Objectives

• To provide an overview including:
  ▫ Exploring the need for such a strategy in South East Ontario
  ▫ Sharing the background work done to date
  ▫ Describing the drafted strategy

• To connect with key stakeholders

• To obtain feedback and suggestions on the draft
Why a Falls Prevention strategy?

Falls have a major impact on the system and the patient

- Provincially, compared to other causes, fall-related injury has resulted in the:
  - Highest death rate
  - Highest ED visits and hospitalization
    - The incidence of fall-related ED visits for patients 65 and older is 16% higher in the South East compared to the province (6,358 per 100,000)
    - The incidence of fall-related hospitalizations for patients 65 and older is 12% higher in the South East compared to the province (1,396 per 100,000)
Why a Falls Prevention strategy?

• The South East LHIN is projected to remain the LHIN with the oldest population for the foreseeable future and has the highest percentage of the population 65 years and over

• Over the period of 2013/2014 self reports from South East LHIN older adults included that:
  ▫ nearly half had arthritis
  ▫ just under half had high blood pressure
  ▫ roughly one in five had heart disease
  ▫ around 20% had diabetes
Why a Falls Prevention strategy?

- In 2010, falls prevention was identified as a key pan-LHIN priority and a priority project by every LHIN CEO
- A framework was released to guide the development of a regional integrated falls prevention strategy in each LHIN
Work to date

• Through Physiotherapy Reform, a collaboration with Public Health was developed to support the planning for Exercise and Falls Prevention classes and develop an evidence-based curriculum for the regional falls prevention program

• In 2015, a broader stakeholder group formed to support the planning and development of a regional falls prevention & management strategy, including:
  ▫ A stakeholder engagement event (with more than 70 in attendance) to confirm need for integrated approach to falls prevention and identify gaps/needs
  ▫ An environmental scan of falls prevention programs in the South East, plus regional inventory development
  ▫ A multi-sectoral strategic planning session to identify the purpose, scope, aims and objectives of a regional strategy
  ▫ Drafting a framework for an integrated falls prevention strategy
Summary from 2015 Engagement

The following highlights emerged from discussions:

- Front line health service providers require:
  - easy access to consistent education
  - a source of updated information on best practices
  - knowledge of what services and initiatives are available within our region
  - more opportunities to collaborate, inform, and learn from one another
  - improving the ease of system navigation is needed to transform the current system into a person-centered system

- Consistent language and definitions are important for common understanding.
Summary from 2015 Engagement

The attendees advice for the project team and next steps included:

• Consolidate the current project team with expanded membership to include older adults and other key stakeholders such as primary care staff and first responders.
• Keep all stakeholders across the continuum involved and informed about the future proceedings through direct communication such as a newsletter.
• Actively advocate and promote the need for an integrated falls prevention and management strategy amongst the public and regional stakeholders.
• Conduct a comprehensive environmental scan to accurately document existing services and potential gaps of falls prevention and management services in the SE LHIN region.
• Ratify the project team’s mandate and resources for at least a three-year plan.
• Identify regional opportunities for collaboration and partnerships that are most likely to result in early success.
• Actively promote the falls prevention and management strategies within other existing strategic activities (e.g. Health Links, age friendly communities, etc.)
The Environmental Scan

Most commonly reported gaps flagged in the scan included:

1) Community education, awareness, and information about fall prevention
2) Coordination among health care and other providers
3) Provider education and training
4) Lack of centralized resources for fall prevention services

A directory of services was created from this survey and shared.
Influences and Inspirations

- Queensland Stay on Your Feet
- Implementation Science Framework
- Existing Falls Prevention strategies across Ontario
- Collective Impact Framework
Participation to Date

- KFL&A Public Health
- Leeds Grenville Lanark Public Health Unit
- Hastings Prince Edward Public Health
- Victorian Order of Nurses
- Community & Primary Health Care
- Centre for Studies in Aging & Health at Providence Care
- South East Community Care Access Centre
- South East Local Health Integration Network
- Queen’s School of Rehab
- Perth Smith Falls District Hospital
- Ontario Neurotrama Foundation
- Ad-hoc participation from Upper Canada FHT and Queen’s FHT
Draft Strategy

