



Utilizing a Falls Prevention Program to Improve Chronic Disease Management in Community Dwelling Older Adults

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Introduction

A fall prevention program for older adults can contribute to chronic disease management by promoting physical activity, strength, and balance. This can help reduce the risk of falls and also improve overall health, which is critical for those with chronic conditions. Additionally, such programs often include education on medication management, proper nutrition, and regular check-ups, aiding in the management of chronic diseases and promoting a healthier lifestyle. Happy at Home Consulting, in collaboration with the Iowa Department on Aging and Greater Des Moines Habitat for Humanity, provided the CAPABLE program 2020–2023 in Polk and Dallas Counties.

Chronic Disease Management

Chronic disease management refers to the ongoing process of effectively controlling and addressing long-term health conditions to minimize their impact on an individual's well-being and quality of life. It involves a comprehensive and coordinated approach that encompasses medical treatment, lifestyle adjustments, self-care practices, and regular monitoring. The primary goals of chronic disease management are to prevent complications, improve symptoms, maintain functional abilities, and enhance overall health outcomes. Chronic disease management requires a multifaceted approach to include:

- Individual Empowerment
- Education
- Tailored Approach
- Behavior Change
- Goal Setting
- Skill Development
- Social Support
- Regular Monitoring and Follow-Up
- Collaboration with Healthcare Providers
- Improvement in Quality of Life

Chronic Conditions

- Hypertension
- Type 2 Diabetes
- Arthritis
- Osteoporosis
- Heart Disease
- Chronic Obstructive Pulmonary Disease
- Alzheimer's Disease
- Parkinson's Disease
- Cancer
- Depression
- Visual and Hearing Impairment
- Chronic Kidney Disease

Common Complications

- Functional Decline
- Polypharmacy
- Hospitalizations
- Cognitive Impairment
- Pain and Discomfort
- Depression and Anxiety
- Social Isolation
- Frailty
- Malnutrition
- Pressure Ulcers
- Cardiovascular Complications
- Respiratory Problems
- Renal Dysfunction
- Vision and Hearing Impairment
- Financial Strain

Fall Risk Factors

- Muscle Weakness
- Poor Balance
- Gait and Mobility Issues
- Polypharmacy & Medication Side Effects
- Vision Impairment
- Foot Problems
- History of Falls
- Age
- Cognitive Impairment
- Nutritional Deficiencies & Dehydration
- Lack of Physical Activity
- Improper Use of Assistive Devices
- Fear of Falling
- Environmental Hazards

Outcomes of Falls for Older Adults in Iowa

30.4%
Experienced a Fall

\$432 Million
Spent on Fall-Related Medical Care

#1
Cause of Death

Community Aging In Place — Advancing Better Living For Elders (CAPABLE) Polk & Dallas Counties April 2022 – July 2023

MEAL PREPARATION	MOBILITY	TOILETING	BATHING	DRESSING
Supplies reorganized to improve access to frequently used items.	Transition ramp added to accommodate height discrepancy.	Toilet safety frame added for bilateral support.	Shower chair and tub clamp grab bar added for improved safety.	Shoe organizer added to remove floor clutter and improve access.

A PARTNERSHIP

Quantitative Measures

- ADL/IADL Measures
- Depression Screening & Social Isolation
- Activity Level
- Fear of Falling
- Life Satisfaction
- Number of Recent Falls (past 6 months)
- Number of Falls Prevention Measures Applied

Qualitative Outcomes

- Improved ADL/IADL Ease
- Connection to Community Resources
- Decreased Caregiver Stress
- Improved Healthcare Collaboration
- Demonstrated Articulations between Healthcare Teams and Community Programs

Next Steps

- Process CAPABLE Data
- Improve Data Collection for Chronic Disease Management in Delivery of HARP program in Southeast Iowa
- Continue Education Efforts for Healthcare Teams and Community Organizations
- Improve Access to Home Modifications

CAPABLE

Johns Hopkins School of Nursing created a four to five-month home-based program program that integrates services from an occupational therapist (OT), a registered nurse (RN), and a handy worker to improve independence and safety.

Evidence-Based Falls Prevention Programs

- Tai Chi: Moving for Better Balance
- Matter of Balance
- Stepping On
- Otago Exercise Program
- Stay Active and Independent for Life (SAIL)
- FallProof
- EnhanceFitness
- Home Hazard Removal Program (HARP)
- CAPABLE

References