CCSS was established in 2004. Our funding comes from a special property levy fund for services that will improve the quality of life, health, and nutrition for seniors age 60 and older that reside in Clay County.

Our agency provides leadership and collaborates with the Senior Falls Prevention Coalition of Clay and Platte Counties.
2018: 52 Missouri counties have passed a senior citizens tax levy!

Three counties have Funds from Sales Tax
Type of Programs that Clay County Senior Services & Platte County Senior Fund offers:

- Exercise Programs and Falls Prevention Education-Matter of Balance classes
- Home Safety Assessments, Home Repairs and Safety Modifications
- Personal Emergency Response System
- In-Home Services
- Transportation Services
- Meals at Senior Centers and through Meals on Wheels
- Life Enrichment Programs
- Caregiver Support Programs
- File of Life-Fire/EMS distribute
- Information and Referral
Senior Falls Prevention Coalition of Clay and Platte Counties

Our Mission:
To reduce falls in our senior population through awareness, education, and access to effective prevention programs and resources.

Seniorfallsprevention.org
Who we are

- The Senior Falls Prevention Coalition is a collaboration of agencies and individuals focusing on education for falls prevention in seniors. The Coalition advocates a proactive approach by providing education and resources to empower people to take charge of their health to maintain quality of life.
- We meet once a month over the lunch hour. Agenda always includes a guest speaker and updates on activities, events, with opportunities for networking.
- We have an annual membership fee of $25 for non-profits and $50-for-profit
Vision statement: Missouri older adults will have fewer falls and fall-related injuries, maximizing their independence and quality of life, while decreasing healthcare costs and deaths.

https://www.preventmofalls.org/
Missouri’s Senior Population

2010

2030

Percent of Population 65+
- Yellow: 25% or Greater
- Orange: 20% to 24.99%
- Light Blue: 15% to 19.99%
- Medium Blue: 10% to 14.99%
- Dark Blue: Less than 10%

Missouri’s Senior Population
2010
2030
What Does this Mean for Communities?

- Emergency preparedness
- Public safety
- Public works
- Parks and Recreation
- Health
- Neighborhoods
- Housing
How we started our EMS/Falls partnership

• Chief Desautels (with Gladstone at that time) presented to our Falls Prevention on the issues the Gladstone Fire/EMS dept. were experiencing with falls related transport and life assists.

• The numbers were run and the results staggering:

• In 2014, there were 602 calls and transports due to “unintentional falls”, 22.35% of call volume. In 2017, 299 calls, accounting for 10.21% of total EMS call volume. That’s a 12% decrease!
Gladstone Falls

- Calls included documented transports and refusal of transport.
- The dept. provided “Lifting Assistance” – these type of calls are not included in the EMS call volume. They are documented in the NFIRS (National Fire Information Reporting System). In 2017, Gladstone provided “Lifting Assistance” 255 times. There was no treatment, no obvious injuries and no transport.
How We Started our Collaboration

- CCSS/PCSF and the Falls Coalition wanted to have a bigger impact on falls prevention in our area. And how best to target older adults to raise awareness
- Sharing falls prevention resources and interventions available
- Materials to share: Coalition Rx pads
- Brochure with falls risk screening and community resources
- The referral form was created together with the coalition’s logo on it
- Met with Fire Chief to get their commitment to move forward and to champion the partnership
Fire/EMS training included identifying falls risk factors

- Multiple risk factors—some are modifiable
- Lower body weakness
- Difficulties with gait and balance
- Use of psychoactive & OTC medications
- Postural dizziness
- Problems with feet and/or shoes.
- What are the hazards that Fire/EMS see in the field?
EMS/Training: The Facts about Falls

According to the Centers for Disease Control (CDC) and Missouri Department of Health & Senior Services:

- Falls are the leading cause of death due to injury among the elderly; and 87% of all fractures in the elderly are due to falls.

- **Missouri’s** rate of injury for seniors due to falls is 31% higher than the national average.

