



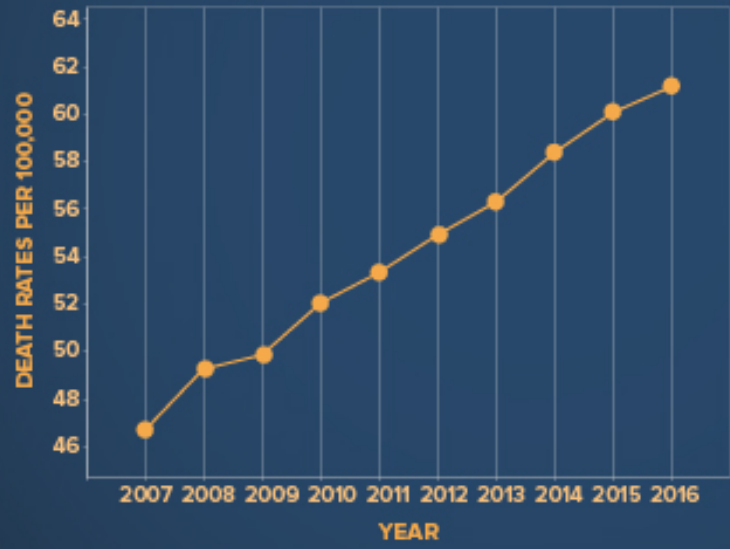
# **Stall the Fall**

**Equipping Non-Clinical Caregivers to Prevent Falls  
in Community-Dwelling Older Adults**

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# Fall Death Rates in the U.S. INCREASED 30%

FROM 2007 TO 2016 FOR OLDER ADULTS



If rates continue to rise,  
we can anticipate

**7 FALL  
DEATHS  
EVERY HOUR  
BY 2030**

Learn more at [www.cdc.gov/HomeandRecreationalSafety](http://www.cdc.gov/HomeandRecreationalSafety).



## WHY ARE FALLS IN OLDER ADULTS A PROBLEM?

- Every 20 minutes an older adult dies from injuries from a fall
- Increasing older adult population
- Falls are among the most expensive medical conditions

# BEST PRACTICE TO PREVENT FALLS

- CDC developed STEADI
- Multi-factorial interventions
- Targets primary care providers
- And there's the problem...



# **FALL PREVENTION IS EVERYBODY'S BUSINESS**

- Not just for older adults
- Not just for healthcare professionals
- Everyone can contribute to fall prevention
- Focus on non-clinical individual



# CAREGIVERS TO COMMUNITY-DWELLING OLDER ADULTS

- Adult daycare center, two locations
- Inclusion Criteria: Direct care to older adults
- Mostly female, mean age 40.5, high school diploma
- No formal healthcare training
- $n=29$



