



# Home Safe Home

**Lucy Ranus, RN, BSN**

Barrow, Dignity Health St. Joseph's  
Hospital and Medical Center

**Kate Warren**

Rebuilding Together  
Valley of the Sun

# Objectives...

Scope of the Problem

Identify Risk Factors &  
Prevention Methods

Partnership Strategies



# Guiding Principals

Data driven

Educate and promote healthy  
behaviors

Leverage resources  
through partnerships  
and collaborations





# Falls

Falls can happen to people at any age, but adults over the age of 65 have the highest number of falls with injury.





# Silver Tsunami

10,000 baby boomers  
will reach retirement age  
every day for the next 16  
years

Growing from 35 million  
to 72 million by 2030



# “Falls are the public health epidemic of this decade”

Major cause injury death and nonfatal hospitalizations

Healthcare utilization and cost

Inpatient falls (e.g. hospital, nursing home)

# Impact of Falls

Before the fall, took every opportunity to dance. After the fall, no more dancing.



# Strategies for Fall Prevention and Risk Reduction





# Falls

Every 30 minutes someone in the United States will die from the injury they received from a fall.

Arizona has the one of the highest death rates from falls.





# Risk Assessments

Previous Falls

Medications

Medical & Physical Conditions

# Types of Injuries

Fractures

Spinal Cord

Brain Injuries

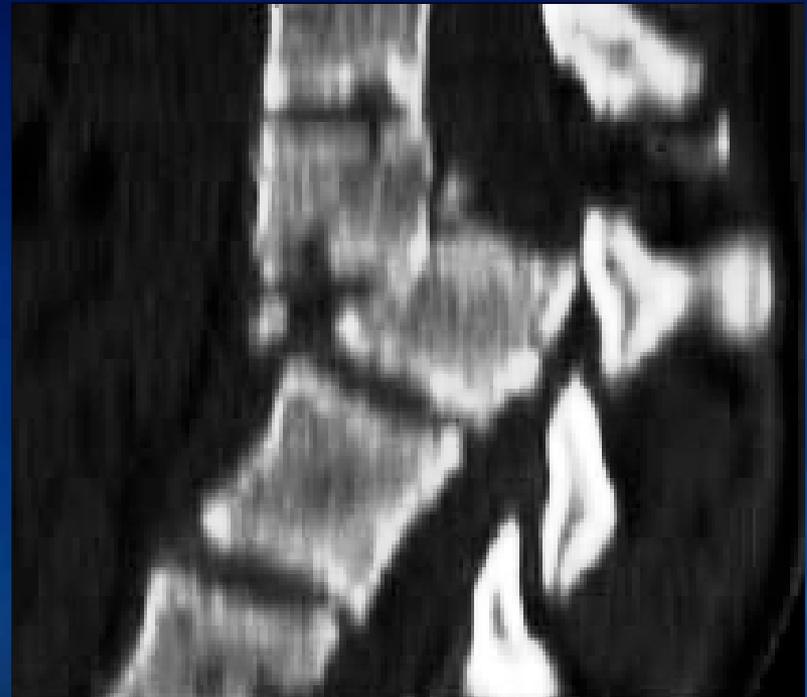


# Spinal Cord Injury

Quadriplegia

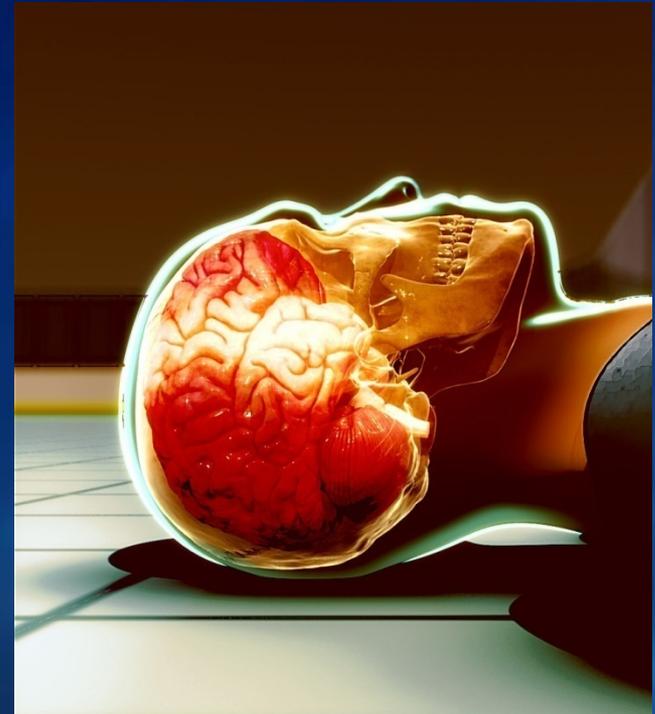


Paraplegia



# Leading Cause of Traumatic Brain Injury (TBI)

People ages 75 and older have the highest rate of TBI-related hospitalizations and death