Purpose

- To establish a regional integrated falls prevention & management strategy to address the needs of older adults who are at various risk-levels of falling and the capacity of health care providers to respond to individual needs through an integrated system approach.
# Draft Strategy

## GOAL

To reduce the incidence, impact and severity of falls and falls-related injury among older adults in SE ON

## ENABLERS

<table>
<thead>
<tr>
<th>Communication</th>
<th>Quality Improvement</th>
<th>Implementation</th>
<th>Evaluation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Develop ongoing communications system to support two way communication and influence for all intended audiences</td>
<td>Develop iterative quality monitoring and improvement processes</td>
<td>Develop the implementation processes and structures for an effective implementation plan. From choosing practices/programs to delivery of service</td>
<td>Develop an evaluation plan for program and process outcomes</td>
</tr>
</tbody>
</table>
# Continuum of Care

## TARGETS

<table>
<thead>
<tr>
<th>Healthy Active Aging (low risk)</th>
<th>Starting to Feel Unsteady</th>
<th>Increased Risk</th>
<th>Vulnerable (ongoing risk)</th>
<th>Frail (high risk)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community &amp; Public Health</td>
<td>Primary Care</td>
<td>Community Care</td>
<td>Hospital</td>
<td>Tertiary Care</td>
</tr>
</tbody>
</table>

## KEY OUTCOMES

- Reduced number of falls-related admissions to inpatient care
- Reduced number of falls-related ED visits
- Reduced repeat ED visits for falls in the past 12 months
# Draft Strategy

## GOAL

To reduce the incidence, impact and severity of falls and falls-related injury among older adults in SE ON

## CORE PILLARS

<table>
<thead>
<tr>
<th>Public Awareness &amp; Education</th>
<th>Provider Skill Development &amp; Education</th>
<th>Service Navigation &amp; System Integration</th>
<th>Assessment &amp; Management</th>
<th>Engagement &amp; Advocacy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Older adults and their caregivers understand the impact and risk of falls and are aware of how to reduce and manage their risk through a multi-sectoral approach</td>
<td>Providers are informed on and apply falls prevention &amp; management strategies including evidence based guidelines, assessments and best practices</td>
<td>Seamless navigation and coordination of falls prevention &amp; management services across the continuum of risk and sectors</td>
<td>Reliable tools and leading practices are adopted for the prevention, detection, diagnosis and management of falls-related conditions and risk factors</td>
<td>Build partnerships and advocate for a systemic person-centered approach to falls prevention and management.</td>
</tr>
</tbody>
</table>
## Public Awareness and Education

<table>
<thead>
<tr>
<th>Aim</th>
<th>Objectives</th>
<th>Proposed Action/Deliverables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Older adults and their caregivers understand the impact and risk of falls and are aware of how to reduce and manage their risk through a multi-sectoral approach</td>
<td>To adopt a consistent approach to messaging on <strong>prevention</strong>, risk and impact of falls</td>
<td>Identify and adopt consistent messages across the region</td>
</tr>
<tr>
<td></td>
<td>To increase knowledge of the benefits and reduced risks from participating in a healthy active lifestyle</td>
<td><strong>Promote healthy active lifestyles as a means of falls risk reduction</strong></td>
</tr>
<tr>
<td></td>
<td>To increase awareness and participation in healthy aging and falls prevention programs</td>
<td><strong>Promote regional programs for self-referral</strong></td>
</tr>
<tr>
<td></td>
<td>To increase self-monitoring and self-assessment among older adults</td>
<td><strong>Adopt and promote a regional self-assessment tool</strong></td>
</tr>
</tbody>
</table>
# Provider Skill Development and Education