# PROJECT GOAL & OBJECTIVES

**Goal: Reduce Falls in Community-Dwelling Older Adults**

## INCREASE KNOWLEDGE

Significance of Falls

Fall Risk Factors

Fall Prevention Interventions

## INCREASE CONFIDENCE

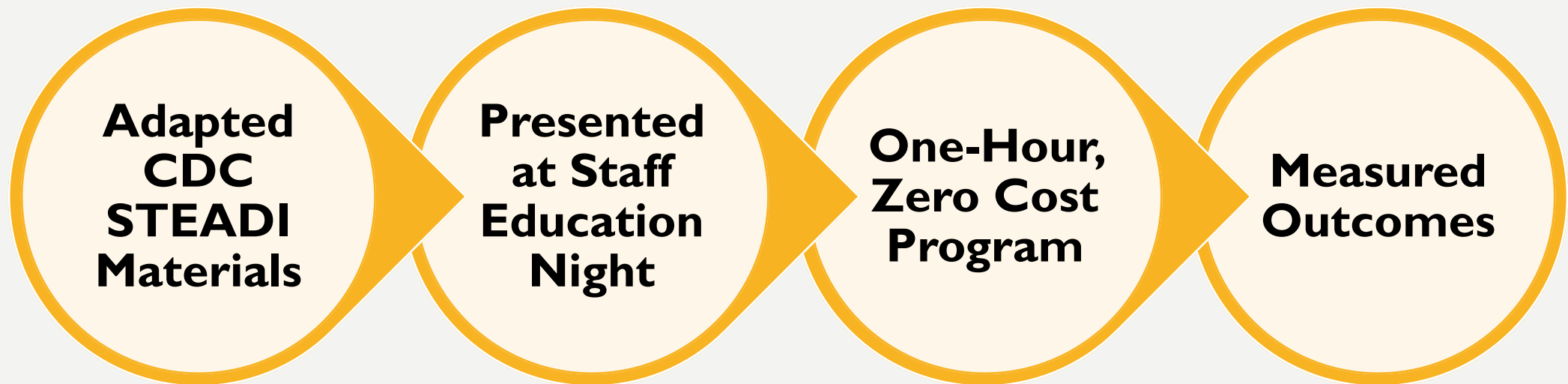
Fall Risk Assessment

Using Safety Interventions

Fall Prevention Recommendations

# HERE'S WHAT I DID

Target Audience: Non-Clinical Adult Daycare Staff



# HERE'S HOW I MEASURED

- **Pre/Post Knowledge Test**
- **Pre/Post Self-Efficacy Survey**
- **SurveyMonkey six-week follow up**
- **Measured in-facility falls for an eight-week period and compared 2018 data**



# KNOWLEDGE QUESTION

What are some of the most common reasons older adults fall? [Select all that are correct]:

