



**Ontario Neurotrauma Foundation**

*Fondation ontarienne de neurotraumatologie*

# Working Together to Put Fall Prevention on the Health System Agenda

**The Ontario Fall Prevention Collaborative**

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# Overview

- Background
- Ontario Fall Prevention Collaborative
- Identified priorities
- Position paper
- Discussion

# Definition of a Fall

A fall is “an event that results in a person coming to rest inadvertently on the ground or floor or other lower level, with or without injury”

(World Health Organization, 2016)

# An Overview of Fall-related Injuries Among Older Adults in Ontario

Falls are the leading cause of injury among older Canadians  
20-30% of older adults experience 1+ Fall per year<sup>1</sup>

## Fall-related injuries among older adults in Ontario caused:

- |  |   |  |
|--|---|--|
| • Over <b>250,000</b> emergency room (ER) visits in 2014-15 <sup>2</sup> | • Over <b>60,000</b> hospitalizations in 2014-15 <sup>2</sup> | • Over <b>\$2 billion</b> in direct health care costs in 2010 <sup>3</sup> |
|--|---|--|

## Fall-related injuries among older adults in Ontario are associated with:

- |   |   |
|---|---|
| • Chronic pain, social isolation, confusion and depression <sup>1</sup> | • Loss of independence that often culminates in long-term care <sup>1</sup> |
|---|---|

Fall-related injuries among older adults **CAN** be prevented through range of effective strategies

A **20% reduction** in fall-related injuries among older adults would save the Ontario government **\$400 million** each year<sup>3</sup>

# Fall Prevention for Older Adults



- Encompasses a range of strategies aimed at reducing the number of people who fall, the rate of falls and the severity of injury
- Fall prevention can include a number of components to prevent, identify and/or modify risk factors and conditions

# Levels of Fall Prevention

Level	Definition <sup>5</sup>	Examples
<b>Primary prevention</b>	aims to prevent disease or injury before it ever occurs.	exercise classes, safe home assessments, environmental modifications (e.g., shower grab bars)
<b>Secondary prevention</b>	aims to reduce the impact of a disease or injury that has already occurred.	comprehensive risk assessments, balance re-training, hip protectors
<b>Tertiary prevention</b>	aims to soften the impact of an ongoing illness or injury that has lasting effects.	rehabilitative care, physiotherapy

# The Ontario Fall Prevention Collaborative

- Formed in 2017, with facilitation by the Ontario Neurotrauma Foundation (ONF)
- Comprised of representatives from the key organizations involved in the planning and implementation of fall prevention interventions in Ontario

# Think Tank Outcomes

- Mission: To improve the quality of life for Ontario seniors aged 65 years and over and to lessen the burden of falls on the health care system by reducing the number and impact of falls
- Priorities (provincial oversight, measurement framework, knowledge exchange, standardized interventions and fall prevention tools)
- Position papers to inform and influence policy



# Purpose of Position Paper

- To guide the development of a more integrated, coordinated and efficient approach to fall prevention among older adults in Ontario
- To describe how recent innovations (e.g., the establishment of **Ontario Health Teams**) can be leveraged to establish a more effective and coordinated fall prevention system that will reduce the burden of fall-related injuries among older adults while improving their quality of life

# Fall Prevention ‘works’, BUT

- The collective impact of fall prevention efforts in Ontario is hampered by a **fragmented system of delivery** that makes it difficult to determine:
  - what programs are working
  - how programs can be improved
  - where a greater investment of resources or an increased level of collaboration/coordination between key stakeholders is needed to maximize impact and efficiencies<sup>8</sup>

# Improved Coordination of Fall Prevention Initiatives Through Greater System Integration



- **Integration** refers to policies and structures designed to create greater connectivity, alignment and collaboration between key components of the health system <sup>9, 10</sup>

# Rationale for an Integrated System Approach to Fall Prevention

- Strategies addressing multiple risk factors have been shown to reduce rates of falls by up to 24 percent<sup>12</sup>
- Multi-component strategies require **cross sectoral collaboration** between multiple stakeholders
- A shift towards a more integrated approach to fall prevention has the potential to increase the reach and effectiveness by:
  - reducing levels of ‘siloeing’, duplication and fragmentation
  - offering a more holistic approach that better addresses the multiple intrinsic and extrinsic causes of a fall and the often complex needs of older adults

