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CONTACT & JOIN US  
WWW.AZSTOPFALLS.ORG

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## MEMBERSHIP BENEFITS

- \*Supports Research
- \*Best Practice Tools
- \*Learn About Evidence Based (EvB) Strategies for Improving Balance & Reducing Falls
- \*Develop Standards of Care
- \*Exam Algorithms
- \*Effective Provider-Patient Communications
- \*Improve Medication Management
- \*Influence Policies to Prevent Falls
- \*Continuing Professional & Community Education



## Evidence-Based Programs (EVB)

**A Matter of Balance (AMOB)**  
[mainehealth.org/falls](http://mainehealth.org/falls)

**Tai Chi for Arthritis**  
[taichiforhealthinstitute.org/#heatherchalon.com](http://taichiforhealthinstitute.org/#heatherchalon.com)

**Tai Ji Quan: Moving for Better Balance**  
[tjqmbb.org/](http://tjqmbb.org/)

**CDC STEADI Program**  
<https://www.cdc.gov/steady/>

**Otago Exercise Program**  
[med.unc.edu/aging/cgec/execise-program](http://med.unc.edu/aging/cgec/execise-program)

**Stay Active and Independent for Life (SAIL)**  
[wellnessplacewenatchee.org/#lsail-home/cm84](http://wellnessplacewenatchee.org/#lsail-home/cm84)

**Stepping On**  
[wihealthyaging.org/stepping-on](http://wihealthyaging.org/stepping-on)

**Other Resources**  
[azhealthyaging.com](http://azhealthyaging.com)

## Arizona Falls Prevention Coalition



"Our Calling is to Prevent Falling"

The mission of the Arizona Falls Prevention Coalition is to reduce risk of falls in Arizona through education, outreach, evaluation and advocacy

## Alarming Facts

### Based on 2015 Arizona Data

Over half of falls-related hospitalizations end up in skilled nursing facilities.

Males had a higher rate of fatality than females.

Persons ages 85+ had the highest rates of fatal and nonfatal fall injuries.

White, non-Hispanic residents had the highest rate of fall deaths, while American Hispanic residents had the lowest.

American Indian residents had the highest rates of fall hospitalizations and emergency department visits, while African American residents had the lowest.



## Stand Tall After You Fall



### Falls Can Cost a Person's Life or Their Independence

#### DID YOU KNOW....

Residents ages 65+ account for nearly 9 in 10 of all fall deaths and about 3 in 4 nonfatal fall hospitalizations in Arizona.

Falls are the leading cause of traumatic brain injury (TBI) in Arizona residents ages 65+.

Each week there are 715 emergency department visits among residents ages 65+, 231 hospitalizations, and 15 deaths due to fall injuries in Arizona.

**...you can choose to beat the statistics**

## Proactive Care

Interdisciplinary team providers play a key role in reducing fall related injuries; subsequently, loss of life by:

- Use standardized multifactorial risk assessment (including hearing & vision) protocols on every patient age 65+.
  - Use the AGS Beers criteria for RX in older adults, eliminating unnecessary RX. Encourage *one* provider and pharmacy.
  - Train office staff to administer Activities-specific Balance Confidence (ABC) scale, and refer to Evidence-Based physical activity and Chronic Disease Self-Management programs.
- Older adults who fall are fearful of starting activities. Inactivity leads to sarcopenia, loss of strength, imbalance and social isolation which increase falls risk.*
- People with chronic conditions, disabilities and cognitive impairment are at high risk. Clinical evidence, "behavioral intervention" methodology significantly reduces falls compared to untreated fallers.*