


# “Help – I’ve Fallen and I Can’t Get Up”

Fall Prevention Program

## OBJECTIVES:

- ✓ EMS awareness for the state of Wellness of their patients, especially those who RMA
  - ✓ Provider awareness of outreach community Fall programs
  - ✓ Provide implementation strategies for EMS to the vulnerable populations
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- A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against the blue background.

Incidence of Fall-Related Injuries Deaths, Hospitalizations, and Emergency Department Visits Broome County, New York Residents, Ages 65+ 2010-2012		
	Hospitalizations	ED Visits
Mean Charge per Hospitalization or ED Visit	\$23,136	\$2,834
Mean One Year Total Hospitalization or ED Visit Charges	\$18,601,238	\$4,030,107
Three Year Total Hospitalization or ED Visit Charges	\$55,803,713	\$12,090,322

In addition to preventing injuries and deaths, programs to prevent falls can save millions of health care dollars.

The table shows the years 2010 to 2012. Imagine the costs in today's dollars.

Why is this important?

## FALLS AMONG OLDER ADULTS ARE

### COSTLY

**\$50 Billion Annually**

\$29 Billion Medicare  
\$12 Billion Private/Out-of-Pocket  
\$9 Billion Medicaid



### COMMON

**1 in 4**

Older adults (65+)  
falls each year



### PREVENTABLE

Clinicians can  
use **STEADI**  
to prevent falls  
& reduce costs



Florence CS, Bergen G, Atherly A, Burns ER, Stevens JA, Drake C. Medical Costs of Fatal and Nonfatal Falls in Older Adults. *Journal of the American Geriatrics Society*. March 2018.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



**You Can Help Save Lives and  
Health Care Costs.**

**If 5,000 health care providers adopt STEADI,  
over a 5-year period as many as:**

- **6.3 million** more patients could be screened;
- **1.4 million** more falls could be prevented; and
- **\$3.6 billion** more in direct medical costs could be saved.

# CDC: Costs of Falls

▶ To RMA or

▶ NOT to RMA

Patient's State of Wellness



## How to Determine a Patient's Well Being:

- ✓ **Trending Vital signs**
  - Orthostatic Vital signs
- ✓ **Ability to ambulate without assistance**
  - Can they stand without assistance?
  - Can they walk without fatigue?
  - Is their gait normal
- ✓ **General malaise / Food & Fluid intake**
  - ANY signs symptoms of general illness?
  - Normal eating habits – Appropriate appetite?
  - Normal output – Urine / Bowel movements?
- ❖ **Document all of the above findings, along with an appropriate physical and subjective assessments**

## RMA


- ▶ Pt is uninjured without pain
- ▶ Pt has Decision Making Capacity
- ▶ No distracting injuries

## Transport

- ▶ Repeated Falls
- ▶ High risk Patient
- ▶ Unavailable care giver

How do you decide?

# What Resources Do You Have ?

- Medical Control
  - Family / Caregiver
  - Law Enforcement
  - **Brochure** / Contacts for Office for the Aging
  - Adult Protective Services
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## NY Connects

For people of all ages, any disability, and caregivers

NY Connects can work with anyone who needs information on long term services and supports — children or adults with disabilities, older adults, family members and caregivers, friends or neighbors, veterans, and helping professionals.

## What Resources are Available?

NY Connects can help your client:

- Find care and support
- Remain independent
- Understand care options
- Find transportation
- Learn about supports in caregiving
- Find supported employment programs
- Get answers about Medicare
- Apply for Medicaid and other benefits

## NY Connects Offices

Connect your clients with services that can help prevent falls.

### Regional NY Connects Offices:

Broome County  
607-778-2278  
60 Hawley Street, 4<sup>th</sup> Floor  
Binghamton, NY 13901

Chenango County  
607-337-1659 or 1-877-337-1659  
5 Court Street  
Norwich, NY 13815

Tioga County  
(607) 687-8300  
Department of Social Services  
1062 State Route 38  
Owego, NY 13827

## Could any of these Services Assist in Preventing Falls?

- Personal Care Services – housekeeping, bathing, home safety and accessibility, etc.
- Education and Counseling – independent living skills, building occupational skills, etc.
- Behavioral Health/Developmental Supports & Services – disability supports and services, mental health services, substance abuse disorder services
- Health and Wellness – abuse prevention and protection, managing chronic conditions, etc.

## Get help

with your long term services  
and supports needs.



NEW YORK  
STATE OF  
OPPORTUNITY.

**NY Connects**  
Your Link to Long Term  
Services and Supports

## Other Ways to Connect

By Phone:

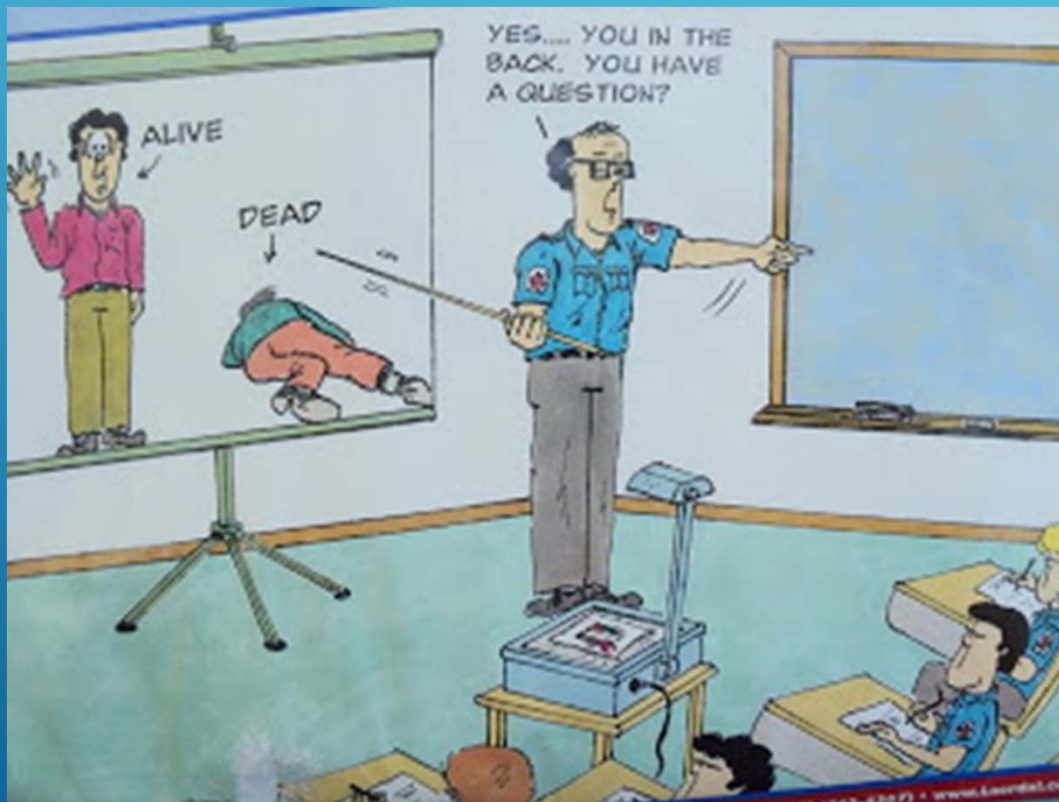
Call 1-800-342-9871. Interpretation and translation services are free. Individuals who are deaf or hard of hearing can use NY Relay System 7-1-1.

Online:

Visit the website [www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)

Pass the brochure to your client who is at risk of falling.

# Making a Difference



Help your client find the resources available to help prevent falls.