A. Vitamin D deficiency

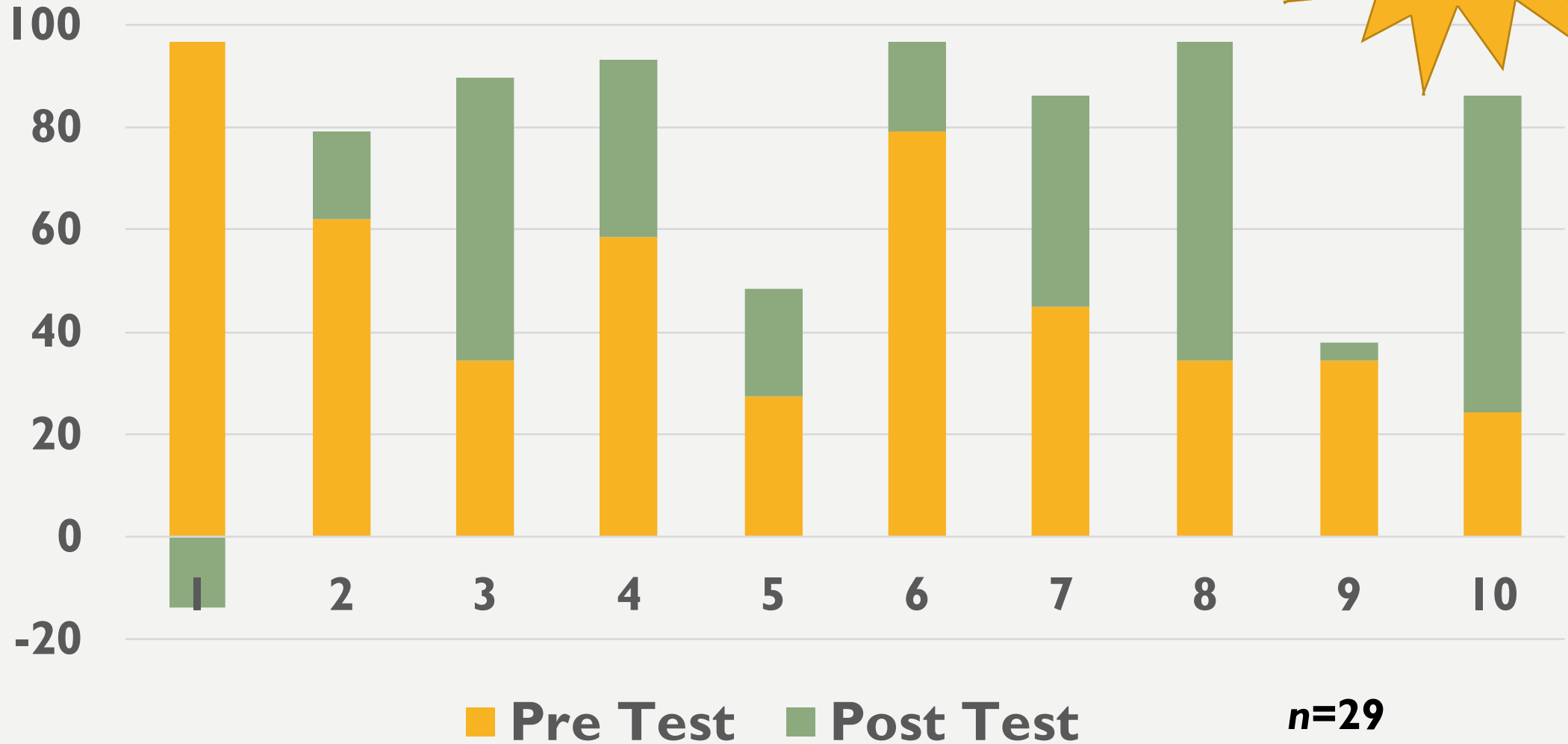
B. Lower body weakness

C. Use of medications (like sedatives and anti-depressants)

D. Good balance and steady walking

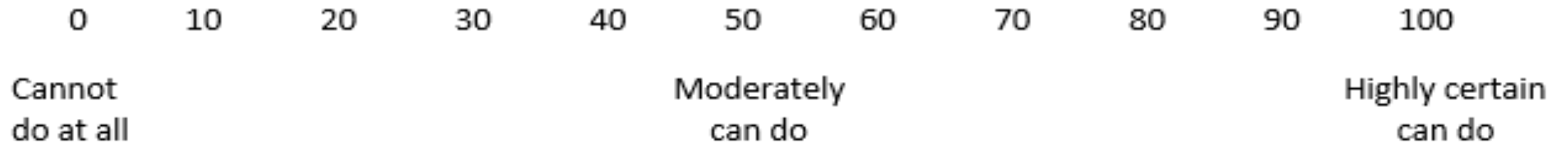
