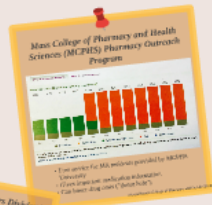


Health Advocacy

Elder Services of Worcester Area, Inc (ESWA)

ESWA provides a wide range of services to help older adults live safely and independently in their homes. Services include:

- Case Management
- Physical Therapy
- Occupational Therapy
- Medication Management
- Transportation
- Meal Services
- Emergency Response
- Assisted Living
- Respite Care
- Adult Day Health Services
- Memory Care
- Senior Centers
- Home Care
- Skilled Nursing
- Assisted Living
- Independent Living
- Respite Care
- Adult Day Health Services
- Memory Care
- Senior Centers
- Home Care
- Skilled Nursing



City of Worcester Elder Affairs Division / Senior Center

Medicine is to provide opportunities for seniors to stay active in mind and body.

Major Challenges: Goal

Challenge	Goal
Medication Management	Reduce medication errors by 10%
Physical Therapy	Increase physical therapy sessions by 20%
Occupational Therapy	Increase occupational therapy sessions by 15%
Transportation	Increase transportation services by 10%
Meal Services	Increase meal services by 10%
Emergency Response	Increase emergency response services by 10%
Assisted Living	Increase assisted living services by 10%
Respite Care	Increase respite care services by 10%
Adult Day Health Services	Increase adult day health services by 10%
Memory Care	Increase memory care services by 10%
Senior Centers	Increase senior center services by 10%
Home Care	Increase home care services by 10%
Skilled Nursing	Increase skilled nursing services by 10%

Most Expensive Option: CCHC

- \$100-\$150K per yr.
- 24/7 care, including nursing

Assisted Living: \$45-\$55K month - extra in home services

Home Care: \$15-\$20 hourly rates - sliding scale based on income

Acknowledgments

References

Centers for Disease Control and Prevention. (2017). *Important Facts about Falls*. Retrieved November 3, 2018, from <https://www.cdc.gov/homeandcommunityliving/olderadults/factsheets/important-facts-about-falls.pdf>

Centers for Disease Control and Prevention. (2017). *ESWA 2018 Annual Report*. Elder Services of Worcester Area. (2018). *Programs and Info*. Retrieved November 4, 2018, from <https://www.eswa.org/about-us/programs-and-information/>

Massachusetts College of Pharmacy and Health Sciences. (2018). *MCPHS Pharmacy Outreach Program*. Retrieved November 3, 2018, from <https://www.mcpchs.edu/patient-centers/pharmacy-outreach-program>

STEADI - Older Adult Fall Prevention. (2017). Retrieved November 4, 2018, from <https://www.cdc.gov/steadi/>

U.S. Census Bureau. (2014). *Population Aging in the United States*. Retrieved November 4, 2018, from <https://www.census.gov/data/tables/2014/ageanddemographics/2014-01-01.html>

Interprofessional Teams of Care

Physician/ Nurse practitioners (UMMS, Notre Dame)

- Less than half of Medicare beneficiaries who fell in the previous year talked to their healthcare provider about it
- Our job is to ask:
 - Have you fallen in the past year?
 - Do you feel unsteady when standing or walking?
 - Do you worry about falling?
- Evaluate gait, strength, and balance
- Tired up and go
 - 30 second chair stand
 - 4 stage balance test

Pharmacist (MCPHS)

- Many medications (opioids, anticholinergics, antihypertensives, muscle relaxants) increase risks for falls

Optometrist

- Vision loss is a risk factor for falls

Podiatrist

- Proper footwear, improve balance

Physical Therapist (Ducanort)

- Rehabilitation after a fall

Case manager (ESWA)

- Provide continuity of care
- Can visit home and address extrinsic fall risk factors

Home care (Right at Home)

- Companies agree that provide licensed health care services at home

Courtesy of Sherrill Carter and Phyllis A. Carter

Why do we care about falls?

What is a fall?

- Unintentional loss of balance in which a person comes to rest on the ground
- No loss of consciousness
- Never normal in the elderly population

Prevalence and Costs



Population of focus: Geriatrics

Quick Stats

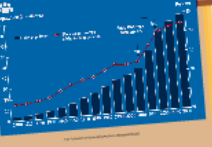
- In 2016, 45.2 million people were aged 65+ (15.2% of the US population)
- By 2030 all baby boomers will be over the age of 65 and 1 in 5 people will be 65+
- 85+ is the fastest growing segment of the total population

Medical Risks

- Fall risk, increases ranging from 100% increase to life-threatening
- 1 in 3 seniors die with Alzheimer's or forms of dementia

Social Risks

- Living arrangements (1 in 4 women aged 65+ live alone)
- Loneliness/depression



Economic Risks

- In 2014, 10% of Latino and 10% of African American children compared to 8% of non-Hispanic white children lived in poverty

2014-2015 Census Bureau

Goals of Clerkship

- Increase awareness of the range of patient-related fall risk factors
- Increase awareness of the importance of geriatric assessment of fall risk, which allows for interventions that reduce fall risk, medication and prevention approaches