# Traumatic Brain Injury

Blow, jolt or when an object pierces the skull and enters brain tissue and disrupts normal brain function

Range from mild (concussion) to severe depending on the extent of injury



© 2009 BNI



# Traumatic Brain Injury

## Physical

Headaches

Fatigue

Speech

Sensory

## Cognitive

Memory

Judgment

Organization

Concentration



# Traumatic Brain Injury

## Behavior

Impulse control

Mood swings

Depression

Anger management

Stress

# Signs and Symptoms

Dazed/Confused

Fogginess

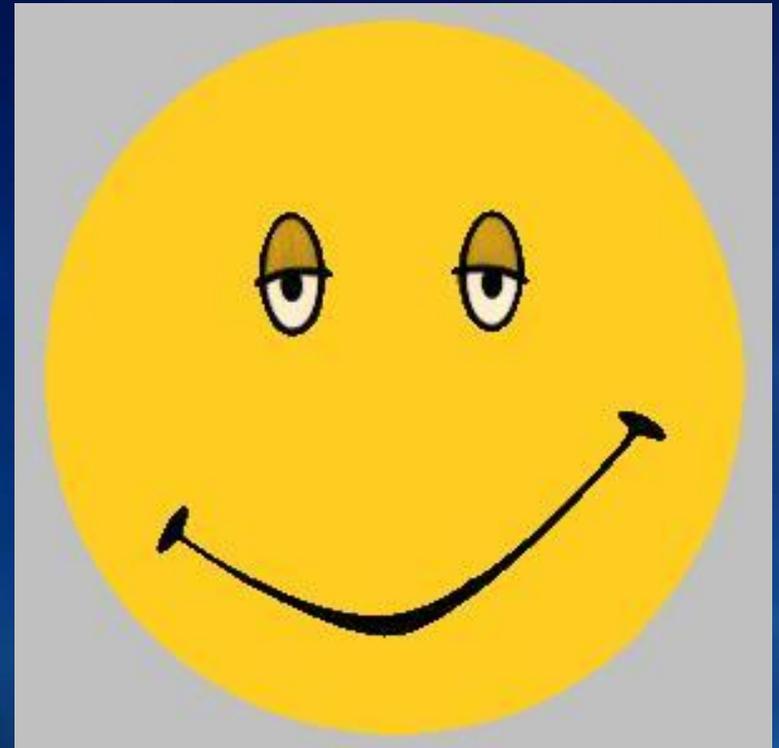
Amnesia

Headache

Nausea

Loss of Consciousness

(LOC) < 10%



# Causes of Falls

Medical

Physical

Environmental



# Causes of Falls

## Medical

Heart Disease

Medications

Other Conditions



# Causes of Falls

## Medical

Urinary tract  
infection

Pain

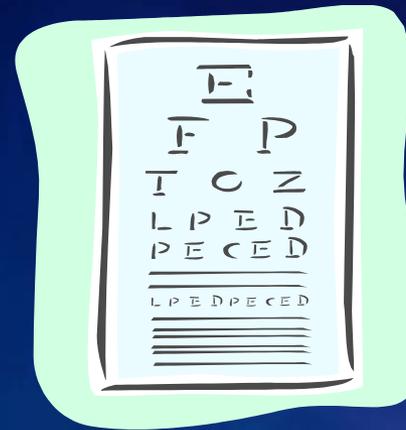
Other diseases



# Causes of Falls

## Physical

Poor Vision



Poor Nutrition



# Causes of Falls

## Physical

Lack of exercise

Poor balance

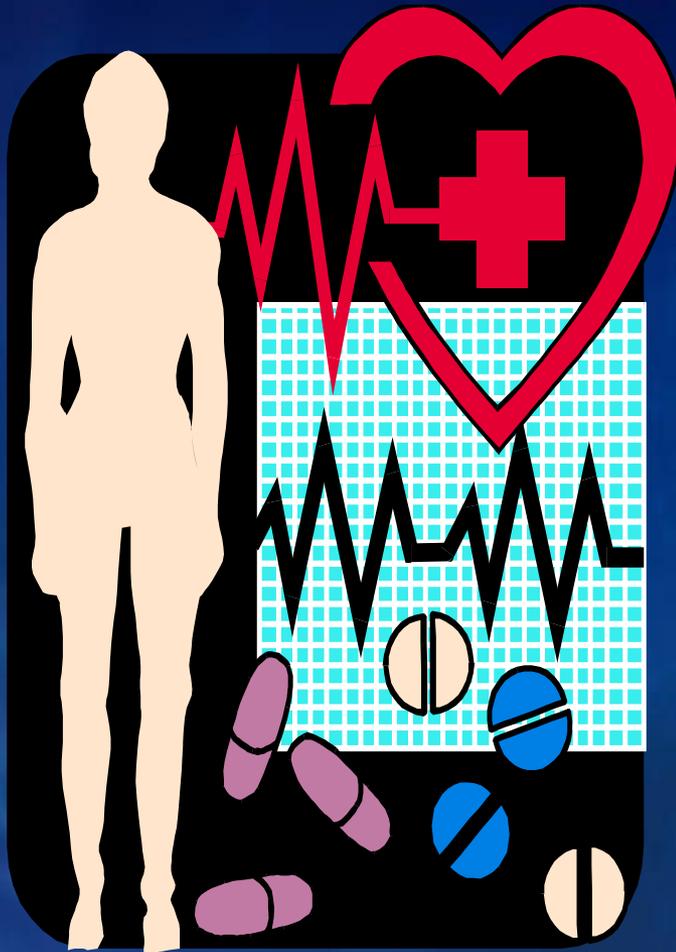
Reduced flexibility



# What you can do

Have yearly eye &  
medical check-ups

Review your medications  
with your doctor, health  
care provider or  
pharmacist



# What you can do

Regular physical activity  
(Use assistive devices  
as needed)