# OUTCOMES~KNOWLEDGE TEST

From 47% to 80% p<.000



# SELF-EFFICACY SURVEY

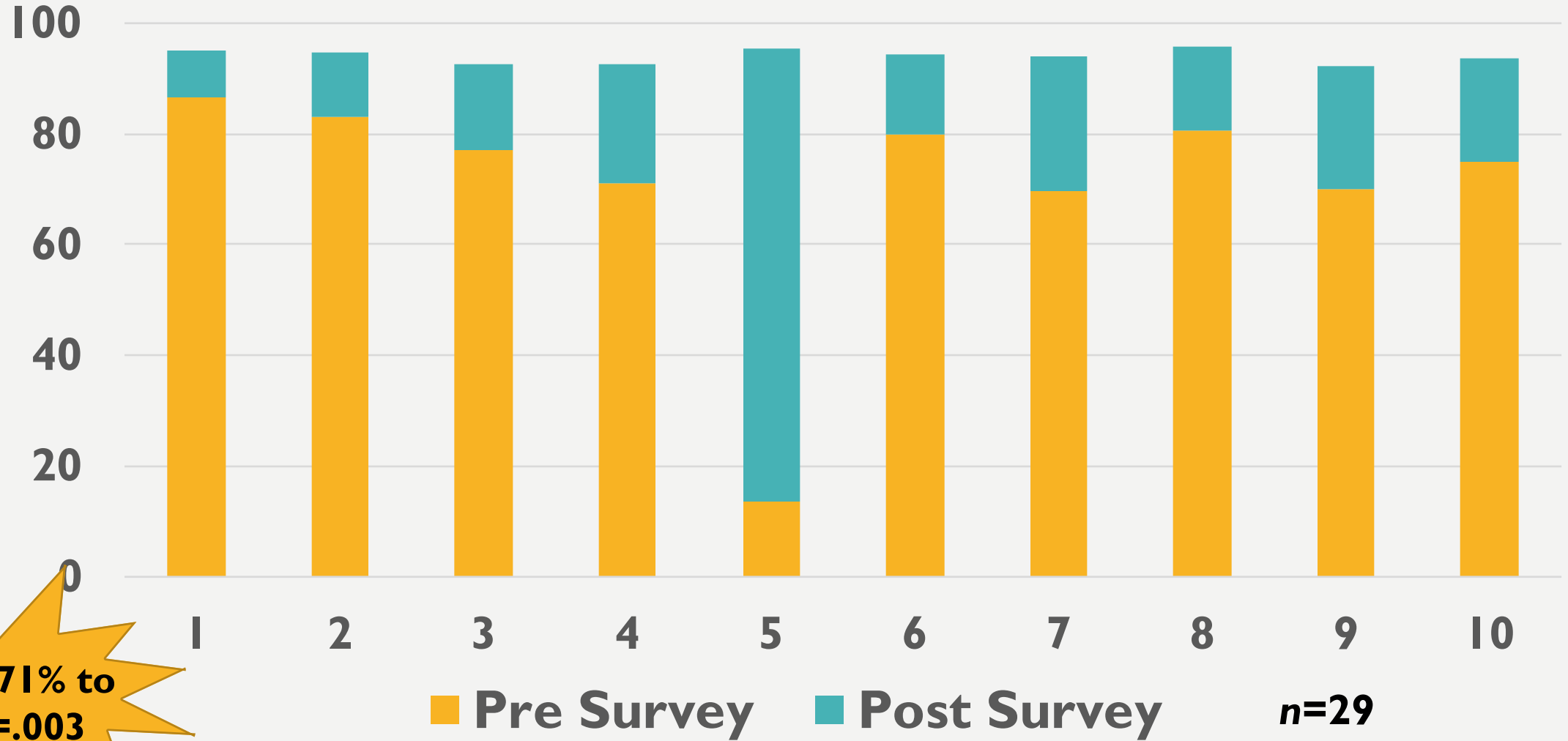
*Rate your degree of confidence by recording a number from 0 to 100 using the scale given below:*