Geriatrics: Fall Risk and Prevention for Older Adults

Abbey Karin, Julie Hugunin, Maleesa Santos, Tracy Zhang

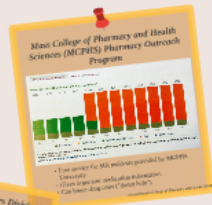


Health Advocacy

Elder Services of Worcester Area, Inc (ESWA)

ESWA provides a wide range of services to help older adults live safely and independently in their homes. Services include:

- Home care services
- Transportation
- Meal services
- Case management
- Physical therapy
- Occupational therapy
- Speech therapy
- Social work
- Adult day care
- Respite care
- Supportive housing
- Assisted living
- Memory care
- Skilled nursing



City of Worcester Elder Affairs Division Senior Center

Medians is to provide opportunities for seniors to stay active in mind and body.

Major Challenges Goal

Challenge	Goal
Medicare/Medicaid Eligibility	100% of eligible seniors enrolled in Medicare/Medicaid
Health Insurance	100% of eligible seniors enrolled in health insurance
Food Security	100% of eligible seniors receiving food assistance
Transportation	100% of eligible seniors receiving transportation services
Home Safety	100% of eligible seniors receiving home safety assessments
Financial Literacy	100% of eligible seniors receiving financial literacy education
Legal Assistance	100% of eligible seniors receiving legal assistance
Substance Abuse	100% of eligible seniors receiving substance abuse treatment
Mental Health	100% of eligible seniors receiving mental health services
Domestic Violence	100% of eligible seniors receiving domestic violence services
Sexual Assault	100% of eligible seniors receiving sexual assault services
Elder Abuse	100% of eligible seniors receiving elder abuse services

Most Expensive Option: CCHC

- \$100-\$200 per day
- \$20-\$30 monthly fee

Assisted Living: \$40-\$500 month - extra in home services

Home Care: \$15-\$20 hourly rates - sliding scale based on income

Acknowledgments

References

Centers for Disease Control and Prevention. (2017). *Important Facts about Falls*. Retrieved November 3, 2018, from <https://www.cdc.gov/homeandcommunityliving/olderadults/factsheets/important-facts-about-falls.pdf>

Centers for Disease Control and Prevention. (2017). *ESWA 2018 Annual Report*. Elder Services of Worcester Area. (2018). *Programs and Info*. Retrieved November 4, 2018, from <https://www.eswa.org/about-us/programs-and-information/>

Massachusetts College of Pharmacy and Health Sciences. (2018). *MCPHS Pharmacy Outreach Program*. Retrieved November 3, 2018, from <https://www.mcpchs.edu/patient-centers/pharmacy-outreach-program>

STEADI - Older Adult Fall Prevention. (2017). Retrieved November 4, 2018, from <https://www.cdc.gov/steadi/>

U.S. Census Bureau. (2014). *Population Aging in the United States*. Retrieved November 4, 2018, from <https://www.census.gov/data/tables/2014/c2k14/ageing.html>

Interprofessional Teams of Care

Physician/ Nurse practitioners (UMMS, Notre Dame)

- Less than half of Medicare beneficiaries who fell in the previous year talked to their healthcare provider about it
- Our job is to ask:
 - Have you fallen in the past year?
 - Do you feel unsteady when standing or walking?
 - Do you worry about falling?
- Evaluate gait, strength, and balance
- Tired up and go
 - 30 second chair stand
 - 4 stage balance test

Pharmacist (MCPHS)

- Many medications (psychoactive, anticholinergics, antihypertensives, muscle relaxants) increase risks for falls

Optometrist

- Vision loss is a risk factor for falls

Podiatrist

- Proper footwear, improve balance

Physical Therapist (Danaumet)

- Rehabilitation after a fall

Case manager (ESWA)

- Provide continuity of care
- Can visit home and address extrinsic fall risk factors

Home care (Right at Home)

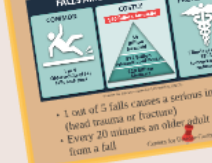
- Companies agree to provide licensed health care services at home

Why do we care about falls?

What is a fall?

- Unintentional loss of balance in which a person comes to rest on the ground
- No loss of consciousness
- Never normal in the elderly population

Prevalence and Costs



Population of focus: Geriatrics

Quick Stats

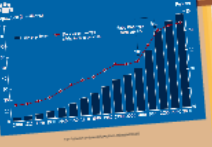
- In 2016, 45.2 million people were aged 65+ (15.2% of the US population)
- By 2030 all baby boomers will be over the age of 65 and 1 in 5 people will be 65+
- 85+ is the fastest growing segment of the total population

Medical Risks

- Fall risk, increases ranging from 100% increase in life-threatening
- 1 in 3 seniors die with Alzheimer's or forms of dementia

Social Risks

- Living arrangements (1 in 4 women aged 65+ live alone)
- Loneliness/depression



Economic Risks

- In 2014, 10% of Latino and 10% of African American children compared to 8% of non-Hispanic white children lived in poverty

