



Legislation Text

File #: 17-648, Version: 1

Adopt and present a resolution recognizing September 22-28, 2017 as Falls Prevention Awareness Week in Solano County (Supervisor Spering)

Published Notice Required? Yes ☐ No ☒
Public Hearing Required? Yes ☐ No ☒

DEPARTMENTAL RECOMMENDATION:

The Department of Health and Social Services (H&SS) recommends the Board adopt and present a resolution recognizing September 22-28, 2017 as Falls Prevention Awareness Week in Solano County.

SUMMARY:

This year's Falls Prevention Awareness Week marks the 10th anniversary of Falls Prevention Awareness Day. This year's theme is: "10 Years Standing Together to Prevent Falls." Falling is not an inevitable result of aging; falls can be reduced through lifestyle adjustments, evidenced-based falls prevention programs and community partnerships.

FINANCIAL IMPACT:

Costs associated with the adoption of this resolution are included in the FY2017/18 approved budget and have no additional financial impact on the County General Fund.

DISCUSSION:

The Fall Prevention Partnership of Solano County was founded 2009. The Fall Prevention Partnership is supported and staffed by a consortium of agencies and organizations in Solano County. Organizations include: the KROC Center; Solano Community Foundation; NorthBay Health Care; Kaiser-Permanente; Area Agency on Aging; Solano County Senior Coalition; Solano Health & Social Services Public Health and VibeSolano and Older & Disabled Adult Services; Solano Mobility; Medic Ambulance, and senior centers that serve and support older adults.

This resolution is proposed to raise awareness on falls among older adults and demonstrate how making simple changes can reduce the chances of falling. According to the Centers for Disease Control and Prevention:

- One-fourth of Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths.
- The financial toll for older adult falls is expected to increase as the population ages and may reach

\$67.7 billion by 2020.

Proven methods of reducing falls include:

- Regular exercise.
- Reviewing medications with health care providers as many prescription and non-prescription medications have side effects which can increase the risk of falling.
- Having vision checked at least once a year and whenever vision changes.
- Adjusting home lighting so it is bright enough to see, keeping floors clutter free, adding nightlights from the bedroom to the bathroom, and adding grab bars in the bathroom.

The Fall Prevention Partnership of Solano County is sponsoring the 'Senior Fitness Festival' on Wednesday, September 18, 2017 at the KROC Center in Suisun City. This festival offers a variety of fitness classes and educational workshops in a fun, nonthreatening environment to provide participants the knowledge and skills needed to stay physical active and healthy. The festival is designed for people of all fitness levels and includes balance, mobility and chair exercises. The festival includes the premiere of "Age of Champions", an award winning documentary about senior athletes in the 80's, 90's and 100's.

The Fall Prevention Partnership in Solano County hosts several fall prevention programs throughout the year.

- 'Stepping On' is a 7-week program to empower older adults to carry out healthy behaviors to reduce the risk of falls through presentations from a pharmacist, vision expert, physical therapist, and community safety expert. In the small group setting, older adults learn balance and strength exercises to develop specific knowledge and skills to prevent falls. Participants in the 'Stepping On' program receive a free home assessment.
- 'A Matter of Balance' is an 8-week program that emphasizes practical strategies to manage falls. Participants engage in group discussion to learn falls are controllable, set goals for increasing activity, eliminate home fall hazards, and participate in strength and balance exercise.
- 'Tai Chi Moving for Better Balance' is a 12-week program where participants learn eight coordinated and therapeutic movements designed to increase strength and enhance balance.

Adults 60 and above who have a fear of falling or who have fallen are encouraged to attend any of these programs. The schedule for these and other fall prevention programs are available on the SolanoCares4Seniors.org social calendar.

ALTERNATIVES:

The Board could choose not to adopt and present this resolution. This is not recommended because it is an opportunity to bring awareness that falls are the leading cause of injury among older adults and that they are preventable.

OTHER AGENCY INVOLVEMENT:

The Fall Prevention Partnership of Solano County, the KROC Center, Solano Community Foundation, NorthBay Health Care, Kaiser-Permanente, Area Agency on Aging, Solano County Senior Coalition, Solano Mobility, Medic Ambulance, and local senior centers all support the Department in this recommendation.

CAO RECOMMENDATION:

APPROVE DEPARTMENTAL RECOMMENDATION