



# Fall Prevention for Native Elders

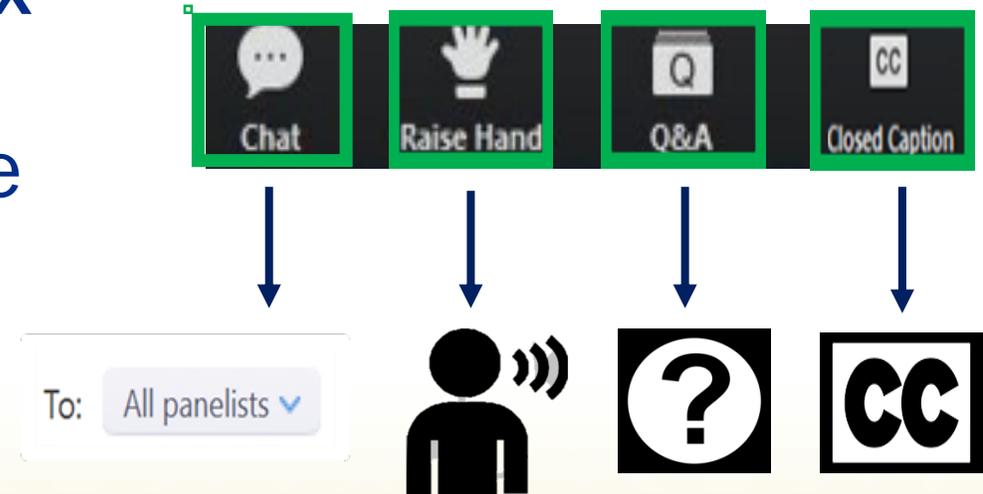
Wednesday, February 24, 2021, 2:00 pm Eastern

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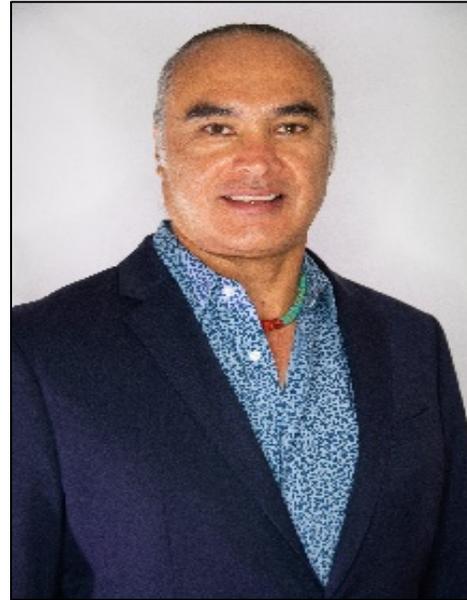
Enjoy the session!



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# Presenter



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February 24 , 2021  
Albuquerque Area  
Southwest Tribal  
Epidemiology Center

# AASTEC Injury Prevention: Supporting Wellness Among Tribal Elders

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# AASTEC Injury Prevention: Supporting Wellness Among Tribal Elders

## Agenda and Learning Objectives

- AASTEC and AAIHB Injury Prevention Program
- Breathing
- Learn about evidence-based fall prevention interventions
- Learn basic fall prevention strategies and assessments
- Learn some simple activities to help keep elders moving and independent



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# Overview Orientation: Regional Injury Prevention at AAIHB & AASTEC

## Regional Injury Prevention

- Serves 27 tribal communities in the AASTEC service area
- Epi data
- Regional assessment and ongoing analysis
  - Motor vehicle safety
  - Older adult fall prevention
  - Data improvement
- Tribal Injury Prevention Cooperative Agreement Program (TIPCAP)
- Albuquerque Area Tribal Injury Prevention Coalition
- Interventions and trainings
- Small media and videos
- Future

# Why Injury Prevention at AAIHB & AASTEC?

## Unintentional injuries

- Third-leading cause of death for all ages
- Leading cause of death for American Indians and Alaska Natives (AI/ANs) ages 0-44<sup>1</sup>
- Mortality rate almost double the rate witnessed among non-Hispanic whites (NHW)

## Particular unintentional injuries: Motor vehicle accidents & falls

- AI/AN motor vehicle death rate was more than 3 times higher than the NHW death rate
- A similar disparity was observed for children ages 0-14<sup>2</sup>
- Falls were the third-leading cause of unintentional injury-related death for AI/ANs of all ages
- Unintentional fall-related injury was also the leading cause of death, hospitalization, and emergency department visits for AI/AN adults ages 65+

<sup>1</sup> (NM IBIS, 2016-2018) <sup>2</sup> (NM IBIS 2013- 2017)

# 2020-2021 Albuquerque Area Injury Prevention Regional Assessment

## CALL FOR Injury Prevention Participation!

**The Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC)** is conducting its third Injury Prevention Regional Assessment to support all tribal communities in our area.