Goals of Clerkship

- Increase awareness of the range of patient-related fall risk factors
- For the Massachusetts primary care physicians of the specialty to become advocates of the specialty in primary care
- Learn and apply evidence-based fall risk assessment and prevention approaches

Geriatrics: Fall Risk and Prevention for Older Adults

Abbey Karin, Julie Hugunin, Maleesa Santos, Tracy Zhang



Population of focus: Geriatrics

Quick Stats

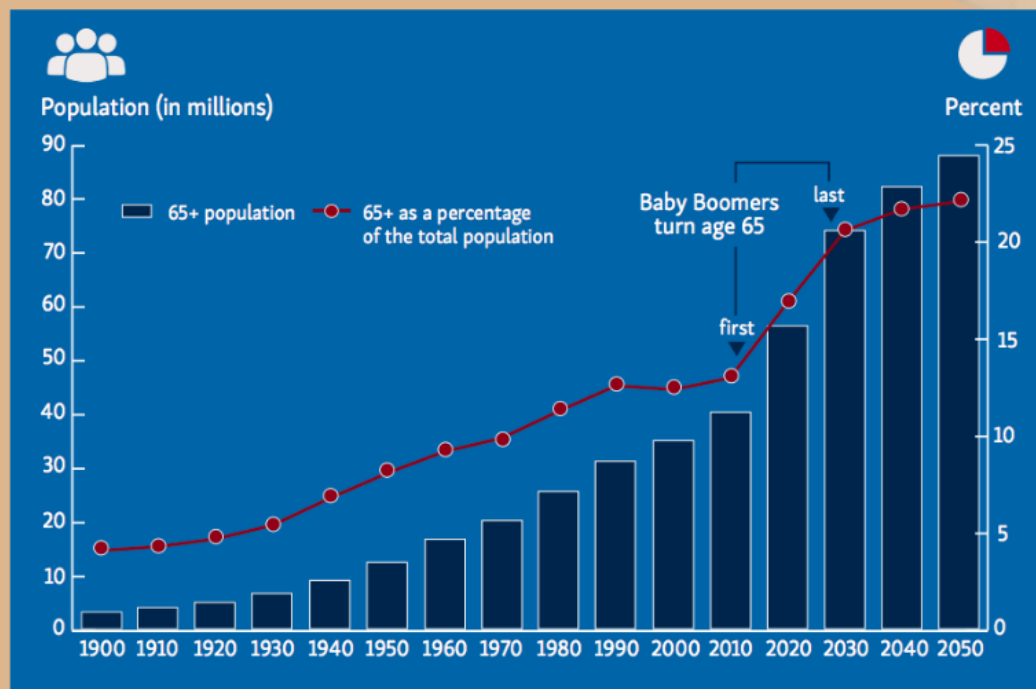
- In 2016, 49.2 million people were ages 65+ (15.2% of the US population)
- By 2030 all baby boomers will be over the age of 65 and 1 in 5 people will be 65+
- 85+ is the fastest growing segment of the total population

Medical Risks

- Fall risk, injuries ranging from cuts/bruises to life-threatening
- 1 in 3 seniors die with Alzheimer's or forms of dementia

Social Risks

- Living arrangements (1 in 4 women ages 65-74 live alone)
- Loneliness/depression



https://agingstats.gov/images/olderamericans_agingpopulation.pdf

Economic Risks

- In 2014, 18% of Latino and 19% of African American elders compared to 8% of non-Hispanic white elders lived in poverty

(U.S. Census Bureau, 2014)

Goals of Clerkship

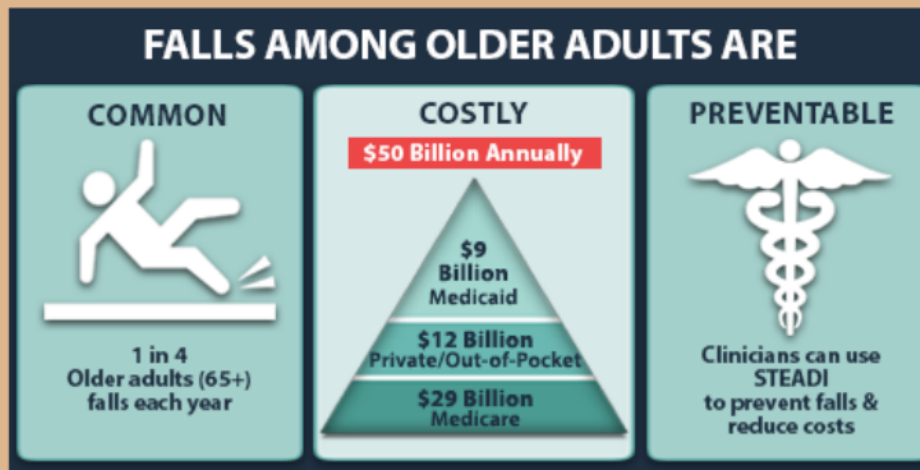
- Increase awareness of the range of issues related to falls and fall prevention that confront elders living in the Worcester area
- Increase awareness of the settings in which elders in Worcester live and receive services
- Learn and apply evidence-based fall risk assessment and prevention approaches

Why do we care about falls?

