



# StopFalls Napa Valley

*A program of the Area Agency on Aging*

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Supported by the Napa Valley  
Fall Prevention Coalition



# Why Fall Prevention?





# Opportunity

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Persons over age 60 exhibit losses in fitness, health and function which:

- Render them more dependent on care
- Put them at higher risk for several chronic diseases
- Make them less likely to pursue leisure time physical activity and more likely to consume health care

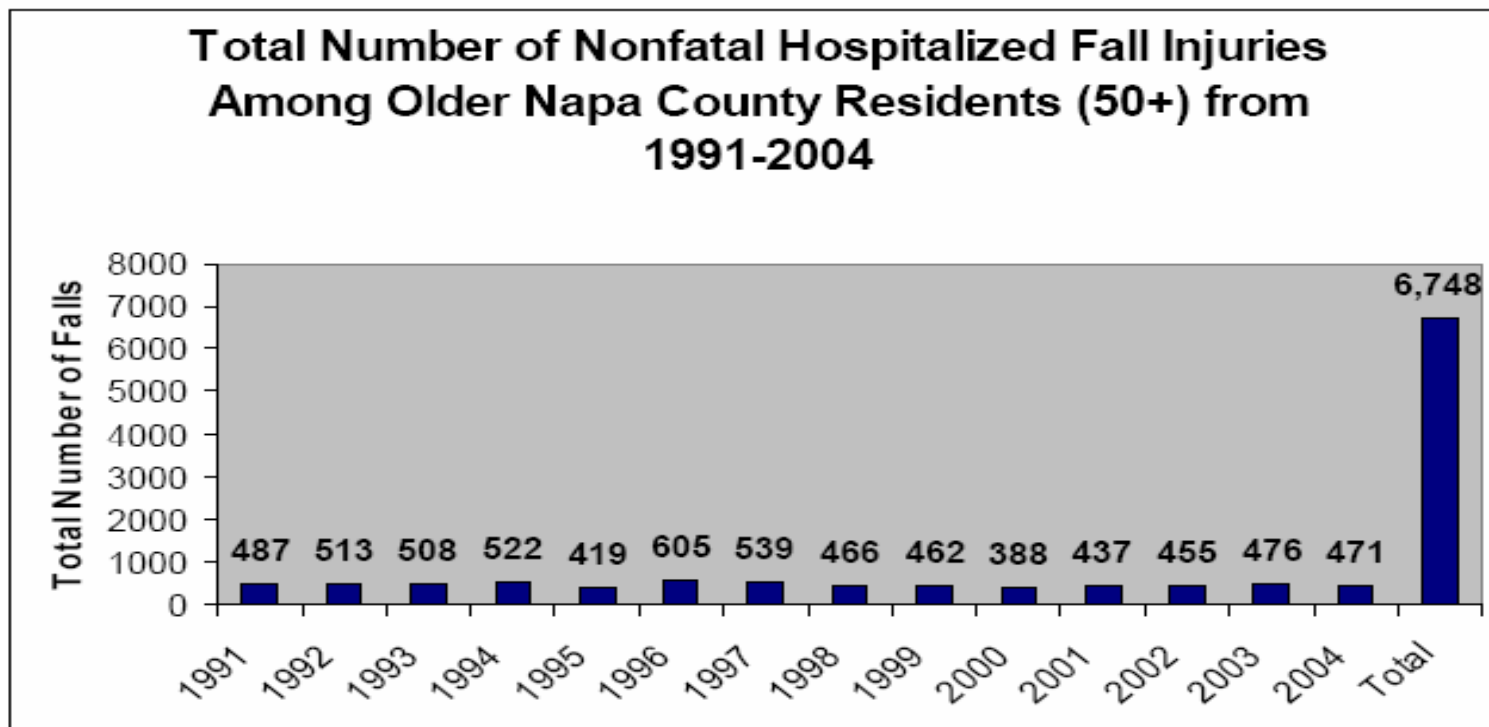


# High Ratio of Falls in Napa

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- Napa has a greater than average ratio of falls resulting in hospitalization when compared to hundreds of other cities.
- Every year nearly 500 Napa Valley seniors are hospitalized from falls.