This brief questionnaire has been designed to collect information about existing tribal injury prevention programs as well as technical assistance and resources needed to establish and/or strengthen these services in your community. It will take approximately 15-20 minutes of your time to complete. Your participation is confidential and very much appreciated! If you work or are involved in injury prevention in any of the Albuquerque area 27 tribal communities in any way, i.e. as a Tribal Health Administrator, CHRs, Environmental Health, Law Enforcement, EMS/EMT, Head Start, Senior/Elder Services, Wellness Centers, Housing Authorities, Social Services, Public Health Nursing, Diabetes Programs or any other injury prevention work we would appreciate your feedback. The first ~100 qualified participants who complete the assessment will receive an incentive of a \$10 Amazon gift card and be entered in a raffle for a larger prize.



Access the Injury Prevention Regional Assessment with the QR code or click [HERE](#)



# Albuquerque Area Tribal Injury Prevention Coalition

- **Mission:** To reduce injuries throughout tribal communities with support of tribal leadership through prevention and education to promote healthy communities
- **Vision:** Serving future generations starting with a safer today



# Fall Prevention Trainings Courses and Activities

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## Older Adult Fall Prevention Primary Preventions

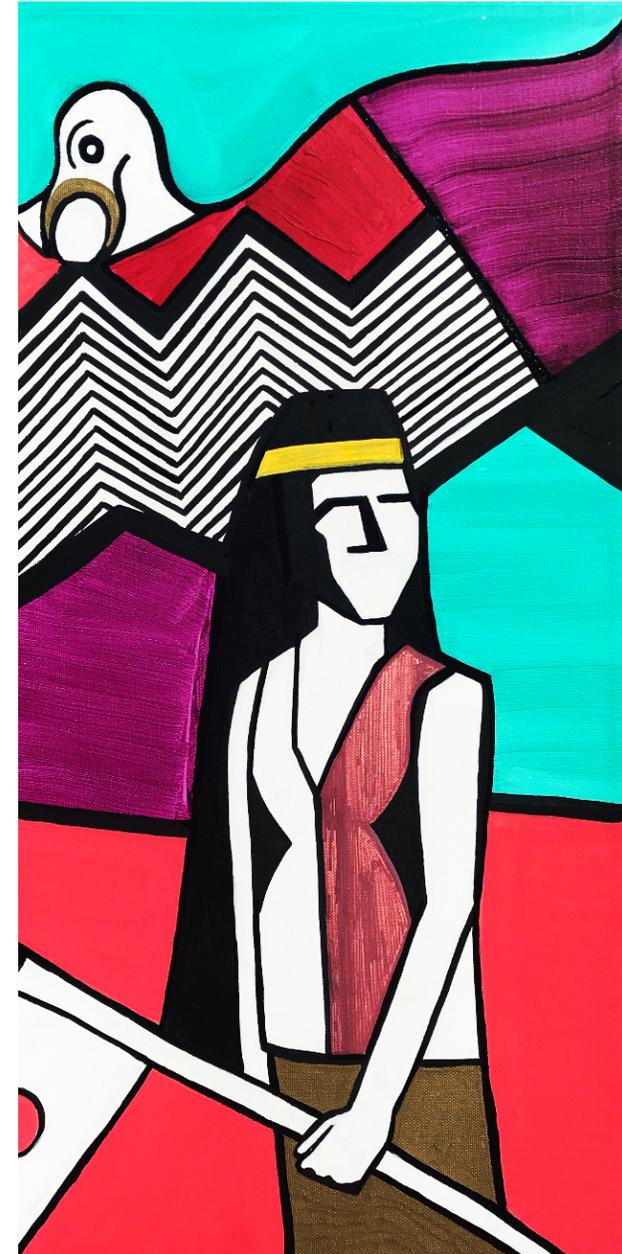
- STEADI (Stopping Elderly Accidents, Deaths & Injuries )
- A Matter of Balance
- Tai Chi for Arthritis & Fall Prevention
- EnhancedFitness
- Go4Life

# STEADI

## Stopping Elderly Accidents, Deaths & Injuries Toolkit (Clinical Intervention for Providers)



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**AASTEC Injury Prevention  
Fall Risk Screening and  
Assessment in Clinical  
and Community Practice:  
Utilizing the CDC STEADI  
Falls Prevention Toolkit**