What is a fall?

- Unintentional loss of balance in which a person comes to rest on the ground
- No loss of consciousness
- Never normal in the elderly population

Prevalence and Costs



Centers for Disease Control and Prevention. (2017).

- 1 out of 5 falls causes a serious injury (head trauma or fracture)
- Every 20 minutes an older adult dies from a fall

Centers for Disease Control and Prevention. (2017)

Intro

Physician

- Less
- prev
- Our j

• Evalua

• 4

Pharmacist (

- Many me
- antihistan

Optometrist

- Vision loss

Podiatrist

- Proper foot

Physical Therap

- Rehabilitation

Case manager (E

- Provide cont
- Can visit hom

Home care (Right

- Companies/ ag
- services at hom

Interprofessional Teams of Care

Physician/ Nurse practitioner (UMMS, Notre Dame)

- Less than half of Medicare beneficiaries who fell in the previous year talked to their healthcare provider about it
- Our job to ask
 - Have you fallen in the past year?
 - Do you feel unsteady when standing or walking?
 - Do you worry about falling?
- Evaluate gait, strength, and balance
 - Timed up and go
 - 30 second chair stand
 - 4 stage balance test

Pharmacist (MCPHS)

- Many medications (psychoactive, anticholinergics, antihistamines, muscle relaxants) increase risks for falls

Optometrist

- Vision loss is a risk factor for falls

Podiatrist

- Proper footwear, improve balance

Physical Therapist (Beaumont)

- Rehabilitation after a fall

Case manager (ESWA)

- Provide continuity of care
- Can visit home and address extrinsic fall risk factors

Home care (Right at Home)

- Companies/ agencies that provide licensed health care services at home

Centers for Disease Control and Prevention. (2017)

s?

on

ENTABLE



icians can use
STEADI
prevent falls &
reduce costs

as injury

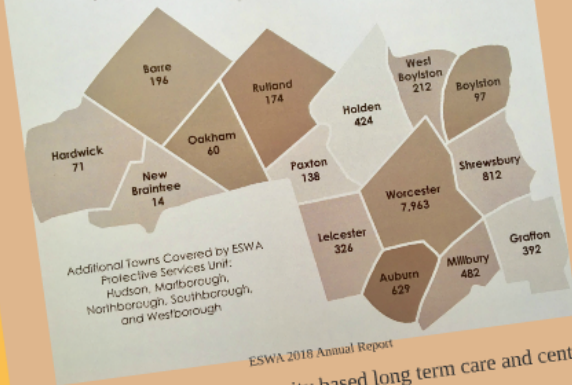
Prezi

ult dies

Health Advocacy

Elder Services of Worcester Area, Inc (ESWA)

FY2018 Total Consumers Served by Town



- Some of the services offered:
- home care services
 - protective services
 - nutrition and meals on wheels
 - options counseling
 - family caregiver support program
 - money management

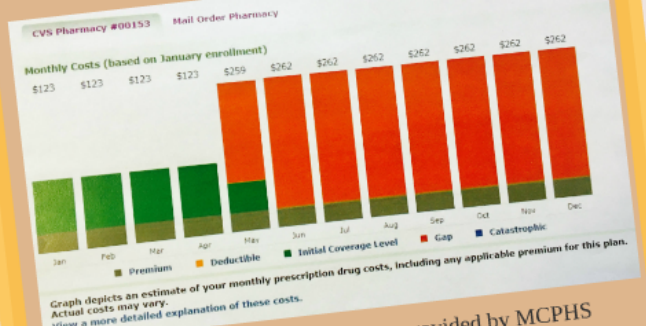
- Regional leader in community based long term care and central resource for information on all services
 - Mission is to assist older eligible residents and individuals with disabilities with a range of services which will enhance their quality of life and allow them to live as independently as possible with dignity and respect
- Elder Services of Worcester Area (2013)