# Falls Resulting in Hospitalization





# Falls Are Serious Business

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Among adults 70 years and older:

- 3 in 10 fall each year
- 2 in 10 who need home health care after being in the hospital will fall during the first month after coming home
- 1 in 10 suffer a serious fall injury such as a broken bone or head injury
- 5 in 10 have problems getting up without help after they have fallen
- Falls cause over 90% of broken hips; only half of those who break their hip recover pre-fall mobility



# Cost of Hospitalization from Falls

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- The mean cost of hospitalization from a fall in Napa in 2004 was **\$37,393.62**
- With 453 people documented as hospitalized due to a fall in 2004, the cost can be calculated at **\$16,939,309.86**.

(Hospitalized fall injury data came from 2004 California Patient Discharge Data, supplied by the California Office of Statewide Health Planning and Development in partnership with the CA Dept. of Health Services, EPIC.)



# Many More Visit the Emergency Room for Falls

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- More than 3.5 times more people use the emergency room for falls than are hospitalized.
- It is estimated that 213,000 Californians visit the emergency room for fall related injuries with more than 60,000 hospitalized from fall injury.



# Risk Increases with Age

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- The risk of fall injury increases dramatically with age.
- The rate of falls among Californians over age 85 is 57 times higher than Californians aged 20-55 years.



# Aging Population

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- Napa County has the second highest percentage of the total population who are 85 years and older
- It has third highest percentage of the total population of residents age 75 years and older
- Additionally, the county has a significantly high percentage of older adults living below poverty and living alone in the community.

# Consequences of Falls





# Serious Injuries from Falls

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## According to Studies:

- 20% to 30% of people who fall suffer moderate to severe injuries such as bruises, hip fractures, or head traumas.
- Most fractures among older adults are caused by falls.
- Injuries can make it hard to get around, limit independent living, and can increase the risk of early death
- Falls are the most common cause of traumatic brain injuries (TBI). In 2000, TBI accounted for 46% of fatal falls among older adults.
- Many people who fall, even those not injured, develop a fear of falling which may cause them to limit their activities, reduce mobility and physical fitness, and increase falls risk.



# Costly, Long Term Impacts

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- Falls that result in hospitalization are likely to cause:
  - The senior to be placed in costly and restrictive long term care facilities
  - Significantly reduce the senior's daily life activities
  - Increase depression and anxiety, and isolation.
- In one study, 50% of fall injuries that required hospital admission resulted in the elderly person being discharged to a nursing home.

# Preventing Falls

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# Never Too Late

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“We believe that maintaining physical activity in late life supports physical, intellectual, emotional, spiritual, and social well-being, and we affirm the positive potential of old age.”

- Institute for Health & Aging  
Center for Healthy and Active Aging, UCSF



# Falls Can Be Prevented

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- Falls are most often caused by
  - environmental (home and community) factors,
  - gait and balance disorders, and
  - medical issues.
- Falls risk assessment and early intervention programs can prevent falls and injuries.



# Prevention Programs Promote Health and Provide Intervention

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- Community Awareness & Education
- Coordination Among Providers
- Provider Education & Training
- Physical Activity to Improve Balance & Mobility
- Home Safety Assessments & Modification
- Public & Institutional Policies & Procedures
- Access-Able Transportation & Communities
- Surveillance Systems



# What Now?

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“If you can find a path with no obstacles,  
it probably doesn't lead anywhere.”