# An Approach to Integrated Fall Prevention

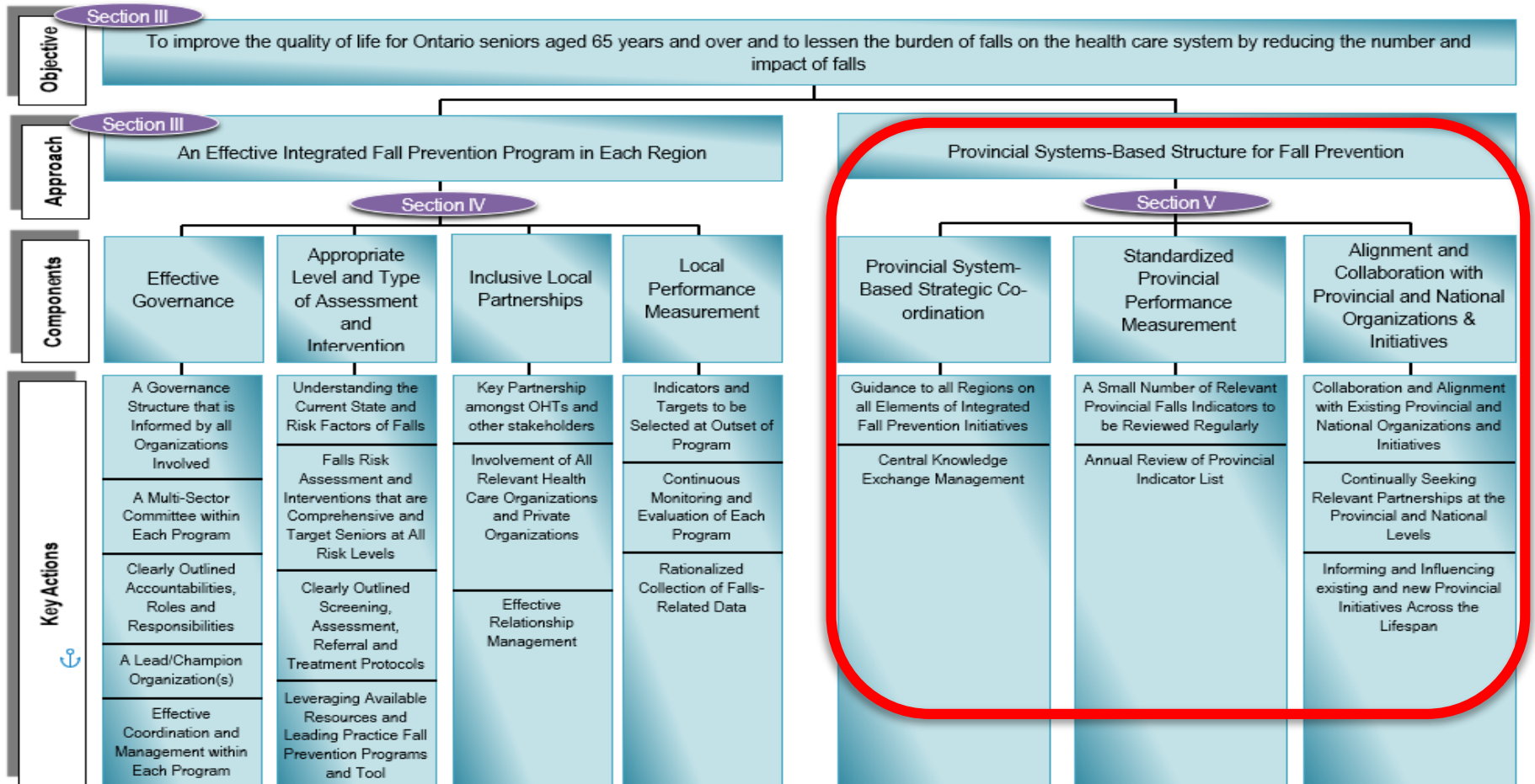
- While Ontario lacks a truly integrated fall prevention system, some regions of the province have made significant progress towards a more coordinated approach through adapting the **Stay on Your Feet (SOYF) Framework**, a model of fall prevention developed in Queensland, Australia<sup>13</sup>
- **SOYF** is designed to reflect the movement of an older adult across different settings of community, hospital and residential aged care. Where the person is located along the continuum is dependent upon their health status and falls risk