City of Worcester Elder Affairs Division/ Senior Center

THURSDAY		FRIDAY	
8:30-10 REC MOBILE MARKET	9-10 WALKING CLUB	1-3 Ping Pong	1-3 SAVVY CAREGIVER
9-10 Aerobics	9-15-9:45 Tai Chi	1-4 FRIENDS BINGO	
9:30-10:30 Beginner ESL	10-11 Joe Fish Fitness		
10-12 Cabbage	10-12 SHINE Counselor -Appt. Only		
10-12 African American Elder Group	10-12 Vietnamese Elder Group		
10-12 Vietnamese Elder Group			
8:30-10 REC MOBILE MARKET	9-10 Aerobics	11-11:45 Albanian Elder Group	11-11:45 ALBANIAN VEGETARIAN LUNCH (Reservation Required)
9-15-9:45 Tai Chi	9:30-10:30 Beginner ESL	12:15-1 ICE CREAM SOCIAL	1-3 Ping Pong
10-11 Joe Fish Fitness	10-12 Cabbage	1-3 SAVVY CAREGIVER	1-4 FRIENDS BINGO
10-12 SHINE Counselor -Appt. Only	10-12 African American Elder Group		
10-20 OIL PAINTING	10:30-11:30 Vietnamese Elder Group		
8:30-10 REC MOBILE MARKET	9-10 Aerobics	10:30-11:30 Vietnamese Elder Group	11-11:45 Albanian Elder Group
9-15-9:45 Tai Chi	9:30-10:30 Beginner ESL	1-2 BOOK DISCUSSION CLUB	1-3 Ping Pong
10-11 Joe Fish Fitness	10-12 Cabbage	1-3 SAVVY CAREGIVER	1-4 FRIENDS BINGO
10-12 SHINE Counselor -Appt. Only	10-12 African American Elder Group		
8:30-10 REC MOBILE MARKET	9-10 Aerobics	10:30-11:30 Vietnamese Elder Group	11-11:45 Albanian Elder Group
9-15-9:45 Tai Chi	9:30-10:30 Beginner ESL	1-2 BOOK DISCUSSION CLUB	1-3 Ping Pong
10-11 Joe Fish Fitness	10-12 Cabbage	1-3 SAVVY CAREGIVER	1-4 FRIENDS BINGO
10-12 SHINE Counselor -Appt. Only	10-12 African American Elder Group		

Mission is to provide opportunities for seniors to stay active in mind and body

Mass College of Pharmacy and Health Sciences (MCPHS) Pharmacy Outreach Program

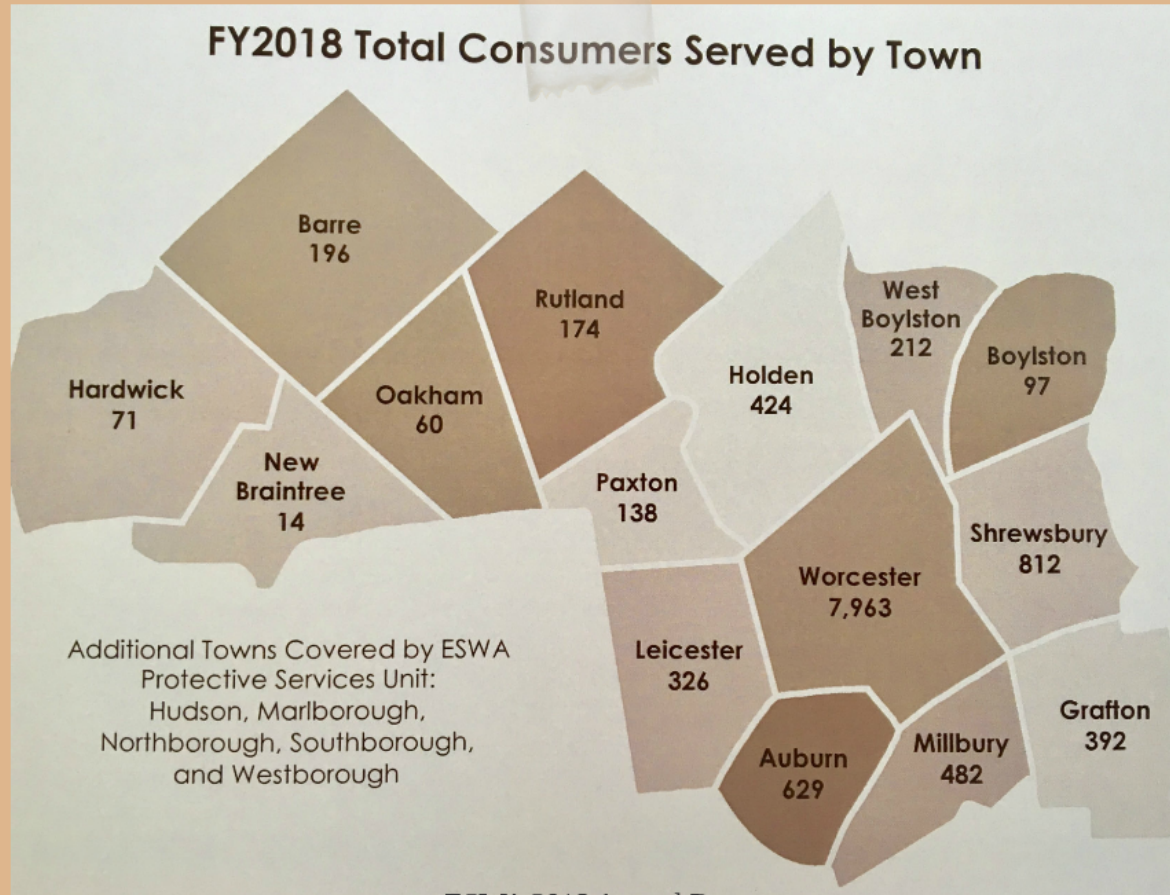


- Free service for MA residents provided by MCPHS University
 - Gives important medication information
 - Can lower drug costs ("donut hole")
- Massachusetts College of Pharmacy and Health (2018)

