S. Department of Health and Human Services

- Mission: maximize the independence, well-being, and health of older adults, people with disabilities across the lifespan, and their families and caregivers

ACL’s Administrator oversees four program offices:

• Administration on Disabilities (AoD)
• National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR)
• Center for Integrated Programs (CIP)
• Administration on Aging (AoA)
Prevention and Public Health Fund

• Established by the Affordable Care Act
• A new national investment:
  – “to provide for expanded and sustained national investment in prevention and public health programs to improve health and help restrain the rate of growth in private and public health care costs”
• Funding for a number of HHS agencies to support evidence-based approaches to prevention
Federal TBI State Grant Program

On October 1, 2015 the HHS Secretary transferred the TBI Program from the Health Resources and Services Administration (HRSA) to the Administration for Community Living (ACL)

The TBI Program funds the development and implementation of statewide systems that ensures access to TBI related services including: transitional services, rehabilitation, education and employment, and long-term community support
Evidence-Based Falls Prevention Program Grants

Grants to domestic:

- State agencies (aging and public health)
- Nonprofit aging and public health organizations
- Area Agencies on Aging
- Tribal governments and tribal organizations
- Universities

Funded by the Prevention and Public Health Fund
Falls Prevention Grant Goals

• Significantly increase the number of older adults and older adults with disabilities who participate in evidence-based community falls prevention programs

• Implement innovative funding arrangements to support these programs beyond grant period, embedding programs into an *integrated, sustainable* network

  Moving beyond discretionary grants, Older Americans Act funding, etc.
Grant program reach

Since September 2014, nearly 24,000 older adults and adults with disabilities have enrolled in ACL grantee-supported falls prevention programs

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<tr>
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<th>% Reporting Relevant Data</th>
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<tbody>
<tr>
<td>Living Alone</td>
<td>49%</td>
</tr>
<tr>
<td>Average Age</td>
<td>76</td>
</tr>
<tr>
<td>At least one fall in last three months</td>
<td>20%</td>
</tr>
<tr>
<td>At least one chronic condition</td>
<td>89%</td>
</tr>
<tr>
<td>Chronic conditions</td>
<td>Arthritis (61%), Heart Disease (28%), Diabetes (22%)</td>
</tr>
<tr>
<td>Disability</td>
<td>39%</td>
</tr>
<tr>
<td>Fearing falls “somewhat” or “a lot”</td>
<td>49%</td>
</tr>
</tbody>
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National Falls Prevention Resource Center

ACL began funding a national resource center for falls prevention in 2014

Housed at the National Council on Aging (NCOA), in their Center for Healthy Aging:

• Increase public awareness and educate consumers and professionals about the risks of falls and how to prevent falls.

• Support and stimulate the implementation, dissemination, and sustainability of evidence-based falls prevention programs and strategies to reduce the incidence of falls among older adults and adults with disabilities.

• Serve as the national clearinghouse of tools, best practices, and other information on falls and falls prevention.

Presenting at 1:30 PM Today!
Thank you

For more information:

www.ACL.gov

https://www.ncoa.org/healthy-aging/