Wear shoes that give  
good support and have  
non-slip soles





# Evidence-based Programs

Otago Exercise Program

Tai Chi: Moving for Better Balance

Veterans Affairs Group Exercise  
Program

Stay Safe, Stay Active



# A.T. Still University

## Still Standing Falls Prevention Outreach Program: A Matter of Balance: Managing Concerns about Falls

Primarily behavioral change program with low-intensity multi-component exercise

Students trained to deliver program to residents in the Phoenix-Metro area

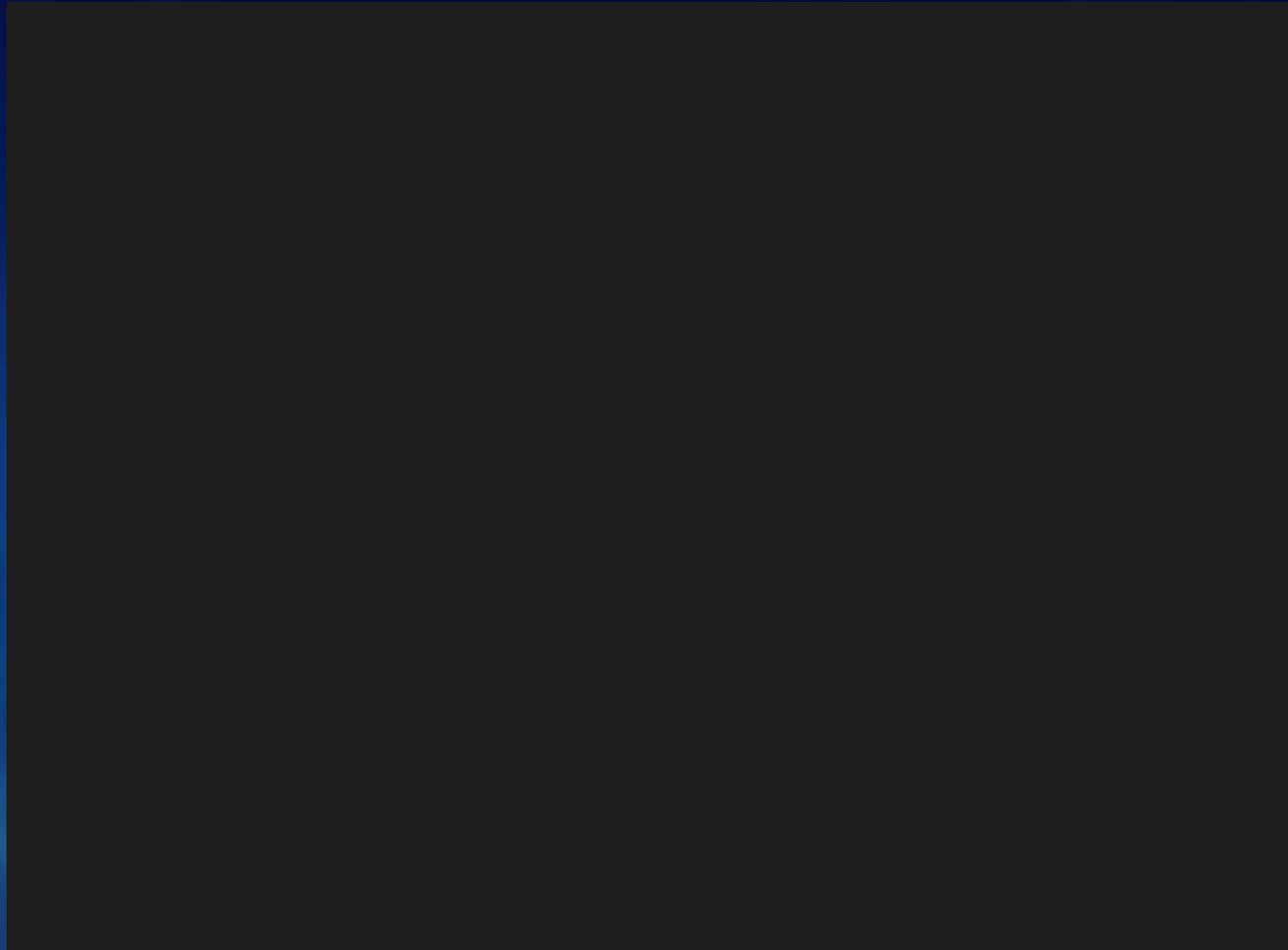




Kate Warren  
Rebuilding Together  
Valley of the Sun



# Pauline's Story



<http://www.youtube.com/watch?v=sd0sd1WHG0g>



# Rebuilding Together

Goal is to prevent falls and keep people in their own homes living as independent a life as they wish.



# Environment causes falls

Reaching for items

Moving quickly

Clutter & Cords

Insufficient light

Slippery surfaces

Using incorrect items for support

# Prevent a Fall

Non Slip Mats

Bath mats have a safety  
back

Grab bars

Stools in shower

Walk-in tubs



# Prevent a Fall

Secure Stairs and  
handrails

Motion detector lights

Ramp

Remove clutter &  
rugs





# Rebuilding Together





# Rebuilding Together

Completed 350 home  
installations in 2013.

The average cost of  
equipment to provide

a safe home is

\$150.00



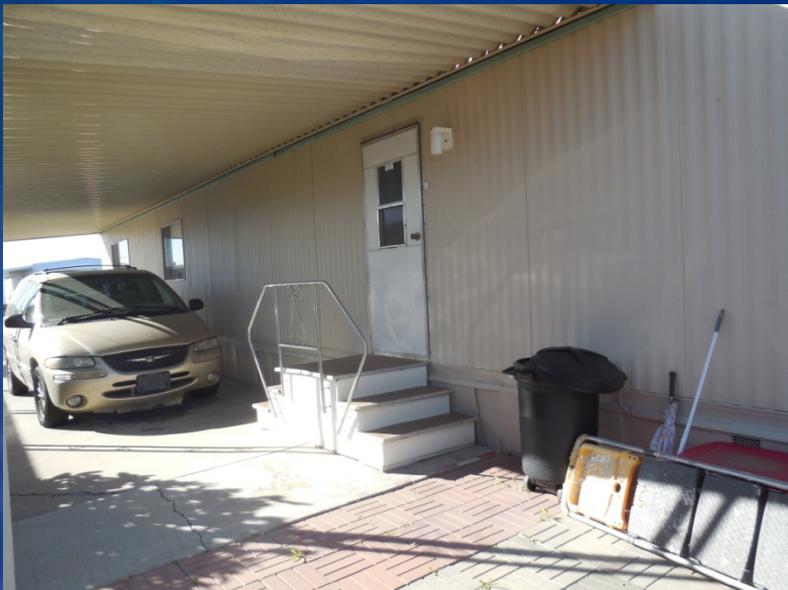
Our volunteers

# Unique Problems With Mobile Homes

Challenges with doors and steps

Unstable railings, narrow stair rises

Access to vehicle



# Arizona Ramp Project

Ramps are built by  
volunteers in 3-4  
hours

No cost to  
homeowner

Simple wooden  
ramps – unpainted





# How to Get Service

Simple application process

To qualify for free services:

Low-income and 60+, disabled, or a Veteran

In Phoenix Metro area (AJ to Sun City)

Will help get permission from rentals for grab bars installation



# Community Partnerships

Funded by Grants and Donations:

Dignity Health

Season for Sharing

AZ Diamondbacks

Thunderbird Charities

Major Corporations

Individual Donors

# Arizona Fall Prevention Coalition

The mission of the AZ Fall Prevention Coalition is to reduce the risk of falls by older Arizonans through education, awareness, and outreach focused on three essentials of fall prevention: medication management, physical activity, and home and environment modification.



<http://azstopfalls.org>





# Summary

Falls are life altering

Many falls can be prevented by  
making the necessary lifestyle  
changes

Opportunities for collaboration and  
funding



# Falls

“It takes a child one year to acquire independent movement and 10 years to acquire independent mobility.

An older person can lose both in a day.”

- Bernard Isaacs

# Questions