- Can provide assistance with legal issues, Social Security, healthcare, and housing
- Fitness classes (yoga, Tai Chi, Joe Fish Fitness, aerobics)
- Nutritious lunches
- SHINE (Serving the Health Information Needs of Everyone) health insurance counseling
- Educational programs (diabetes self-management workshops)



Elder Services of Worcester Area, Inc (ESWA)



ESWA 2018 Annual Report

- Regional leader in community based long term care and central resource for information on all services
- Mission is to assist older eligible residents and individuals with disabilities with a range of services which will enhance their quality of life and allow them to live as independently as possible with dignity and respect

Elder Services of Worcester Area (2013)

- Some of the services
- home care services
 - protective services
 - nutrition and meal delivery
 - wheelchair
 - options counseling
 - family caregiver support program
 - money management



City of Worcester Elder Affairs Division/ Senior Center

THURSDAY		FRIDAY		
8:30-10 REC MOBILE MARKET 9-10 Aerobics 9-10 WALKING CLUB 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-12 RSVP-Blankets For Babies 10-11 Joe Fish Fitness 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 11-11:45 Albanian Elder Group	1-3 Ping Pong 1-3 SAVVY CAREGIVER 1-4 FRIENDS BINGO	4	TRIP :FOXWOODS 9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 ADULT COLORING 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance	5
8:30-10 REC MOBILE MARKET 9-10 Aerobics 9-10 WALKING CLUB 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-12 RSVP-Blankets For Babies 10-11 BP Clinic by Shaw's 10-11 Joe Fish Fitness 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10-2:30 OIL PAINTING 10:30-11:30 Vietnamese Elder Group	11-11:45 Albanian Elder Group 11:45-12:30 VEGETARIAN LUNCH (Reservation required) 12:15-1 ICE CREAM SOCIAL 1-3 Ping Pong 1-3 SAVVY CAREGIVER 1-4 FRIENDS BINGO	11	9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:15-3 VISITING DENTAL ASSOC of CENTRAL MA- by Appt Only 9:30-11:30 Latino Club 60+ 9:30-12 Healthy Eating 9:30-12:30 LEGAL CONSULTATION FOR SENIORS-APPT ONLY 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH	12
8:30-10 REC MOBILE MARKET 9-10 Aerobics 9-10 WALKING CLUB 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-11:30 TIPS & TRICKS TO HELP WITH DAILY LIVING 9:30-12 RSVP-Blankets For Babies 10-11 Joe Fish Fitness 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group	10:30-11:30 Vietnamese Elder Group 11-11:45 Albanian Elder Group 1-2 BOOK DISCUSSION CLUB 1-3 Ping Pong 1-3 SAVVY CAREGIVER 1-4 FRIENDS BINGO	18	9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-9:45 EASY TAI CHI 9:30-11:30 Latino Club 60+ 9:30-12 Healthy Eating 10-11 Osteo Exercise/Maint 10-11:30 ADULT COLORING 10-11:30 Chinese ESL 10-12 Cribbage 10-12 MAB Low Vision Support Group 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint	19

Mission is to provide opportunities for seniors to stay active in mind and body

- Free services at University
- Gives important medication
- Can lower drug costs ("donut hole")

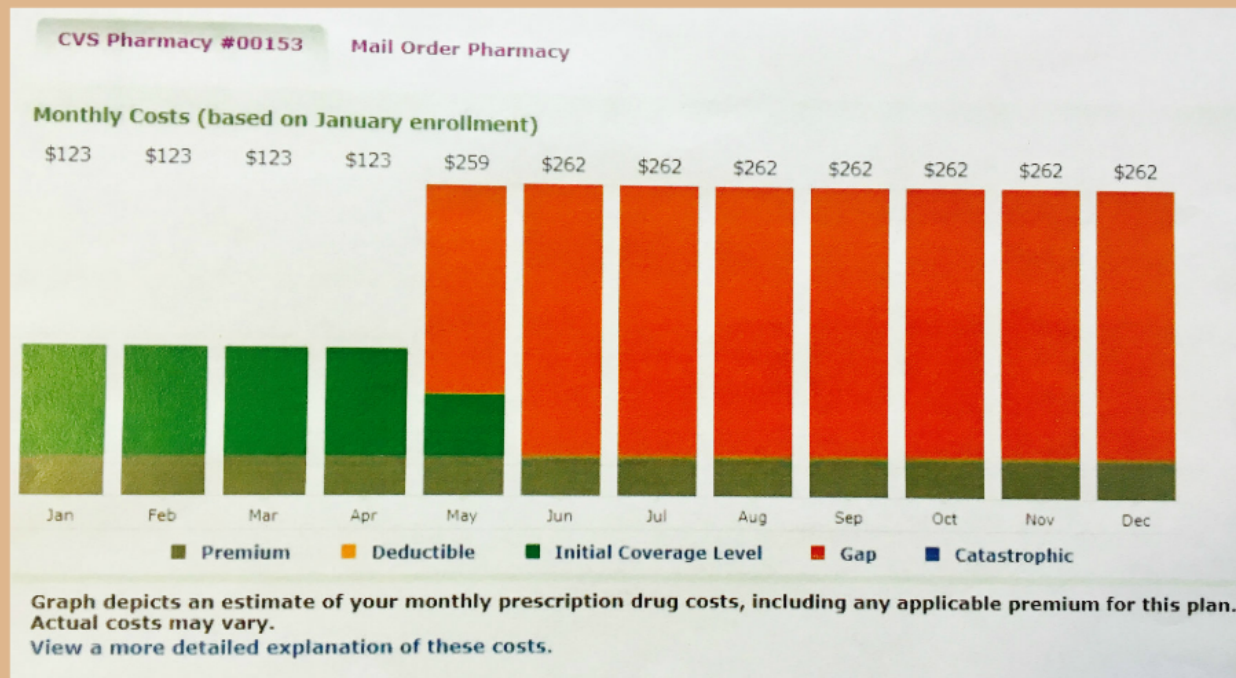
Massachusetts College of Pharmacy and Health Sciences