<table>
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</thead>
<tbody>
<tr>
<td>Providers are informed on and apply falls prevention &amp; management strategies including evidence based guidelines, assessments and best practices</td>
<td>To increase awareness, access and application of evidence based guidelines</td>
<td>Identify and promote leading evidence based guidelines for falls prevention and key risk factors</td>
</tr>
<tr>
<td></td>
<td>To increase awareness, access and application to evidence based assessments</td>
<td>Identify and promote leading evidence based assessments</td>
</tr>
<tr>
<td></td>
<td>To increase awareness, access and application to education related to falls prevention and key risk factors</td>
<td>Promote existing education opportunities and address gaps in education opportunities</td>
</tr>
<tr>
<td>Aim</td>
<td>Objectives</td>
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<tr>
<td>Reliable tools and leading practices are adopted for the prevention, detection, diagnosis and management of falls-related conditions and risk factors</td>
<td>To promote use of Falls risk screening and assessment across continuum of care</td>
<td>Promote and support adoption of best practice screening and assessment tools</td>
</tr>
<tr>
<td></td>
<td>To improve management of fall risk through awareness across circle of care</td>
<td>Develop and promote a risk stratification tool to allow for increased awareness of risk within circle of care</td>
</tr>
<tr>
<td>Aim</td>
<td>Objectives</td>
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<tr>
<td>Seamless navigation and coordination of falls prevention &amp; management services across the continuum of risk and sectors</td>
<td>To develop a cross-sectoral algorithm to support navigation to the most appropriate intensity of service</td>
<td>Develop and promote an algorithm to support service navigation based on level of risk</td>
</tr>
<tr>
<td></td>
<td>To simplify referral process and ensure navigation to most appropriate intensity of service</td>
<td>Develop and promote a seamless referral process (‘every door is right door’)</td>
</tr>
<tr>
<td></td>
<td>To improve awareness of falls prevention &amp; management services in the South East</td>
<td>Facilitate and promote the use of South East Heathline inventory of services for falls prevention</td>
</tr>
<tr>
<td>Aim</td>
<td>Objectives</td>
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<tr>
<td><strong>Build partnerships and advocate for a systemic person-centered approach to falls prevention and management.</strong></td>
<td>To advocate for equitable access to programming across region for older adults and unique populations</td>
<td>Apply HEIA to planning and projects</td>
</tr>
<tr>
<td></td>
<td>To co-create strategy and develop key deliverables with older adults and key stakeholder groups</td>
<td>Engage older adults throughout initiative development</td>
</tr>
<tr>
<td></td>
<td>To build partnerships and promote strategy and key initiatives to stakeholder groups</td>
<td>Establish mechanisms for promotion and feedback across sectors</td>
</tr>
<tr>
<td></td>
<td>To support the sustainability of the strategy and key initiatives</td>
<td>Advocate for resources to support the implementation of the strategy and key initiatives</td>
</tr>
</tbody>
</table>
Expected Impacts

- **Key outcome measures as outlined in the Pan-LHIN framework include:**
  - Number of falls-related admissions to inpatient care
  - Number of falls-related ED visits
  - Repeat ED visits for falls in the past 12 months

- **Broader expected impacts include:**
  - Improved health and well being
  - Improved health management
  - Reduced risk, number and severity of falls
  - Improved system navigation and integration
  - Improved collective capacity
Next Steps

- **Validate strategy goal, aims and objectives**
  - Based on input from regional stakeholders on draft

- **Implementation planning**
  - Work group formation
  - Work plan development and project prioritization

- **Ongoing engagement and communication**
  - Engagement of senior management of South East Ontario organizations
Q&A Discussion

- Does the draft strategy reflect what the work group was asked to develop?

- Are there any significant gaps?

- What should be the early areas of focus for implementation?

- Are there opportunities for the strategy to align with other work in the South East/provincially?
Our community of practice connects you with others who share your passion for fall prevention.

We inform, share ideas and support each other to improve the implementation of evidence-informed fall prevention practices.
WHY JOIN LOOP?

Loop connects you with over 1700 Community of Practice members. These are your peers and experts in fall prevention.

NETWORKING
Find an expert, mentor or collaborator. Search members by area of expertise, location or name.

FINDING ANSWERS
Harness the knowledge of over 1700 members to find an answer to your fall prevention question quickly and efficiently.

WORKING TOGETHER
Collaboration tools and private groups make working together online easy. Bring your network, committee or project team to Loop today.
Thank you

• We look forward to reviewing your feedback. You will be sent a post event package following this event.

• There is a post webinar survey which we would appreciate your participation in. This includes an opportunity for you to indicate how you would like to be involved and receive updates.

• Please share information about this initiative with your colleagues and others who may be interested.

• If you have any additional questions/feedback or would like further information, please contact Rhonda Lovell at Rhonda.Lovell@kflapublichealth.ca