- Nearly half of fall-injury cases among MO older adults occur at home.
Fire/EMS Training: Facts about Falls

• Falls are the leading cause of emergency visits.
• Each year, our coalition requests hospital ER data for all of Clay & Platte County through our local health department.
• In 2017, there were 3,520 emergency room visits by seniors due to a fall. (4 hospitals in Clay, 1 hospital in Platte)
• $50 billion is spent annually across the country on healthcare related to falls.
Fire/EMS Training: Facts about Falls

- Admission to a long term care facility is often a result of a fall.
- Many people who fall, even if they are not injured, develop a fear of falling.
- Seniors with chronic pain are 1.5 times more likely to fall.
- Less than half of the Medicare beneficiaries who fall talked to their health care provider about it.
Fire/EMS Training: The Importance of Multifactorial Interventions

- History, Physical Exam, Functional Assessment
- Exercise Component: Matter of Balance - Stay Strong - Tai Chi
- Environmental Adaptation
- Medication review
- Vitamin D (800 IU)
- Vision check
Process for Referral System for Falls & Lift Assistance Calls

• When EMS responds to a call due to a fall or a lift assist call for a 60+ resident in an independent living environment, with their permission, they refer the incident to CCSS or PCSF.
• Fill out the referral form and ask the resident to sign it or to give verbal approval if they are unable to sign.
• Forms are sent to us every two weeks.
• We will call the client to see how they are doing, share information about interventions, services and programs to help reduce falls and follow up with them six months later to see if they have utilized services or followed recommendations.
• We report back to the designated EMS dept every 6 months outcome data. i.e. did they sign up for a MOB class, install grab bars, receive PT.
# FALL / LIFT ASSIST WORKSHEET

**Name_____________________________**

**DOB/Age_____________________ M / F**

**Address____________________________ City__________________ State________ Zip________**

**Phone_________________________**

**Primary Care Physician____________________ City__________**

Please Circle All That Apply. If “other”, please explain.

TRIP, FALL, SLIP, STUMBLE

## Location of Incident:

- Bedroom
- Bathroom
- Hallway
- Kitchen
- Dining
- Living Room
- Stairs

**Outside (brief Description):_______________________________________________________________________________________**

**Other:_________________________________________________________________________________**

**Floor Type:**

- Laminate
- Concrete
- Tile
- Carpet
- Hard Wood

**Transition (ex. Tile to carpet):**

- Uneven Surface
- Wet Surface

**Other:_________________________________________________**

**Obstruction:**

- Pet
- Cords
- Clutter
- Lighting
- Loose Rug
- Step Stool

**Other:_________________________________________________________________________________**

**Current Use of Services:**

- Home Health
- In-home Caregiver
- Hospice/Palliative Care
- Walker
- Cane
- Wheelchair

**Current Use of Assistive Device:**

- ___________

**Patient Authorization for Release of Information to the Senior Falls Prevention Coalition of Clay and Platte Counties**

I, the undersigned, hereby authorize the Kearney Fire & Rescue Protection District to provide the above information to the Senior Falls Prevention Coalition of Clay and Platte Counties. This form is designed for use by the previously stated two agencies that work together to jointly provide and/or coordinate services and resources for individuals who have exhibited fall-related behaviors.

**Patient / Representative Signature and Date**

**For Office Use Only:**

**Interventions Discussed:**

**Date:________________________ Interventionist:____________________**

**Interventions Put Into Place:**

**Date:____________ Interventionist:____________________**

---

***PLEASE ROUTE TO EMS QA MANAGER***
Expected Outcomes

- An increase in utilization of resources by older adults to help modify risk factors for falls.
- On average $1,300 cost to the department per life assistance call.
- A reduction of falls and “Lift Assistance” calls.
- Less demand on staff time and usage of equipment in response to the calls.
- Lower risk of staff injury.
- We will provide the departments with on-going results of taking this extra step to help reduce falls of older adults in Gladstone & Kearney.
- Partnering to build a model program for replication throughout Clay & Platte County and Missouri.
- Advocate to the Missouri Dept of Public Safety to report “lift assistance” and data collection mandatory and standardized on a National and local level.
Thank you for joining us today!

www.seniorfallsprevention.org
See us also on Facebook.

Questions or comments?

Tina Uridge, Executive Director of Clay County Senior Services
Co-Chair of the Senior Falls Prevention Coalition of Clay and Platte Counties
816-455-4800 tina@claycoseniors.org
claycoseniors.org

Mike Desautels, Deputy Fire Chief – Kearney Fire & Rescue Protection District
(816) 628-4122 mdesautels@kearneyfire.org