- Can provide assistance with legal issues, Social Security, healthcare, and housing
- Fitness classes (yoga, Tai Chi, Joe Fish Fitness, aerobics)
- Nutritious lunches
- SHINE (Serving the Health Information Needs of Everyone) health insurance counseling
- Educational programs (diabetes self-management workshops)





Mass College of Pharmacy and Health Sciences (MCPHS) Pharmacy Outreach Program



- Free service for MA residents provided by MCPHS University
- Gives important medication information
- Can lower drug costs ("donut hole")

Massachusetts College of Pharmacy and Health (2018)



Major Challenges: Cost

TYPES OF SENIOR LIVING AND CARE

CCRC	Continuing Care Retirement Community. Full service communities providing a continuum of care, including retirement, assisted living and nursing services, all on one campus.	Most expensive option. \$90K-\$300K buy in Plus: \$3K - \$9K mo. Fee/rent
INDEPENDENT LIVING	Totally independent living with amenities such as meals, transportation, activities usually included in monthly fee.	\$700-\$4K mo.
AFFORDABLE SENIOR HOUSING	HUD 202 Program that offers rental assistance for seniors who meet the requirements of the federal program.	Subsidized, typically 30% income
ASSISTED LIVING	Multi-unit communities that provide assistance with medications and daily activities such as bathing and dressing.	\$4K-\$6K mo. + extra a la carte services
CARE HOMES	Usually single family homes licensed to provide assistance with medications, bathing and dressing.	AKA: Adult Family Care Income limits, MassHealth program
MEMORY CARE	Communities offering specialized programs for residents suffering from Alzheimer's Disease or other forms of memory loss. These programs can be offered by Residential, Assisted Living or Nursing centers.	\$5K +/- mo.
NURSING/REHAB	Communities licensed to provide skilled nursing services under the supervision of licensed nurses.	\$400 +/- day. Rehab - short-term covered by insurance
COORDINATED CARE	Coordinated care programs provide insurance coverage and individualized care plans. Care plans can include clinical support, case management, physical and occupational therapy, home care, caregiver respite and more.	Senior Care Options (SCO) PACE (Program of All-inclusive Care for Elderly) Insurance based - Medicare/MassHealth/Medicaid
HOME CARE	Includes both companies/agencies that provide licensed health care services in the home and companies/agencies who provide non-medical assistance with such tasks as bathing, dressing, meal preparation and transportation.	\$25 +/- hourly rate
HOME HEALTH AGENCIES	A Home Health Agency is a public or private agency that specializes in providing skilled nursing services, home health aides, and other therapeutic services, such as physical therapy, in the home.	\$28 +/- hourly rate Skilled services covered by insurance
HOME CARE PROGRAM	Massachusetts' Home Care Program provides interdisciplinary care management and in-home support services to elders. Home care is any service where aides, therapists, and nurses provide assistance in a client's residence, helping them remain independent and healthy.	Sliding scale based on income
PRIVATE DUTY	Agencies that provide home care aides, companion care, homemaker services and may provide nursing services in the client's place of residence.	\$28 +/- hourly rate

ESWA

Most Expensive Option: CCRC

- \$90K-\$300K buy in
- \$3k-\$9K monthly fee/rent

Assisted Living: \$4K-\$6K month + extra a la carte services

Home Care: \$25+/- hourly rate or sliding scale based on income

Elder Services of Worcester Area (2013).