Presented by the AASTEC Tribal Injury  
Prevention Program

**Tuesday, January 26th  
8:30am-12:00 pm**

Continuing education approved for  
OT/OTA, PT/PTA, Nurses, Pharmacists,  
CHR/CHWs

Sponsored by NM Department of  
Health and the Albuquerque Area  
Southwest Tribal Epidemiology Center

Learning Objectives

- Apply effective communication strategies to discuss the issue of falls with older adults
- Identify fall risk factors
- Learn to perform 3 strength and balance tests, both in-person and virtually
- Implement resources from the CDC STEADI toolkit into clinical and community practice to engage older adults in fall risk reduction, both in-person and virtually
- Understand possible fall risk reduction referrals, evidence based community fall prevention programming, and best practice models for fall prevention



# A Matter of Balance



- Evidence-based program: reduce fear of falls, increase activity
- Identify and reduce fall risk factors
- 8 weeks, once a week for 2 hours
  - 25 min light exercise
  - 90 min discussion



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# Tai Chi for Arthritis & Fall Prevention

- Evidence-based program: improve balance, muscular strength, mobility, and flexibility; reduce joint pain
- Slow, gentle movements
- Participants are physically active, but classes can be modified for different abilities
- 8 weeks, twice a week in 1-hour sessions
- Free or low cost



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# EnhanceFitness for Fall Prevention

- Evidence-based program: moderate exercise program
- A full hour of fun, EnhanceFitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility — everything older adults need to maintain health and function as they age



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## Workout to Go: Mini Exercise Guide

- Safety
- Motivation
  - Overcoming barriers
  - Finding time to exercise
  - Sticking with your exercise plan
  - Exercising without spending money
  - Increasing your energy
- Evidence-based exercise
- Four types: endurance, strength, balance, and flexibility

# Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC) Partnerships

These partners work together to coordinate tribal injury prevention efforts

- Tribal leadership, offices, and programs
- New Mexico Department of Health
- Albuquerque Area Indian Health Service (IHS)
- IHS/Tribal clinics
- Local hospitals
- Law enforcement
- NMIP
- NMFPC
- NAPPR



Indian Health Service

The Federal Health Program for American Indians and Alaska Natives

NEW MEXICO  
DEPARTMENT OF  
HEALTH

Kauffman  
& Associates  
INCORPORATED

CMS  
CENTERS FOR MEDICARE & MEDICAID SERVICES

# AASTEC Injury Prevention: Supporting Wellness Among Tribal Elders

## Fall prevention movement examples/strategies

- Plan
- Breathe
- Tribal home fall prevention
- Tribal home fall prevention facts



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# Go4Life: Weekly Exercise and Physical Activity Plan



## Weekly Exercise and Physical Activity Plan

Use this form to make your own exercise and physical activity plan—one you think you really can manage. Update your plan as you progress. Aim for moderate-intensity endurance activities on most or all days of the week. **Try to do strength exercises for all of your major muscle groups on 2 or more days a week, but don't exercise the same muscle group 2 days in a row.** For example, do upper-body strength exercises on Monday, Wednesday, and Friday and lower-body strength exercises on Tuesday, Thursday, and Saturday. Or, you can do strength exercises of all of your muscle groups every other day. Don't forget to include balance and flexibility exercises.

Week of \_\_\_\_\_

ACTIVITY TYPE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Endurance							
Upper-Body Strength							
Lower-Body Strength							
Balance							
Flexibility							



Go4Life is a registered trademark of the U.S. Department of Health and Human Services.



# Go4Life Workout to Go: Mini Exercise Guide



## Get Ready

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Before you begin, here are a few things to keep in mind.

- **Safety always comes first.**  
If you haven't had regular checkups, you might want to talk with your doctor about your workout plans. Ask if there are any reasons to modify your program or adjust the exercises to do them safely. Always listen to your body and do what you can as long as you're comfortable.
- **Drink plenty of water.**  
Unless your doctor has asked you to limit fluids, be sure to drink water when you exercise. Many older adults don't feel thirsty even when their body needs fluids.
- **Wear comfortable clothes.**  
Be sure to wear clothes that let you move freely.



# Tribal Home Fall Prevention Checklist



## OUTSIDE: ENTRANCE TO THE HOME

**Q: When you are walking up to your door are their objects blocking your pathway?**

- Have a family member or someone help you remove objects from the pathway leading up to your home.