Anonymous

# StopFalls Napa Valley Fall Prevention Plan





# Purpose

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- Prevent falls among older adults in Napa Valley
- Support older adults to maintain strength, independence and quality of life



# Who We Serve

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- Older adults 65 and older, with an emphasis on the elderly (75 and older) who are at risk of falls and their family members, caregivers and providers



# Launching A Community Effort

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- Successful fall prevention programs involve the whole community:
  - Promoting healthy lifestyles including access to physical activity for all ages and abilities
  - Improving community safety and walkability
  - Creating safe home and living environments
  - Implementing health care policies for falls risk assessment
  - Assuring post-fall support and services



# StopFalls Napa Valley Fall Prevention Strategies

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## 1. Community education

- Media
- Grassroots Outreach
- Materials
- Education and screening programs

## 2. Promoting physical activity to improve balance and mobility

- Resource and referral lists
- Physical activity programs for vulnerable, frail and isolated seniors



# Public Service Announcements

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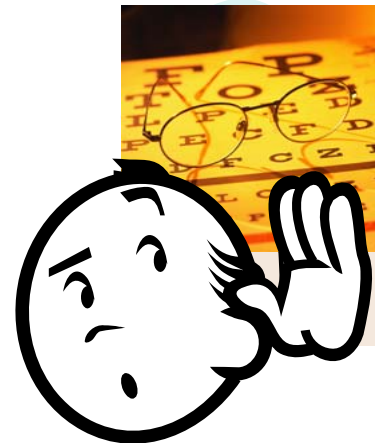
**Did you know that every year thousands of seniors are hospitalized due to falls?**

*You don't have to be one of them!*

Here are five things you can do to prevent falls...

1. Improve your balance with exercise and strength training
2. Have regular vision and hearing checks
3. Have your doctor regularly check all the medicines you are taking
4. Check your home for safety
5. Ask your doctor if you are risk for falling

Stop falls. Stay independent.





# StopFalls Napa Valley Fall Prevention Strategies

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3. **County-wide Fall Prevention Coordination**
  - Post Fall Follow-up & Assistance
  - Resource Referral
  - Training & Education
  - Policies & Procedures
  - Advocacy



# StopFalls Napa Valley Fall Prevention Strategies

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4. Home Safety Assessment and Affordable Modification
5. Linking to other HAPI\* Initiatives:
  - Senior Transportation & Mobility (Vouchers)
  - Senior Link Information & Assistance
  - Napa Institute on Aging for Caregiver and Provider Education (Fall Prevention Training)

\*HAPI, the Healthy Aging Population Initiative, is a collaboration of senior-serving organizations and institutions dedicated to supporting the quality of life of seniors in Napa County



# Contact Us

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# For Assistance

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- If you are at risk for falls or have fallen...
- If you know someone who is at risk for falls...
- If you would like to learn more about preventing falls...
- If you would like to volunteer, join the StopFalls Coalition, or receive training...

Please call StopFalls Napa Valley at (707)255-5328

Or visit our website at: [www.stopfallsnapavalley.org](http://www.stopfallsnapavalley.org)

Email: [Suzannes@aaans.org](mailto:Suzannes@aaans.org)

*Stop Falls. Stay Independent.*



# StopFalls Napa Valley Coalition

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- Increases community awareness by conducting outreach and education activities.
- Advocates for and engages community partners to support fall prevention policies and practices within institutions, organizations and communities.
- Develops and revises the strategic vision and plan for fall prevention in Napa Valley.
- Assesses the progress and gaps in fall prevention in Napa Valley.
- Supports fund development activities for StopFalls Napa Valley.



# Area Agency on Aging (AAA)

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- The AAA provides planning, coordination, and advocacy for the development of a comprehensive service delivery system for frail elders and disabled adults age 18 and older and supportive services for family caregivers including Adult Day Care Programs and Alzheimer's Day Care Resource Centers, congregate and home-delivered nutrition programs and information and assistance.



# Coalition Partners

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- Area Agency on Aging serving Napa and Solano Counties
- Foundation for Osteoporosis Research and Education
- Hospice & Adult Day Services of Napa Valley
- Joyful Body Fitness for Senior Exercise
- Kaiser Permanente
- Latino Elder Coalition
- Napa Long Term Care Ombudsman
- Napa Transportation Planning Agency
- Napa Valley Physical Therapy Center
- Napa Valley Medical Group
- Piner's
- Queen of the Valley Medical Center
- St. Helena Hospital
- Volunteer Center of Napa Valley



# Thank You

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“Healing is a matter of time,  
but it is sometimes also a  
matter of opportunity.”

Hippocrates