

September 2019

## THE EVIDENCE-BASED BULLETIN

### September is Fall Prevention Awareness Month!



Each year 3 million older people are treated in emergency departments for fall-related injuries.

One out of five falls causes a serious injury such as a broken bone or head injury. More than one in four older adults falls every year; fewer than half tell their doctor.

Many people who fall, even if they're not injured, become afraid of falling.

This fear may cause a person to cut down on their everyday activities. When a person is less active, they become weaker and this increases their chances of falling. In 2015, the total medical costs for falls totaled more than \$50 billion. Medicare and Medicaid shouldered 75% of these costs. Fall death rates in the U.S. increased 30% from 2007 to 2016 for older adults.

Matter of Balance workshops help participants recognize and reduce fall risks, manage concerns about falling, increase not only physical strength and balance, but also assertiveness and promote positive thinking. In addition to prevention, participants also learn what to do should they happen to fall, and how to help when other people fall.

### Technical Assistance Tip

Program participants for *all* of your evidence-based programs should have the opportunity to file complaints through your organization and the means to escalate complaints to the Los Angeles Department of Aging Information and Assistance phone line at (800) 510-2020. Both this phone line and your organization's contact information should be made available in the form of a handout.

Ensure you have both DVDs and video/audio capabilities during Sessions 1 and 3 of your Matter of Balance workshops.

**A Matter of  
Balance  
Fidelity Tips**

Make sure you have a licensed medical professional serve as your Guest Healthcare Professional.

The Evidence-Based Bulletin is a quarterly tips sheet distributed to CDBG organizations by *Partners in Care Foundation*. *Partners* is the Technical Assistance Center for evidence-based programs for older adults in the City of Los Angeles.