

Implementing an Evidence-Based Falls Prevention Program for Community Dwelling Older Adults



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Health AND Human
SERVICES

Background

Community Aging in Place, Advancing Better Living for Elders (CAPABLE) is a person-directed, home-based program that improves independence, safety and health by improving medication management, problem-solving ability, strength, balance, mobility and home safety. Research has shown that CAPABLE has provided more than six times return on investment. Roughly \$3,000 in program costs per participant yielded more than \$30,000 in savings in medical costs driven by reductions in both inpatient and outpatient expenditures.

Objective

Improve the ability of older adults and adults with disabilities in the targeted Iowa counties to live safely in their own homes by significantly reducing in-home falls risk using the evidence-based CAPABLE program.

Delivery Organizations

Happy at Home Consulting	57	22
Connections AAA	27	15
Dallas County Hospital	3	2

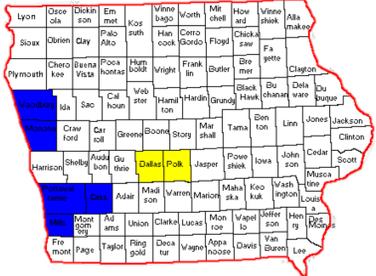
CAPABLE Outcomes

- Better function
- Lower hospitalization rates
- Decreases nursing home admission
- Reduces Health Disparities
- Reduces symptoms of depression

Referral Sources

- Iowa Return to Community (IRTC)
- Healthcare Professionals
- Internal Referrals
- Emergency Medical Services (EMS)
- Self Referral via findhelp

Targeted Counties



Action Steps

- Established partnerships to deliver CAPABLE.
- Developed Infrastructure with two teams completing Johns Hopkins CAPABLE training.
- Coordinated public awareness, education, marketing and recruitment via flyers, press releases, radio commercials, newspaper ads, and social media marketing.
- Monthly team meetings with project sites.
- Produced user-friendly data reports to share with interested parties.

CAPABLE Team



Participant

- Self-assessment
- Readiness to change
- Goal and priority setting is participant-driven
- Brainstorming options/solutions; team in consultative role
- Work/actions to make progress between each visit – Action Plan
- Exercises, education, practice
- Absorb tips for safe independent living
- Use new skills and equipment regularly



Occupational Therapist

- Functional/Mobility assessment
- Home risk; modifications & equipment needs
- Fall prevention, equipment guidance



Registered Nurse

- Medical history, current healthcare providers
- Key health issues/risks
- Pain, medication review



Handy Person

- Receives work order; confers with participant
- Obtains equipment, installs
- Instruction/guidance for participant

87 consumers served in two pilot areas since August 2020 with CAPABLE.

CAPABLE Program



Note: The total number (N) for each outcome measure depends on survey version. (Version 2 used 2020-2021, Version 3 used 2021-2023.)
For this period, total N and N by Version:
Total Participants with Pre/Post Surveys: 92
Number with V. 2 Surveys: 5
Number with V. 3 Surveys: 87

Metrics

Falls in Past 3 months (pre) (V. 1, 2, 3) | Falls since program began (post) (V. 1, 2, 3)

None	1-2	3+	N/A
37 (44%)	31 (37%)	16 (19%)	1

None	1-2	3+	N/A
22 (67%)	8 (24%)	3 (9%)	6

Falls with injury (V. 1, 2, 3) | Falls with injury (V. 1, 2, 3)

None	1-2	3+	N/A
31 (60%)	17 (33%)	4 (8%)	33

None	1-2	3+	N/A
13 (87%)	2 (13%)	0 (0%)	24

Where did (falls) occur (V. 2) | Where did (falls) occur (V. 2)

Indoors	Outdoors	Both	N/A
2 (67%)	1 (33%)	0 (0%)	2

Indoors	Outdoors	Both	N/A
0 (-%)	0 (-%)	0 (-%)	5

Medical care for injury (select all that apply) (V. 2, 3) | Medical care for injury (select all that apply) (V. 2, 3)

ER	PCP	Hosp	None	N/A
10 (23%)	3 (7%)	4 (9%)	34 (77%)	44

ER	PCP	Hosp	None
2 (3%)	3 (4%)	1 (1%)	14 (19%)

Tell anyone about fall (V. 3) | Tell anyone about fall (V. 3)

Yes	No	N/A
32 (37%)	4 (5%)	51

Yes	No
16 (18%)	3 (3%)

Improved, Maintained, or Declined = Number of participants with a score at Post Survey that is better, the same, or worse than score on the Pre Survey. Percent is out of total participants who responded on both Pre and Post Surveys of the relevant version. N/A = Number of participants who provided both Pre and Post Surveys of relevant version, but did not answer the question, either at Pre, Post, or both. Generated on 8/15/2023

Navigating all the changes Mom faced these past few years has been difficult. The death of my father in 2017, sale of their home and moving in with my husband and I in 2018, mounting health issues in 2019, then cancer and surgery in 2020. Not to mention the ongoing concerns over COVID! It has been dizzying for us all! Sydney and her Happy at Home team came into our home with fresh eyes and ears, years of experience and kind hearts. They helped by listening, offering ideas we had not thought of and resources we did not know existed. Our home is now better equipped for the every-day challenges we face and we had the opportunity to get the team's ideas about our concerns and plans for the future. We have recommended them to several friends and I wish every Senior who has chosen to live at home could have the attention and peace of mind they were able to offer us!

- CAPABLE participant's daughter

Testimonial

Next Steps

- Develop strategies to continue expanding CAPABLE beyond the grant, such as pursuing reimbursable partnerships.
- Continue to educate and connect with partners about the resources and services available for fall prevention and home modification.