

Caregivers as Partners and Recipients of Falls Prevention Efforts: The Role of State Coalitions

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April 25, 2017

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National Council on Aging

Improving the lives of 10 million older adults by 2020



About this event

Caregivers play an important role in preventing falls among older adults, and are often at risk themselves.

Webinar Objectives:

- Learn about the National Network of Caregiving Coalitions and State Falls Prevention Coalitions.
- Highlight examples of potential for collaboration between caregiving and fall prevention coalitions in two states, Montana and Washington.

Caregivers as Partners and Recipients of Falls Prevention Efforts: The Role of State Coalitions

Chelsea Gilchrist, MGS

Program Associate, Center for Healthy Aging

April 25, 2017



National Council on Aging

Improving the lives of 10 million older adults by 2020

About the National Council on Aging (NCOA)



Our Mission:

Improve the lives of millions of older adults, especially those who are struggling

Our Social Impact Goal:

Improve the health and economic security of 10 million older adults by 2020

National Falls Prevention Resource Center

- Funded by the Administration for Community Living/ Administration on Aging
- Increase public awareness about falls prevention
- Serve as the national clearinghouse for tools and resources
- Support and stimulate evidence-based programs and strategies
- www.ncoa.org/healthy-aging/falls-prevention/

Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

- 1** Find a good balance and exercise program
Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend. 
- 2** Talk to your health care provider
Ask for an assessment of your risk of falling. Share your history of recent falls. 
- 3** Regularly review your medications with your doctor or pharmacist
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed. 
- 4** Get your vision and hearing checked annually and update your eyeglasses
Your eyes and ears are key to keeping you on your feet. 
- 5** Keep your home safe
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas. 
- 6** Talk to your family members
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue. 

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To learn more, visit ncoa.org/FallsPrevention.

NATIONAL COUNCIL ON AGING

571-527-3900 ■ www.ncoa.org
www.facebook.com/NCOAging ■ www.twitter.com/NCOAging

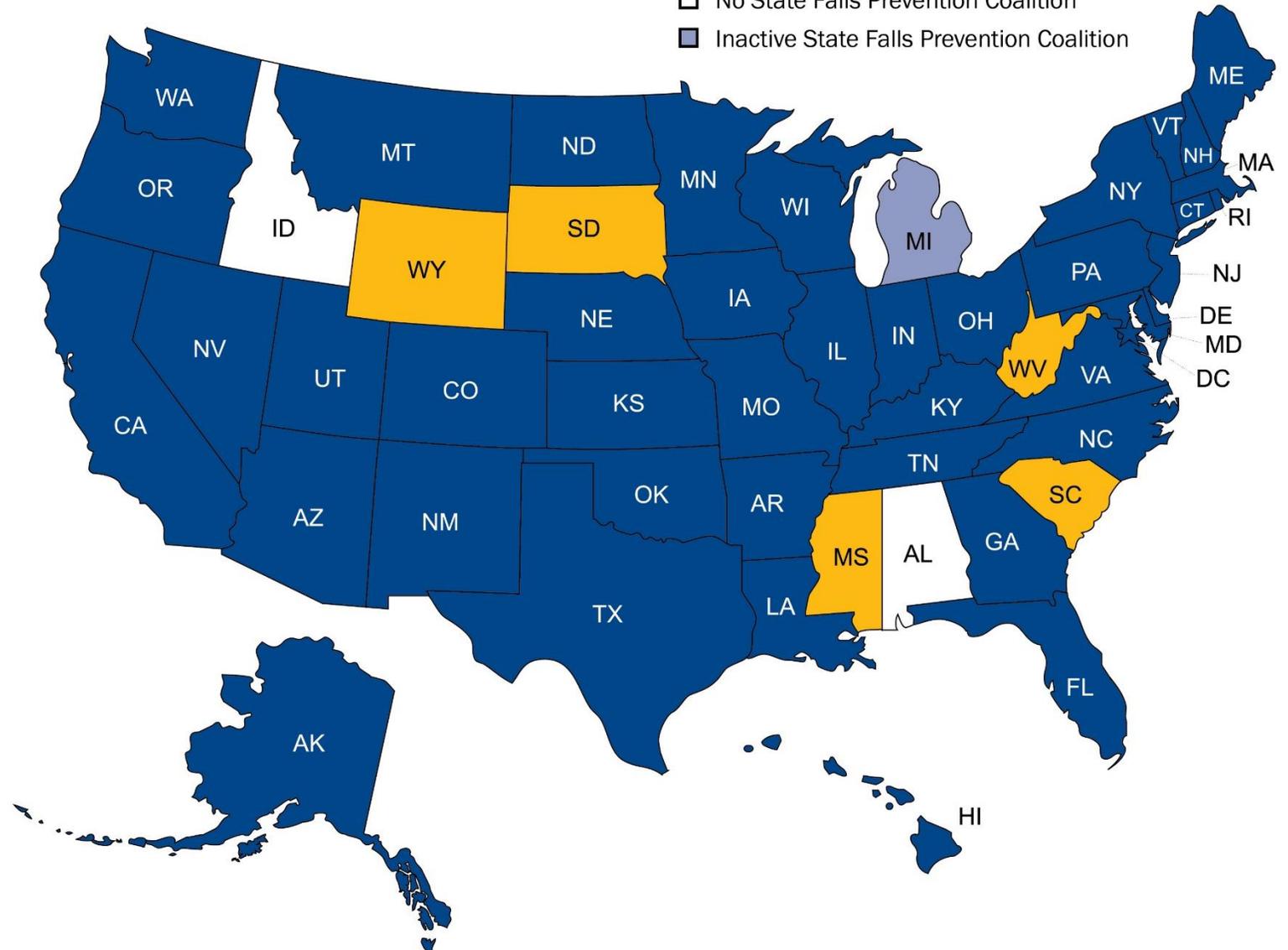
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About the State Falls Prevention Coalitions