**Recommend two exercises to improve balance and mobility**

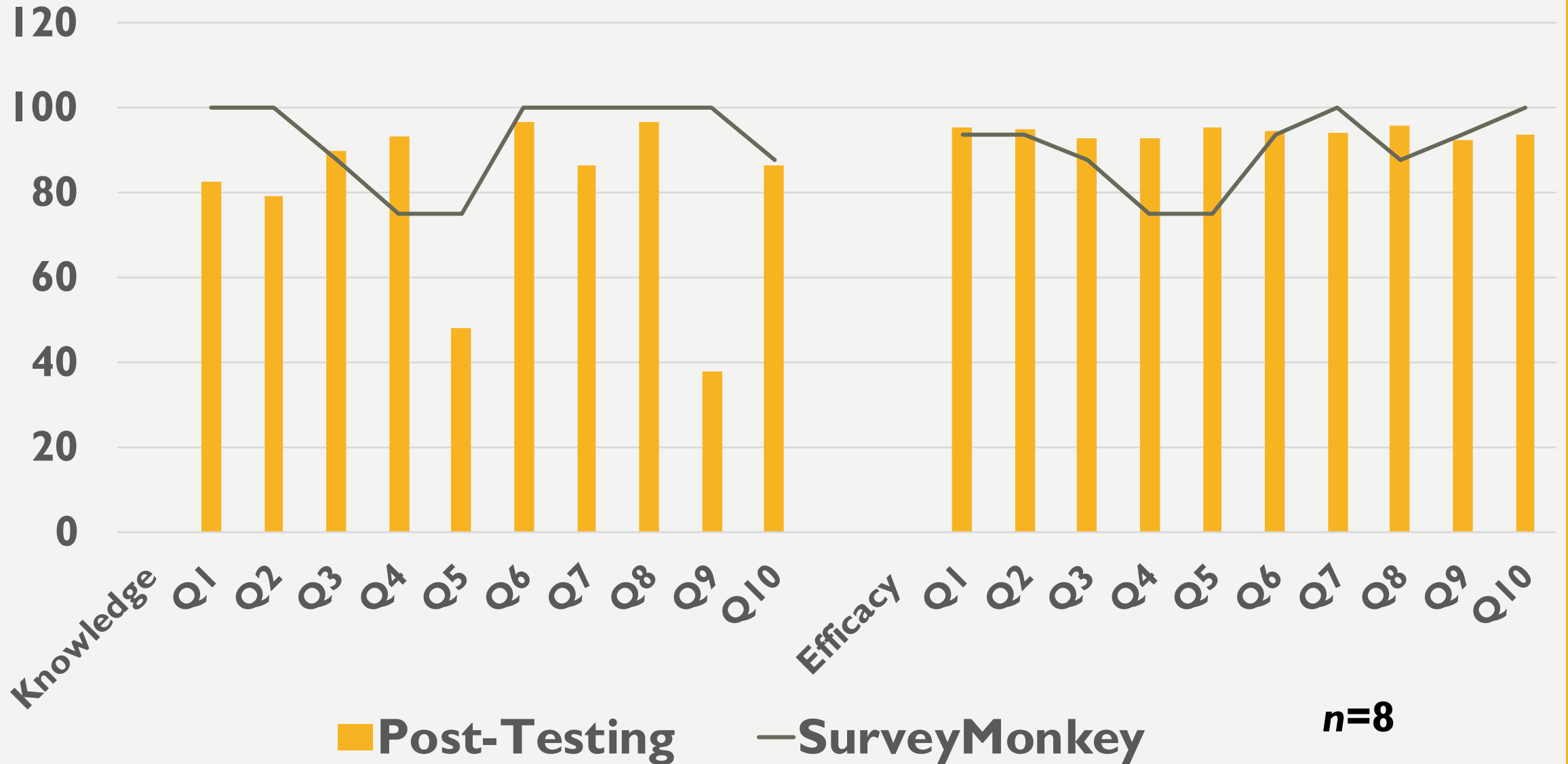
**Perform the TUG Test**

# OUTCOMES ~ SELF-EFFICACY SURVEY

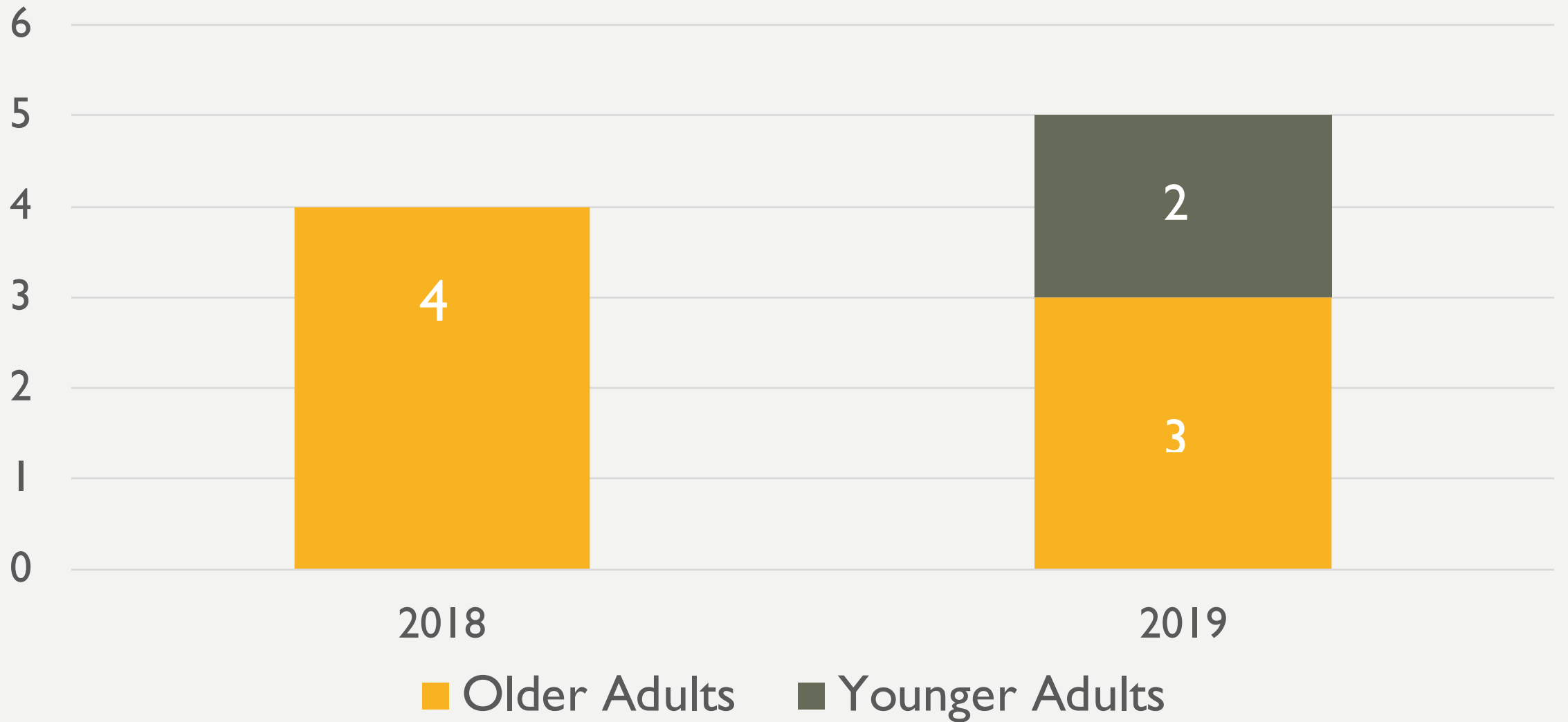


From 71% to  
94% p=.003

# OUTCOMES~LONG-TERM RECALL



# OUTCOMES~FACILITY FALLS IN 8-WEEK TIME PERIOD



# WHAT THEY SAID

**“We’d like to use this for new staff training.”**

**“I never knew medications affected people like that and could make people fall.”**

**“I told a man at my church he needs to stand up more slowly. He takes a lot of medications.”**

**“We’ve been using that TUG test!”**

**“Now I know it’s a blood pressure thing as to why you feel dizzy when you stand up too fast.”**

- **Sample size was small**
- **Randomization**
- **SurveyMonkey results**
- **Reading level**
- **Unfamiliar question style**
  - **SATA**

**LESSONS  
LEARNED**



**WHERE IN YOUR  
COMMUNITY  
COULD YOU  
TAKE THIS?**

# REFERENCES

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