# Stay on Your Feet (SOYF) Framework



# Fall Prevention Framework (May 2019)

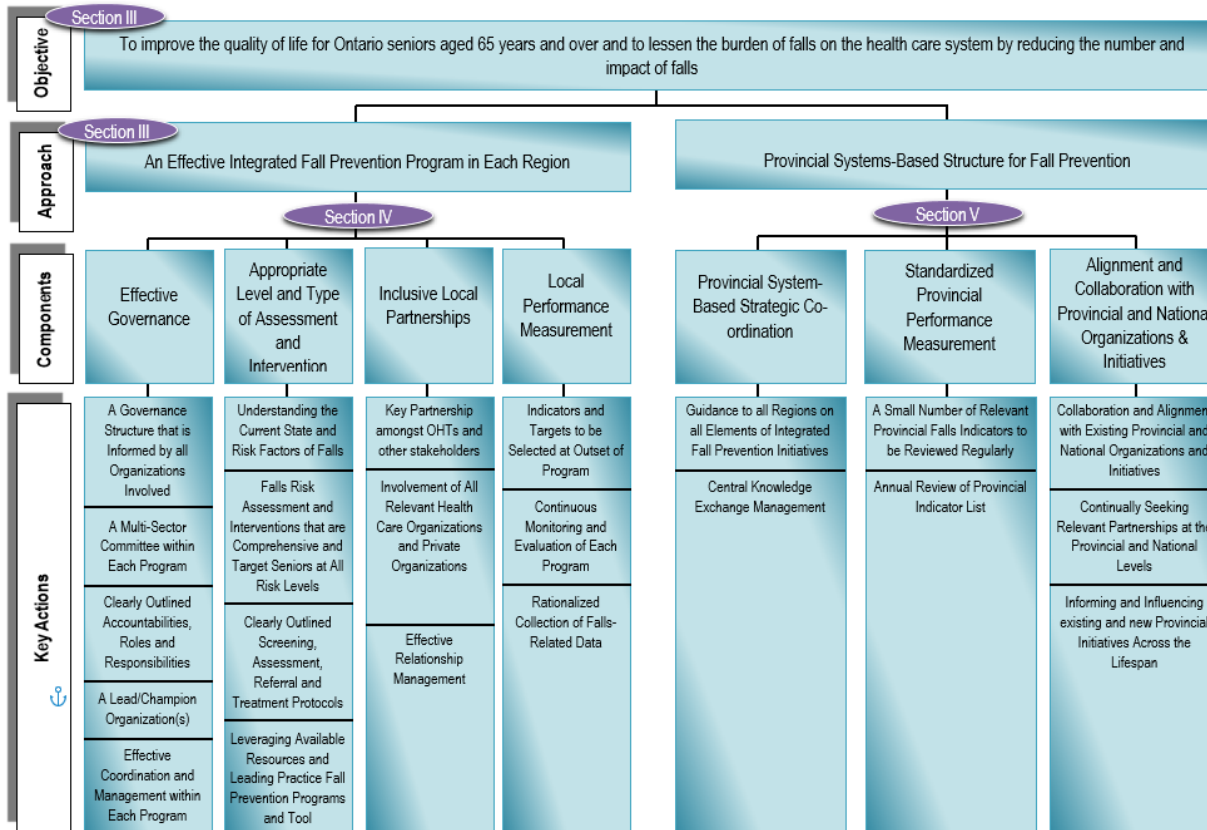
## Fall Prevention Framework



Adapted from: Integrated Provincial Falls Prevention Framework & Toolkit by LHINC Collaborative (July 2011)