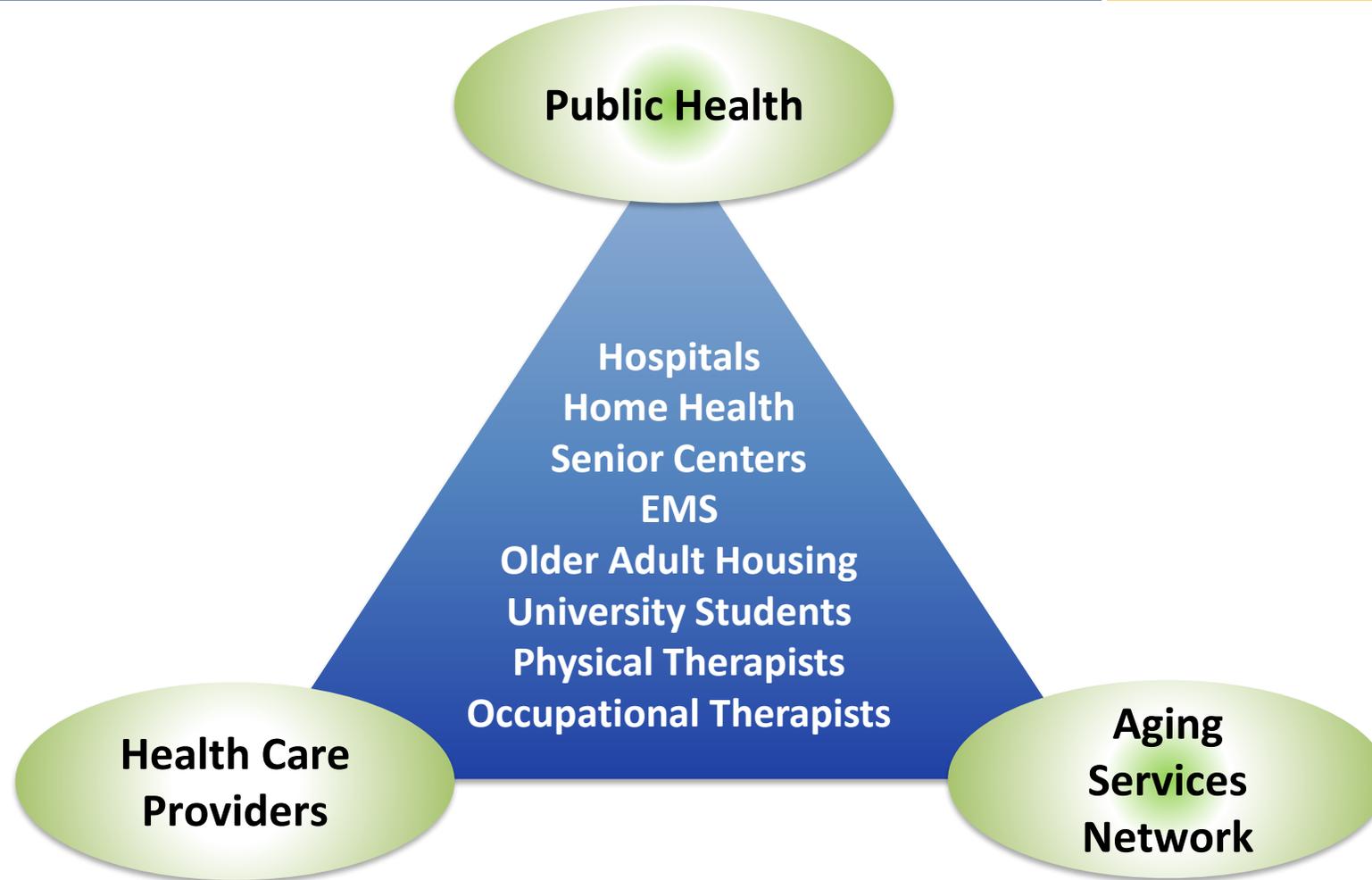
Mission:

Reduce older adult falls, fall-related injuries, and deaths in their communities or states.

- State Falls Prevention Coalitions
- State Falls Prevention Coalitions Under Development
- No State Falls Prevention Coalition
- Inactive State Falls Prevention Coalition



State Falls Prevention Coalitions



State Falls Prevention Coalitions

- Increase awareness of the issue and of the effective prevention strategies
- Build and leverage an integrated, sustainable fall prevention network
- Improve fall prevention activities in places where older adults reside
- Increase availability and accessibility of community fall prevention programs and services

Evidence-Based Falls Prevention Programs

- A Matter of Balance
- FallsTalk/FallScape
- Healthy Steps for Older Adults
- The Otago Exercise Program
- Stay Active and Independent for Life (SAIL)
- Stepping On
- Tai Chi for Arthritis
- Tai Ji Quan: Moving for Better Balance

View program summaries, training requirements, costs, and more:

<https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults/a>



ACL Evidence-Based Falls Prevention Program Grantees

- Arizona*
- California*
- Colorado
- Florida
- Georgia
- Illinois
- Iowa
- Maine
- Maryland
- Massachusetts
- Michigan*
- Minnesota
- Missouri
- North Carolina
- North Dakota*
- New Hampshire
- New Jersey
- New Mexico*
- New York
- Texas
- Utah
- Virginia
- Vermont
- Wisconsin*

* Tribal Grantees

Administration for Community Living/Administration on Aging Falls Prevention Grantees:

http://www.aoa.acl.gov/AoA_Programs/HPW/Falls_Prevention/Index.aspx#Awardees

<https://www.ncoa.org/center-for-healthy-aging/falls-resource-center/falls-prevention-grantee-profiles/>

National Fall Prevention Awareness Day

- September 22, 2017: First day of fall
- 10th Annual Falls Prevention Awareness Day
- State and local activities:
 - Falls risk screening fairs
 - Enrolling older adults in evidence-based falls prevention programs
 - Public awareness activities
 - Physical activity events
 - State and local advocacy activities
 - Proclamations – state and local



Contact Your State Coalition!

Coalition Contact List:

<https://www.ncoa.org/resources/list-of-state-falls-prevention-coalitions/>



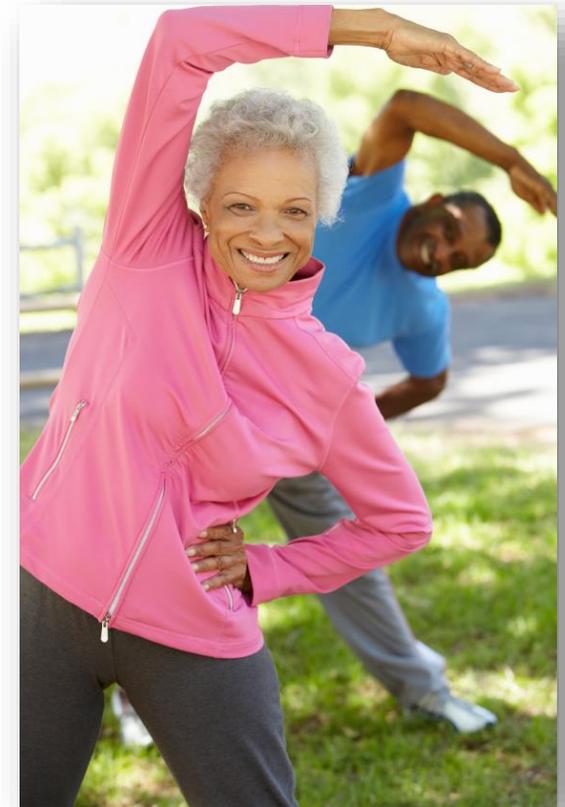
Contact Information

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National Alliance for Caregiving

April 25, 2017

*Michael Reese Wittke
Director of Advocacy*



About the Alliance

- Non-profit coalition of over 50 national organizations focused on family caregiving issues
- Established in 1996 to support family caregivers and the professionals who work with them
- NAC Activities:
 - Conduct research and policy analysis;
 - Develop national programs;
 - Strengthen state and local coalitions;
 - Increase public awareness;
 - International work and awareness.





Caregiving in the U.S.

2015 REPORT

CONDUCTED BY
THE NATIONAL ALLIANCE FOR CAREGIVING & AARP

What is a Caregiving Coalition?

- Community that addresses needs of family caregivers across the lifespan
- Includes families of origin and families of choice
- Typically offers information and referral services, educational outreach, and advocacy
- United community voice to meet social, medical, physical, financial, spiritual, and emotional needs of family caregivers

Advocacy Coalition Example: Hawaii Family Caregiver Coalition



Find them on Facebook!

- State Legislature Visits
- Annual Caregiver Day at the State Capitol
- Annual Aging & Disabilities Issues guidebook
- Worked to establish the Kapuna Caucus to focus on caregiving issues



Educational Coalition Example: Caregiver U (Austin, Texas)

Caregiver U



- Uses 20 Central Texas non-profits to pool support and resources for caregivers and families
- Offers education (Powerful Tools for Caregivers) and conferences, free for caregivers
- Hosts a blog to provide additional resources
- **Matter of Balance**

<http://caregiverucentx.wordpress.com/>



Community Services Coalition Example: Caregiver Coalition of NE Florida



- Supported/staffed by a local hospice association
- Resources include an annual conference, workshops for caregivers and recipients, and newsletter
- Strong online presence

<http://www.mycaregiverconnection.org/>



Resource-rich Coalition Example: Caregiver Coalition in Michigan



Caregiver Resource Network

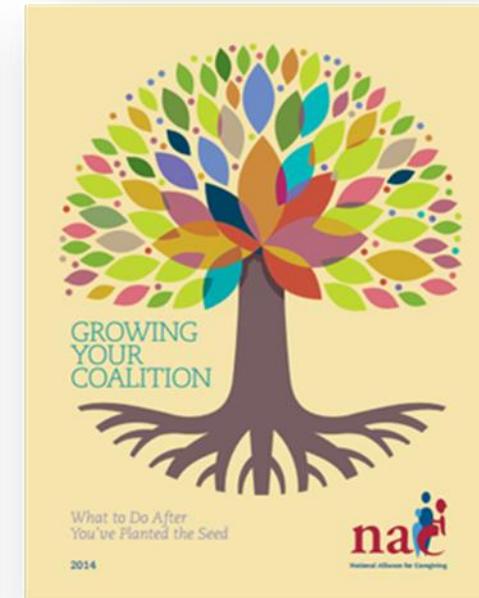
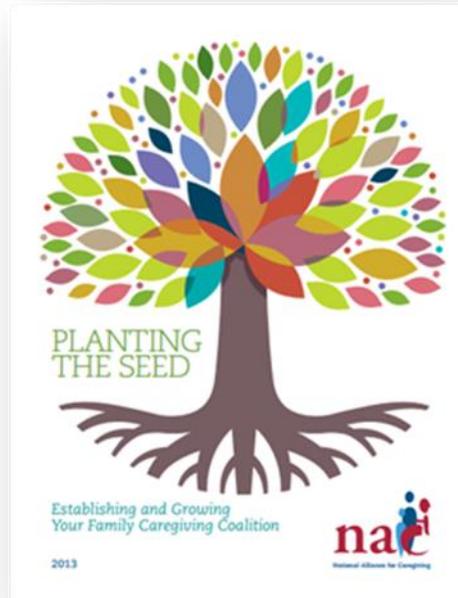
- Area Agency on Aging of Western Michigan, which administers Title III E Older Americans Act National Family Caregiver Support Program.
- Resources/Podcast
- Speaker's Bureau

