

LifeCare®'s Fall Prevention Services

The problem:

- **More than a third of adults** aged 65 years or older fall each year, and nearly 13,000 die each year from fall-related injuries.
(Hornbrook 1994; Hausdorff 2001; CDC 2004)
- Among older adults, **falls are the leading cause of injury deaths** and the most common cause of nonfatal injuries and hospital admissions for trauma.
(Murphy 2000; Alexander 1992)
- In 2000, **direct medical costs totaled \$19.5 billion dollars for fall injuries**. By 2020, the cost of fall injuries is expected to reach \$43.8 billion.
(Stevens 2005)

The solution:

In partnership with Dr. Mary Tinetti, the nation's leading expert on fall prevention, and her team at Yale University, LifeCare offers **a comprehensive suite of products and services proven to reduce falls and to cut health care costs**. The LifeCare fall prevention services address a range of risk factors for falling and include medication management, behavioral instructions, and exercise programs aimed at modifying risk factors.

LifeCare's fall prevention services consist of:

- **Educational content** for both the lay person and clinician, available in print and on-line, including: Fall Risk Checklist for Persons Ages 70+ Years, Postural Hypotension: The "Other Important Blood Pressure", What You Can Do to Help Avoid Bad Effects of Medications, Medication Record, Walking Tips, Getting Up From the Floor, A Guide to Choosing Safe Footwear, Home Safety Checklist, Magnitude of the Problem; Health and Economic Consequences of Falls, Recognizing The Problem: A Summary of Proven Risk Factors for Falls and Suggested Interventions, Fall Risk Assessment/Treatment Protocols for Home Care Providers, Assessment of Medication Effects That May Increase Chance of Falling, Balance Exercises Level I –V, Gait and Transfer Interventions
- **Kit**, consisting of educational content and products (medication reminder tools, carpet tape, nightlight, etc.) that seniors or their caregivers can use in the home to reduce risk factors
- **Fitness and exercise programs**, segmented by acuity and available in-home and at local gyms and community centers
- **Home modification**, consisting of in-home assessment, action plan, referrals to local handymen and equipment providers and reimbursement/subsidy administration
- **Community-based service delivery**, consisting of call center staff of 200+ and nationwide network of 2000+ clinicians trained in fall prevention and available to do telephonic and in-home assessments, follow-ups, care management, etc.; trained by Dr. Tinetti and her team, LifeCare's 200+ call center specialists and nationwide network of 2000+ professional care managers have a comprehensive understanding of fall risks and appropriate action steps and tools that should be taken at the time of interaction with the senior.



About Dr. Tinetti:

Dr. Tinetti is Director of the Yale Program on Aging and is a leading expert in the area of falls and fall injury. Through a series of epidemiologic and intervention studies over the last 20 years, she was the first investigator to identify that older persons at risk for falling and injury could be identified, that falls and injuries were associated with a range of serious adverse outcomes, and that multifactorial risk reduction strategies were effective and cost-effective. She is now developing and testing methods to translate these research findings into practice. She has also published extensively on functional disability, mobility impairment, and the adverse effects of multiple medications. A sample of Dr. Tinetti's publications include:

1. Risk Factors for Falls Among Elderly Persons Living in the Community. *New England Journal of Medicine* 319:1701-1707, 1988.
2. A Multifactorial Intervention to Reduce the Risk of Falling Among Elderly People Living in the Community. *New England Journal of Medicine* 331:821-827, 1994. (with editorial)
3. The contribution of predisposing and situational risk factors to serious fall injuries. *Journal of The American Geriatrics Society*. 43(11): 1207-13, 1995.
4. Risk Factors for Serious Fall Injury Among Community Elderly Persons. *Journal of the American Geriatrics Society* 43:1214-1221, 1995.
5. Falls, Injuries Due to Falls, and the Risk of Admission to a Nursing Home. *New England Journal of Medicine* 337:1279-1284, 1997.
6. Where is the vision for fall prevention. *J Am Geriatr Soc* 49:676-7, 2001.
7. Preventing falls in elderly persons. *N Engl J Med* 348: 42-49, 2003.
8. Changes in physical therapy providers' use of fall prevention strategies following a multi-component behavioral change intervention. *Phy Ther* 85:394-403, 2005.



About LifeCare:

- Founded in 1984
- Headquarters in Shelton, CT
- Exclusive provider in *Life Event Management* services serving 1,500 employers and 4.5 million employees
 - 50 clients are on "Best" lists
Fortune, Working Mother, Diversity Inc., AARP, and others
- Fully integrated web/telephonic platform
- Proprietary database of millions of local resources and providers