# Recommendations for an Integrated Systems Approach

## Fall Prevention Framework



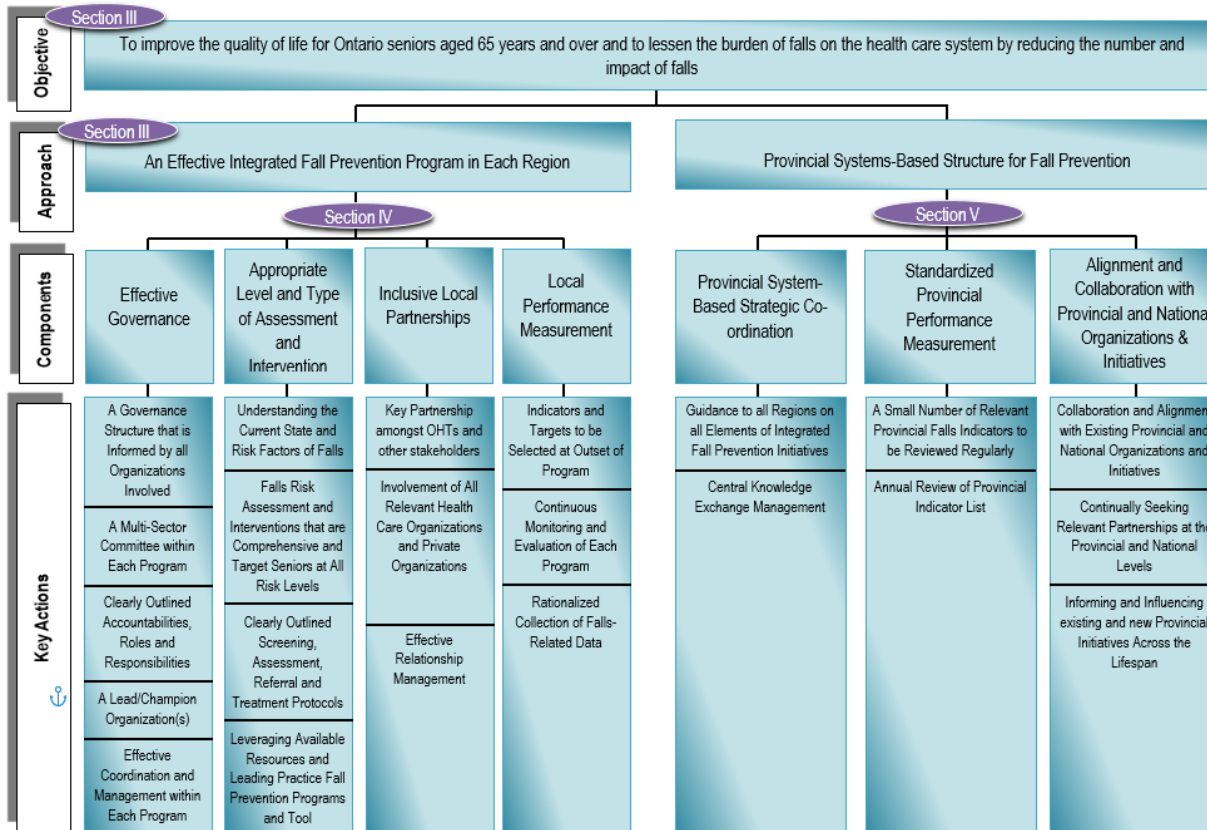
Adapted from: Integrated Provincial Falls Prevention Framework & Toolkit by LHIN Collaborative (July 2011)

1. Minimum provincial standards for fall prevention through an effective, integrated fall prevention program in each region of Ontario



# Recommendations (Cont.)

## Fall Prevention Framework



Adapted from: Integrated Provincial Falls Prevention Framework & Toolkit by LHIN Collaborative (July 2011)

2. Provincial oversight of key centralized functions for an effective fall prevention system

# Recommendations (Cont.)

3. Fall prevention as a mandatory priority for Ontario Health Teams serving older adults

# Recommendations (Cont.)

4. Provision of fall prevention supports and enablers for Ontario Health Teams serving older adults

# Recommendations (Cont.)

5. Continued support for the fall prevention initiatives conducted by Ontario's Regional Public Health authorities

# Key Messages

1. Fall-related injuries are a leading cause of emergency room visits, hospitalizations and long-term care admissions among older adults, all of which contribute to overcrowding and hallway medicine
2. A large body of evidence indicates that fall prevention programs and services can contribute to significant reductions in fall-related injuries, hospitalizations and associated health care costs among older adults in Ontario. However, **the collective impact of fall prevention efforts in Ontario is limited by a fragmented system of delivery** that makes it difficult to maximize impact and efficiencies
3. An **integrated system approach to fall prevention**, with an appropriate level of provincial oversight, will be a more efficient and cost effective approach that can be expected to yield positive health outcomes among older adults

# Questions for Discussion

1. What do you think of the Collaborative's recommendations for an integrated approach to fall prevention in Ontario?
  - comprehensive?
  - specific?
  - appropriate?
  - achievable?
2. Are there additional recommendations that should be considered?
3. What are the next steps the Collaborative should take to promote a more integrated approach to fall prevention in Ontario?

# Next Steps

- Dissemination of position paper – your ideas
- Working groups (data and measurement; screening and assessment tools)
- What else?

# Updates from the working groups

- Data working group
  - Using a Stay on your Feet framework the group has started to identify who is collecting what, how, why and where is it used and what for!
- Knowledge product working group
  - Using a similar framework based on the SOYF and the different levels of prevention, the group has started to identify what screening and assessment tools are being used across the sectors



# Seniors Strategy

They would like to hear ideas and feedback from:

- seniors and their families
- the people who care for seniors
- organizations that support seniors

## **ACTION**

Please share this information with your members and colleagues. The link for the survey is: [Ontario.ca/SeniorsStrategy](https://Ontario.ca/SeniorsStrategy)

- The survey closes: July 19, 2019



Fall Prevention  
Community of Practice  
ADULT+JUNIOR

# Get involved! Ask Questions! Join Loop!

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THIS WEBINAR IS BEING  
RECORDED.

THE SLIDE DECK AND RECORDING  
WILL BE EMAILED AFTER THE  
WEBINAR.

**STAY IN THE LOOP!**

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