caregiverresource.net



How Do We Support Coalitions?

- Coalition Guidebooks
- Annual Conference
- **Quarterly Webinars**
- Mini-Grants from Sponsors
- Online News & Outreach:
Newsletter, Facebook, Twitter
& LinkedIn
- **Special Projects**





How to Talk With A Loved One About Brain Health and Memory Concerns



More Information

Mike Wittke, Director of Advocacy

National Alliance for Caregiving

Email: mike@caregiving.org

Website: caregiving.org

Engaging Caregivers in Evidence-Based Fall Prevention Programs (EBFPs)

EXPERIENCES IN MONTANA



EBFPs in Montana



Montana is actively disseminating a limited number of evidence-based fall prevention programs to older adults. We now offer:

- Stepping On®
- Otago Exercise Program
- STEADI fall risk screenings
- YMCA's offer Enhanced Fitness in 3 regions
- Some senior centers offer a variety of Tai Chi classes
- Arthritis Exercise program is offered by a couple of groups.

Your state may offer different EBFPs. All community-based EBFPs require similar action steps.

Attending Community EBFPs

The ability to learn about, register and attend evidence-based fall prevention programs (EBFPs) requires steps that may involve caregivers:

- Knowing about the program before it begins
 - Marketing (to both attendees AND caregivers)
 - Understanding who EBFPs benefit
- Registering & planning to attend the upcoming local class may require
 - Online action, travel or phone call
 - Payment or applying for scholarship
- Attendance may require:
 - Knowledge of the location
 - Travel/ transportation
 - Meeting new people
 - Hearing/seeing the class materials
 - Completing forms



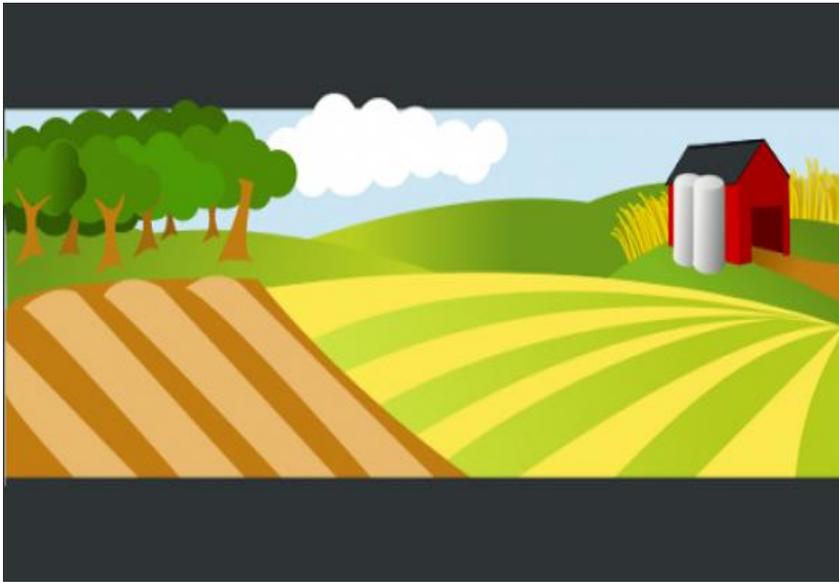
EBFPs Require Behavioral Change

Many aspects of fall prevention require behavioral change at home and ongoing after the program ends.

Including the caregiver can both “spread the wealth” and reinforce/support behavior changes for each participant.



Additional Rural Challenges for EBFPs



Behavioral changes needed for fall prevention are well supported by many community activities following EBFP conclusion.