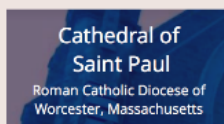
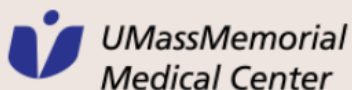
Most Expensive Option: CCRC

- \$90K-\$300K buy in
- \$3k-\$9K monthly fee/rent

Assisted Living: \$4K-\$6K month +
extra a la carte services

Home Care: \$25+/- hourly rate or
sliding scale based on income

Acknowledgments



MASSACHUSETTS COLLEGE of PHARMACY
and HEALTH SCIENCES

UMMS and Community Faculty

Sarah McGee, UMMS/UMMHC

Karen Dick, GSN

Debi Lang, Commonwealth Med/
UMMS

Linda Wincek-Moore, Worcester
Senior Center

Jenn Knight, Elder Services of
Worcester Area

ship

ange of
all
ers living

ettings in
live and

e-based fall
ention

Re
Ce

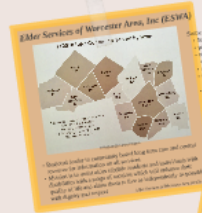
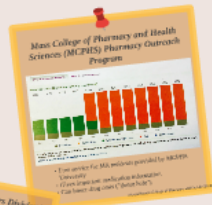
Ce

Elc

Ma

ST

Health Advocacy



City of Worcester Elder Affairs Division Senior Center

Medians is to provide opportunities for seniors to stay active in mind and body

Major Challenges: Cost

Category	Value
Medical Services	15%
Home Care	12%
Transportation	8%
Food Assistance	5%
Other	3%

Most Expensive Option: CCHC

- \$100-\$200 per day
- \$20-\$30 monthly fee

Assisted Living: \$40-\$60 month + extra in home services

Home Care: \$15-\$20 hourly rates (sliding scale based on income)

Acknowledgments

UMMS and Community Faculty

Sarah McGee, UMMS/UMMHC
Karen Dick, GSN
Debi Lang, Commonwealth Med/UMMS
Linda Winckel-Moore, Worcester Senior Center
Jenn Knight, Elder Services of Worcester Area

References

Centers for Disease Control and Prevention. (2017). Important Facts about Falls. Retrieved November 3, 2018, from <https://www.cdc.gov/homeandcommunityliving/olderadults/factsheets/falls.html>

Centers for Disease Control and Prevention. (2017). ESWA 2018 Annual Report. Elder Services of Worcester Area. (2018). Programs and Info. Retrieved November 4, 2018, from <http://www.eswa.org/about-us/programs-and-information/>

Massachusetts College of Pharmacy and Health Sciences. (2018). MCPHS Pharmacy Outreach Program. Retrieved November 3, 2018, from <https://www.mcpchs.edu/patient-centers/pharmacy-outreach-program>

STEADI - Older Adult Fall Prevention. (2017). Retrieved November 4, 2018, from <http://www.cdc.gov/steadi/>

U.S. Census Bureau. (2014). Population Aging in the United States. Retrieved November 4, 2018, from <https://www.census.gov/data/tables/2014/2014popaging.html>

Interprofessional Teams of Care

Physician/ Nurse practitioners (UMMS, Notre Dame)

- Less than half of Medicare beneficiaries who fell in the previous year talked to their healthcare provider about it
- Our job to ask:
 - Have you fallen in the past year?
 - Do you feel unsteady when standing or walking?
 - Do you worry about falling?
- Evaluate gait, strength, and balance
- Tired up and go
- 31 second chair stand
- 4 stage balance test

Pharmacist (MCPHS)

- Many medications (psychoactive, anticholinergics, antihypertensives, muscle relaxants) increase risks for falls

Optometrist

- Vision loss is a risk factor for falls

Podiatrist

- Proper footwear, improve balance

Physical Therapist (Danaux)

- Rehabilitation after a fall

Care manager (ESWA)

- Provide continuity of care
- Can visit home and address extrinsic fall risk factors

Home care (Right at Home)

- Companies agree to provide licensed health care services at home

Why do we care about falls?

What is a fall?

- Unintentional loss of balance in which a person comes to rest on the ground
- No loss of consciousness
- Never normal in the elderly population

Prevalence and Costs



Population of focus: Geriatrics

Quick Stats

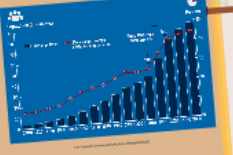
- In 2016, 45.2 million people were aged 65+ (15.2% of the US population)
- By 2030 all baby boomers will be over the age of 65 and 1 in 5 people will be 65+
- 85+ is the fastest growing segment of the total population

Medical Risks

- Fall risk, ranges ranging from "low" to "high" to "life-threatening"
- 1 in 3 seniors die with Alzheimer's or forms of dementia

Social Risks

- Living arrangements (1 in 4 women aged 65+ live alone)
- Loneliness/depression



Economic Risks

- In 2014, 10% of Latino and 12% of African American children compared to 8% of non-Hispanic white children lived in poverty

Goals of Clerkship

- Increase awareness of the range of patient-related fall risk factors
- For the Medication safety
- Increase awareness of the impact of environmental factors, which address fall prevention
- Learn and apply evidence-based fall risk assessment and prevention approaches

Geriatrics: Fall Risk and Prevention for Older Adults

Abbey Karin, Julie Hugunin, Maleesa Santos, Tracy Zhang