**Q: At night can you clearly see the pathway leading up to the entrance of your home?**

- Have an electrician install lights if needed or have a family member replace light bulbs. Also, mark stairs so uneven surfaces are visible.

**Q: If you have steps leading into the entrance of the home, are handrails broken or absent on both sides of the stairs?**

- Have a carpenter install handrails along the full length of stairs on both sides.

**Q: Do you have outdoor or indoor pets?**

- Be cautious when dealing with pets. Many falls involve owners tripping over their animals.

## FLOORS: LOOK AT THE FLOOR IN EACH ROOM

**Q: Do you have throw rugs on the floor?**

- Remove rugs or use double-sided tape or a non-slip backing so the rugs won't slip or fold. If carpet is frayed have a carpenter replace or tack down worn out areas of carpet.

**Q: When you walk through a room, do you have to walk around furniture?**

- Ask someone to move the furniture so your path is clear.

**Q: Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?**

- Pick up things that are on the floor. Always keep objects off the floor.

**Q: Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?**

- Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

## STAIRS AND STEPS: LOOK AT THE STAIRS YOU USE BOTH INSIDE AND OUTSIDE YOUR HOME

**Q: Are there papers, shoes, books, or other objects on the stairs?**

- Pick up things on the stairs. Always keep objects off stairs.

**Q: Are some steps broken or uneven?**

- Fix loose or uneven steps. If uneven surfaces are hard to see, mark edges of steps in contrasting colors.

**Q: Are you missing a light over the stairway?**

- Have an electrician put in an overhead light at the top and bottom of the stairs.

**Q: Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)?**

- Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.

**Q: Has the stairway light bulb burned out?**

- Have a friend or family member change the light bulb.

**Q: Is the carpet on the steps loose or torn?**

- Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stair.

**Q: Are the handrails loose or broken? Is there a handrail on only one side of the stairs?**

- Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.

## KITCHEN: LOOK AT YOUR KITCHEN AND EATING AREA

**Q: Are the things you use often on high shelves?**

- Keep things you use often on the lower shelves (about waist level).

**Q: Is your step stool unsteady?**

- If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

## BATHROOMS: LOOK AT ALL OF YOUR BATHROOM

**Q: Are the tub or shower floors slippery?**

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower. *Tip: Regular socks tend to be slippery on tile surfaces.*

**Q: Do you need some support when you get in and out of the tub or up from the toilet?**

- Have a carpenter put grab bars inside the tub and next to the toilet.

## BEDROOMS: LOOK AT ALL OF YOUR BEDROOMS

**Q: Is the light near the bed hard to reach?**

- Place a lamp close to the bed where it's easy to reach or have a flash light nearby.

**Q: Is the path from your bed to the bathroom dark?**

- Put in a night-light so you can see where you're walking. Some night-lights go on by themselves after dark.

**Q: Is your bed easy to get on and off of?**

- Adjust bed height so your legs are not too bent while sitting and not too high where your feet can't touch the ground.

## OTHER THINGS YOU CAN DO TO PREVENT FALLS

**FOOTWEAR:** Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

**LIGHTING:** Improve the lighting in your home. Put in brighter light bulbs. Fluorescent bulbs are bright and cost less to use.

**MORE LIGHTING TIPS:** It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.

**EMERGENCY CONTACTS:** Keep emergency numbers in large print near each phone.

**TELEPHONE:** Put a phone near the floor in case you fall and can't get up.

**LIFE ALERT:** If available in your community, think about wearing an alarm device that will bring help in case you fall and can't get up.



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TRIBAL EPIDEMIOLOGY CENTER  
WWW.AASTEC.NET • AASTECINFO@AAIHB.ORG  
1-800-658-6717 (TOLL FREE)



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Adapted from the CDC website: www.cdc.gov/ncipc/faq.htm

# AASTEC Fall Prevention Fact Sheet



## ELDER FALL PREVENTION FOR NATIVE AMERICANS

**#1** FALLS ARE THE TOP CAUSE OF INJURY DEATHS FOR AMERICAN INDIAN ADULTS AGE 65+  
SOURCE: CDC NISGARS

**1 IN 3** AMERICAN INDIAN ADULTS AGE 45+ IN NEW MEXICO FELL AT LEAST ONE TIME IN THE PAST 12 MONTHS  
SOURCE: NEW MEXICO DRFSS 2012-2016

**45%** OF AMERICAN INDIAN ADULTS AGE 45+ IN NEW MEXICO WHO FELL IN THE PAST 12 MONTHS WERE INJURED  
SOURCE: NEW MEXICO DRFSS 2012-2016

ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER

## MAKING YOUR HOME SAFER

**Living and Dining Rooms**

- Arrange furniture for easy movement
- Choose tall furniture for easy standing
- Remove area rugs and other tripping hazards
- Add more lighting to rooms (e.g., ceiling/overhead lights)
- Tuck cords safely away

**Bedrooms**

- A lamp should be within easy reach
- Keep a flashlight next to your bed
- Add automatic night lights
- Keep exit route and pathway to bathroom clear

**Kitchen**

- Keep frequently used items within easy reach
- Place non-skid mats on tile flooring
- Keep fire extinguisher in accessible location
- Cover all sharp corners with padding

**Bathroom**

- Install grab bars in shower
- Some tubs may require a step for easier entry
- Place non-slip mats on floor and in shower or tub
- Use raised toilet seat

**Pathways and Stairs**

- Keep free of clutter
- Secure carpets with rug tape or remove completely
- Install handrails
- Have adequate lighting inside and outside the home
- Remove obstacles and hazards along pathways to home entrances
- Remove or roll up power cords

WATER BUBBLES MAY CAUSE MANY FALLS IN THE KITCHEN



## RISK FACTORS

Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater their chances of falling. Many risk factors can be changed or modified to help prevent falls. They include:



- FOOT PAIN OR POOR FOOTWEAR
- AGE RISK OF FALLS INCREASES WITH AGE
- HOME HAZARDS
- WEAK LEG MUSCLES
- LACK OF VITAMIN D
- DIFFICULTIES WITH WALKING AND BALANCE
- CERTAIN MEDICATIONS
- VISION PROBLEMS

Seeing a healthcare provider can help cut down a person's risk of falling or falling again.

## WHAT YOU CAN DO TO PREVENT FALLS

**Do Strength and Balance Exercises Daily**

Make your legs stronger and improve your balance through exercises like Tai Chi, walking, yoga, swimming, etc. Check out programs offered by wellness, fitness and senior centers in your community.

**Have Your Eyes Checked**

Have your eyes checked by an eye doctor at least once a year, and be sure to update your eyeglasses if needed.

**Make Your Home Safer**

Reducing home hazards will assure safer independent living for elders, so follow the tips on page 2 to "fall-proof" your home.

**Talk to your Health Provider**

- Request a provider to evaluate your risk for falling
- Ask about things you can do to prevent falls or lower your risk for falling
- Ask your provider or pharmacist to review your medications to see if any might make you dizzy or sleepy
- Ask about taking vitamin D supplements with calcium

Centers for Disease Control and Prevention (CDC) – Fall Prevention  
<http://www.cdc.gov/homeandrecreationsafety/falls/index.html>

New Mexico Fall Prevention  
<http://healthinsight.org/nm-fall-prevention>

National Indian Council on Aging  
<https://www.nicoa.org/healthy-aging/falls-prevention/>

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TRIBAL INJURY PREVENTION PROGRAM



# Breathing

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- Breathe through your nose
- Feel the breath moving in and feel the breath moving out
- Exhale – contract the belly inward
- Inhale – release the belly slowly outward



# Conclusion

AASTEC Injury Prevention is your resource:

- Breathe through your nose
- Choose an exercise that is right for you
- Regular, moderate physical activity can:
  - Help prevent or delay disease
  - Potentially add years to your life
  - Help reduce fatigue and manage stress
  - Reduce feelings of depression
  - Improve your mood and overall emotional well-being



## Questions and Comments

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- What are your exercise strategies during these times?
- What exercise best practices do you use in your community?
- How is your community addressing exercise concerns related to COVID-19?
- What exercise resources are available in your communities? Can you share them with the participants?
- What are other considerations to be aware of?



## References

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Elder Fall Prevention Fact Sheet, [https://www.aastec.net/wp-content/uploads/2019/11/AASTEC\\_FactSheet\\_InjuryPrevention\\_2019.pdf](https://www.aastec.net/wp-content/uploads/2019/11/AASTEC_FactSheet_InjuryPrevention_2019.pdf)

Tribal Home Fall Prevention Checklist, [https://www.aastec.net/wp-content/uploads/2016/11/aastec\\_CHR-Check-list-no-crops.pdf](https://www.aastec.net/wp-content/uploads/2016/11/aastec_CHR-Check-list-no-crops.pdf)

Thank you!

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Any questions?

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CENTERS FOR MEDICARE & MEDICAID SERVICES

The logo is centered on a yellow background. On either side of the logo are large, stylized geometric patterns in a lighter yellow color, resembling traditional designs. The background also features a faint, larger-scale version of these patterns.