However, many areas in Montana and other rural states are very remote and do not offer community activities, recreational opportunities and various social supports.

Behavior changes require support from self and home. Engaging spouse, caregiver and family members is critically important.

How Have We Engaged Caregivers?

We have had caregivers engaged with a variety of EBFPs both casually and formally.

- We invite Stepping On® (SO) participants to enroll with their **spouse** and/or older adult child.
- When we teach Otago Exercise Program to groups of adults with IDD (cognitive impairment), we require that their **caregiver** attend with them for a “fitness team” experience.
- We engage RSVP volunteers to work with us in teaching of SO as **peer leaders** and staffing Fall Prevention Awareness Day activities. Many RSVP volunteers are engaged as caregivers.



Role of the Spouse/Partner/Caregiver in EBFPs:



The effect of marriage on health is multidimensional, including a variety of physiological and behavioral mechanisms (Cohen, 1988; Umberson, 1987).

- Promotion of health-enhancing behaviors and the inhibition of health-compromising behaviors occurs between many couples.
- Health behaviors are affected by spouses through social support (helping spouses achieve or maintain health through emotional and instrumental support)
- Visit scholarcommons.scu.edu/cgi/viewcontent.cgi?article=1018&context=psych

Your EBFP graduates may enjoy greater success and long-term benefits if they have the partnership of their spouse.

What is RSVP?

The Corporation for National and Community Service is a federal agency that improves lives, strengthens communities, and fosters civic engagement through service and volunteering. RSVP volunteers are oftentimes engaged as caregivers.

Retired & Senior Volunteer Program is discussed on their website
<https://www.nationalservice.gov/programs/senior-corps/senior-corps-programs/rsvp>

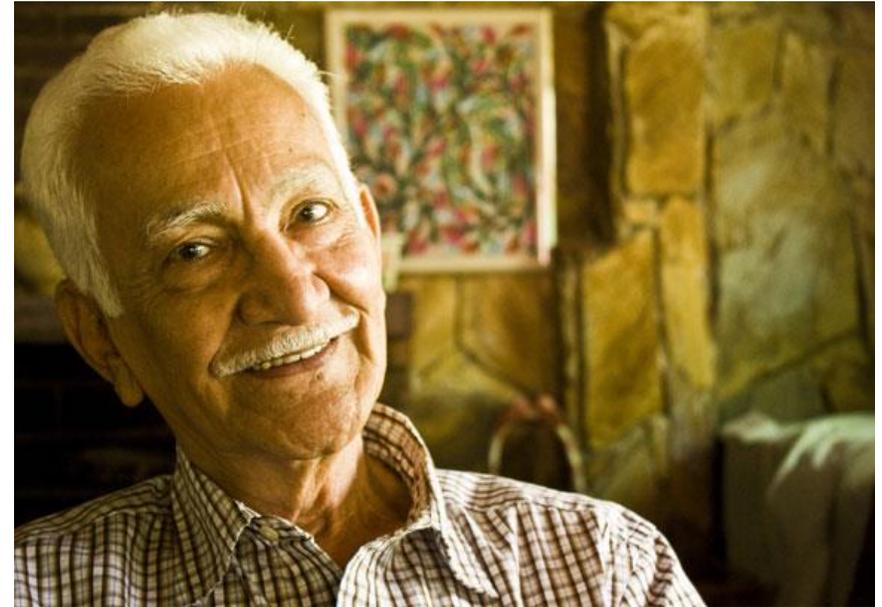
In Montana we use RSVP volunteers to assist SO instructors with:

1. Pre-meeting reminder phone calls
2. Copying and class prep each week
3. Collecting exercise sheets and entering data
4. Writing notes during class on the flipchart
5. Eventually working as a peer leader (and occasionally going through training as a SO leader)
6. If they are engaged with an enrolled older adult already as a caregiver, they attend as their "fitness partner".



How to engage RSVP volunteers

1. Locate your area RSVP program coordinator at their National Service in Your State website here <https://www.nationalservice.gov/impact-our-nation/state-profiles>
2. Complete simple application to engage RSVP volunteers with your program, 2-3 months prior to your start date.
3. Screen a few possible volunteers and select your best fit.
4. Communicate with and train the volunteer what you need them to do. Oftentimes, you can re-engage the same volunteer for later classes.



Follow Up with Caregivers



Keep caregivers in the communication loop. Many caregivers do not live with the older adult and may not be aware of program or outcome challenges.

- Add caregivers in mid-program and post-program phone/email communication or class reunions.
- Encourage them to follow-up on home programs, walking programs, medical appointments, home modifications, etc.
- Gain their input and support for ongoing periodic reminders.
- Educate live-in caregivers about area respite programs and, of course, the [National Alliance for Caregiving](#)

Take Away Messages

1. Empower dissemination efforts with all sorts of volunteer groups:

- Caregivers
- Training health care students
- Faith organizations
- Rotary/ Chamber of Commerce volunteers
- Volunteer EMS personnel

2. Engaging caregivers is an opportunity for them to also improve their own health, not just another obligation. This should be emphasized.

3. Look for opportunities to care for the caregivers! We need them and they need our support!

THERE ARE ONLY FOUR KINDS OF
PEOPLE IN THE WORLD
THOSE WHO HAVE BEEN CAREGIVERS,
THOSE WHO ARE CURRENTLY
CAREGIVERS,
THOSE WHO WILL BE CAREGIVERS,
AND THOSE WHO WILL NEED
CAREGIVERS.

~Rosalynn Carter

Please feel free to contact me



Mindy Oxman Renfro, PT, PhD, DPT

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University of Montana

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Fax: (406) 243-2349

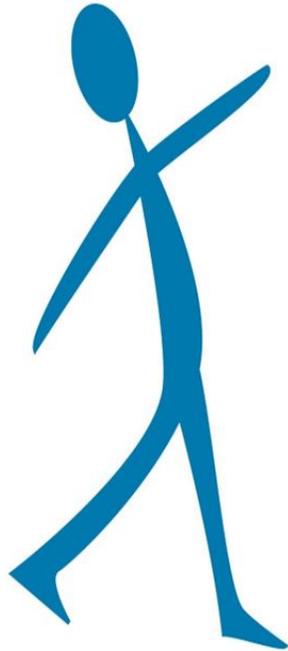
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www.facebook.com/ruralinstitute



Stay Active & Independent for Life

a strength and balance fitness class for adults 65+

WHAT IS SAIL AND WHY IS IT SO SUCCESSFUL ?

Title IIID Evidence-based Fall Prevention Fitness Program for Adults 65+

GOALS OF THE SAIL PROGRAM

- Improve strength and balance
 - Decrease the risk of falls
 - Improve health
 - Maintain independence
 - Improve quality of life
- Pass along education on Fall Prevention

Studies have shown that regular physical activity helps prevent and manage chronic diseases, uplifts mental well being, and helps prevent falls.



SAIL classes are adapted for all levels of ability. The entire program can be done standing or sitting.

SAIL is being taught in all levels of residential living communities as well as senior centers, churches, community centers, YMCAs, Parks and Rec, etc.

Classes are taught by trained, certified Instructors.

Participants get a pre-exercise screening then a quarterly fitness checks to monitor improvement.

Classes are held 2-3 times a week for 1 hour.



Caregivers Play An Important Role

Are you a family member or a visiting caregiver? Then you are a key to success!

One of the biggest risks for a fall is the FEAR of falling!

- Assess your situation
 - Can you get to a center for a class
 - Present the idea and motivate your loved one
- Classes will have other people in the same situation
 - Walkers and canes are OK!
- Think of it as TEAMWORK (you are probably at risk for a fall as well)
 - The word BALANCE is a huge motivator
 - Try it, you'll like it! It is fun, it is safe and it works!

Reasons to Exercise

- ▶ Increase your energy
- ▶ Feel stronger
- ▶ Feel more confident
- ▶ Improve your walking
- ▶ Improve your flexibility
- ▶ Decrease your risk of falling
- ▶ Maintain a healthy weight
- ▶ Improve your self image
- ▶ Sleep better
- ▶ Make new friends - have fun!



Who Benefits?

The Participants of the SAIL Class

- ▶ Physically, Psychologically, Spiritually, Socially
- ▶ Being educated on Fall Prevention

The Caregiver

- ▶ Physically, Psychologically, Spiritually, Socially
- ▶ Learn how to do a “Home Safety Checklist”
- ▶ Being educated on Fall Prevention

The Medical Team (Doctors, Hospitals, EMS, etc.)

- ▶ Less falls, less injury as a result to falls, less 911 calls, less ER visits, less short term illness, less long term illness, less fatality due to falls



Stay Active & Independent for Life

a strength and balance fitness class for adults 65+

Need More Information?

SAILfitness.org (509) 888-9933



CAREGIVERS AS PARTNERS AND RECIPIENTS OF FALLS PREVENTION EFFORTS: THE ROLE OF STATE COALITIONS

Lynessa Tinglum
Advanced Health Care
Community Relations Director

CAREGIVER ENGAGEMENT

Overview

- ◉ **Role of a falls prevention coalition**
- ◉ **Key partnerships**
- ◉ **How do we make them care? Strategies for caregiver and care recipient involvement**
- ◉ **Events**
- ◉ **Social Media – Tips, tricks and ideas**



ROLE OF A FALL PREVENTION COALITION:

- “To reduce falls at home, at work, and in the community of Pierce County.”
- We accomplish that through public education, advocacy, networking and resource education fairs.
- Coalition of diverse professionals with backgrounds in health, long-term care, and fitness.

KEY PARTNERSHIPS

◉ Get involvement from key stakeholders

- College professors and places of higher learning, State Health Department, Rehab Directors, OTs, PTsw, local hospital falls & balance personnel, physicians, pharmacies, local fire department public and EMS professionals, hearing, vision, and audiology specialists, DME companies, dieticians or nutritionists, Medicare home health agencies, private in-home care agencies, home modification companies, fitness and exercise professionals, local parks department, senior centers, county Area Agencies on Agency, ILF, ALF, SNF, and memory care communities...I'm sure there are more ideas you have, too!

◉ Contact local healthcare networking groups and learn “who’s who” if you are not already doing so.

◉ Disease specific support groups - i.e. Parkinson's, Alzheimer's, Diabetes

HOW DO WE MAKE THEM CARE?

STRATEGIES FOR CAREGIVER AND CARE RECIPIENT INVOLVEMENT

- ◉ Public education fairs - go where the baby boomers are
- ◉ Speaking engagements at senior centers, other senior living communities. Invite both caregivers and receivers.
- ◉ Educational panel to nurse case managers, social workers, local Parish nurses.
- ◉ Free risk assessments - ours were performed by local home health agency (Kindred) and Pacific Lutheran University kinesiology students.

BEST PRACTICES FOR EVENTS:

- ◉ Talk to caregivers and clients about what kind of education they want - ask & survey!
- ◉ When possible, use your local firemen! Have them do glucose test, BP checks, etc.
- ◉ Free healthy lunch, lots of prize giveaways, music, exercise demonstrations, interesting speakers and breakout sessions, DME equipment cleaning, etc.
- ◉ Create a Falls Event Calendar for your community. Start small and grow! Ideas:
 - One big local event on Falls Day - September 22, 2017
 - Several smaller events throughout the month of September
 - Many events throughout the year



USING SOCIAL MEDIA TO SPREAD THE WORD

Create “Facebook event” and have stakeholders “share”

Utilize blog - free blogging sites (wordpress, blogger)

Use all available social media platforms to promote and use hashtags for greater exposure -Facebook, websites, Instagram

#fallsfree

#fallspreventionday2017

#city of event

#familycaregivers

#fallsprevention

Spread flyers around the community. Use your stakeholders and key partners to market and cross promote the event.

- “Go Live” at the event on Facebook
- Interview speakers and share a 30 second video
- Create a recap video to create excitement for next year’s event
- Use pictures and links



It Takes A Village



“It takes a village of stake holders working together to prevent falls and reduce falls risk, tasks that no one stakeholder can accomplish alone”

Ganz,DA, Alkema,GE, and Wu,E. Injury Prevention, 2008

Thank You

Questions?



Save the Date: Next Webinar

You Have the Power to Prevent a Fall

June 27 @ 3:00 - 4:00 p.m. ET

Audience: Older adults and caregivers.

Join this webinar to learn about fall risk factors and simple steps you can take to prevent a fall.

Presenters:

- Mike Wittke, Director of Advocacy, National Alliance for Caregiving
- Chelsea Gilchrist, Program Associate, National Council on Aging

