

ABLE & STABLE

A Fall Prevention Education and Exercise Program

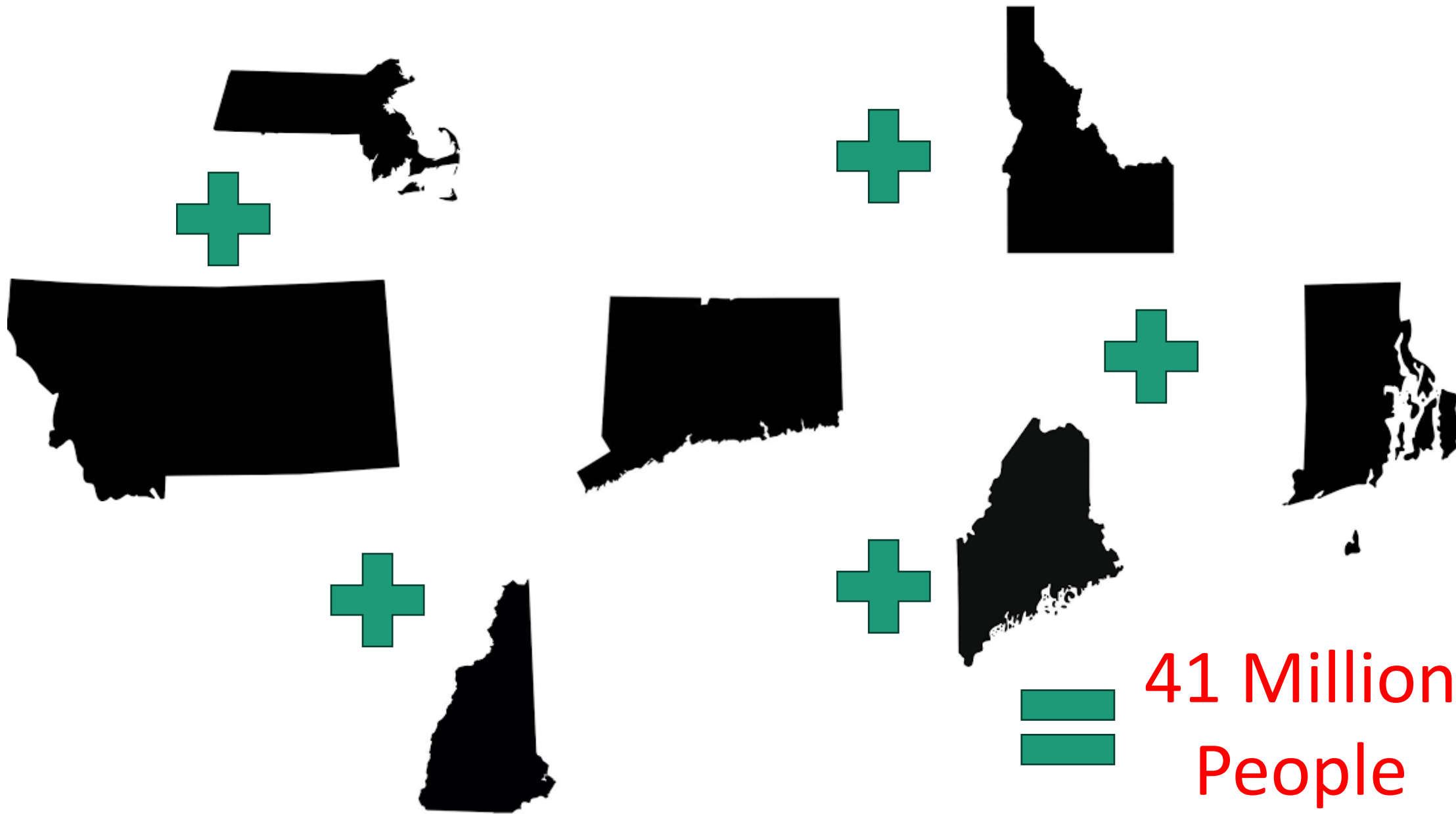
Nancy Griffin, MS

Fitness Services Supervisor

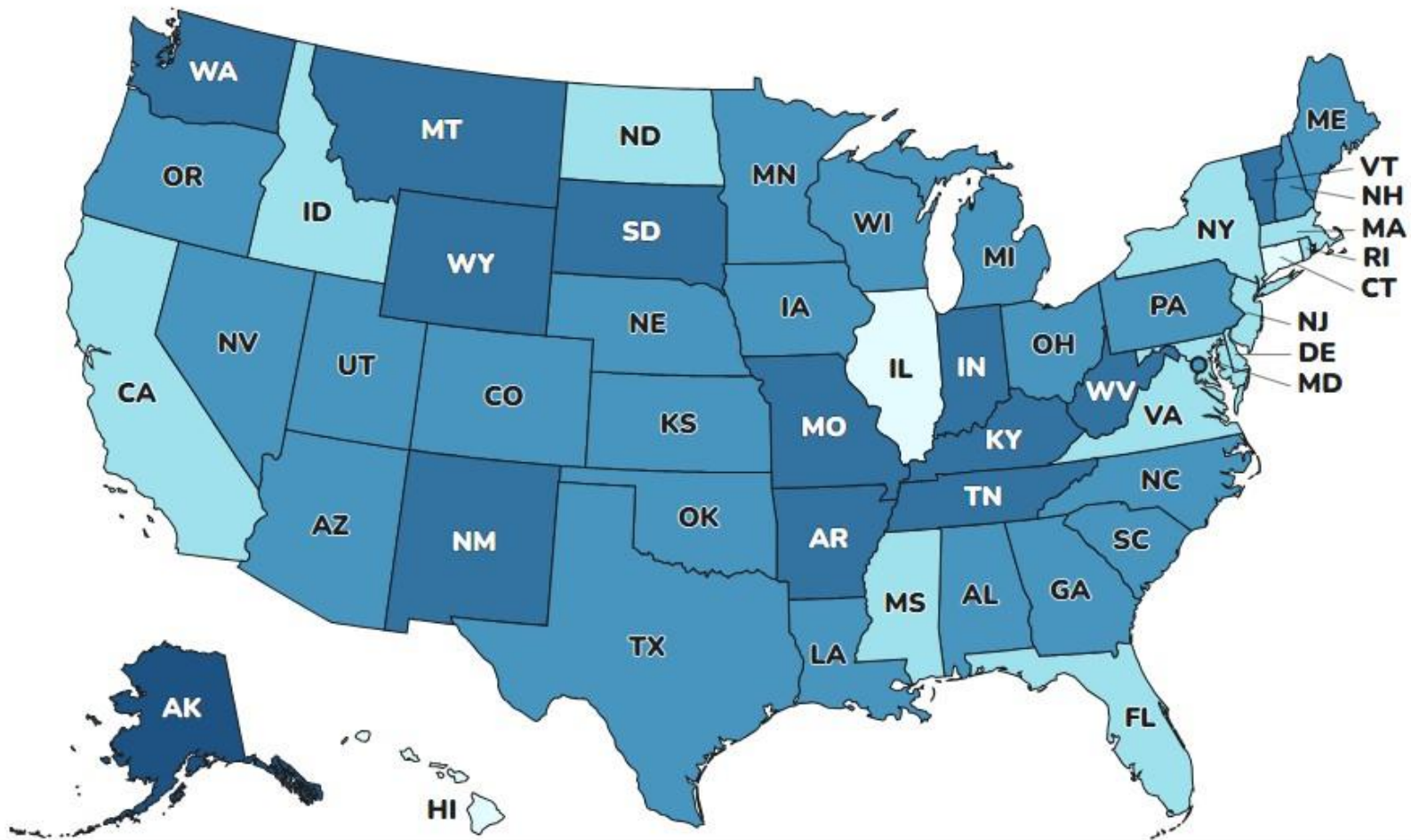
Elliot Hospital







41 Million
People



Age-Adjusted Fall Percentages*



Falling Again?

- 26.1% within 1 year
- 50% within the first 90 days



Cost of Falls

2023

•\$50 Bil

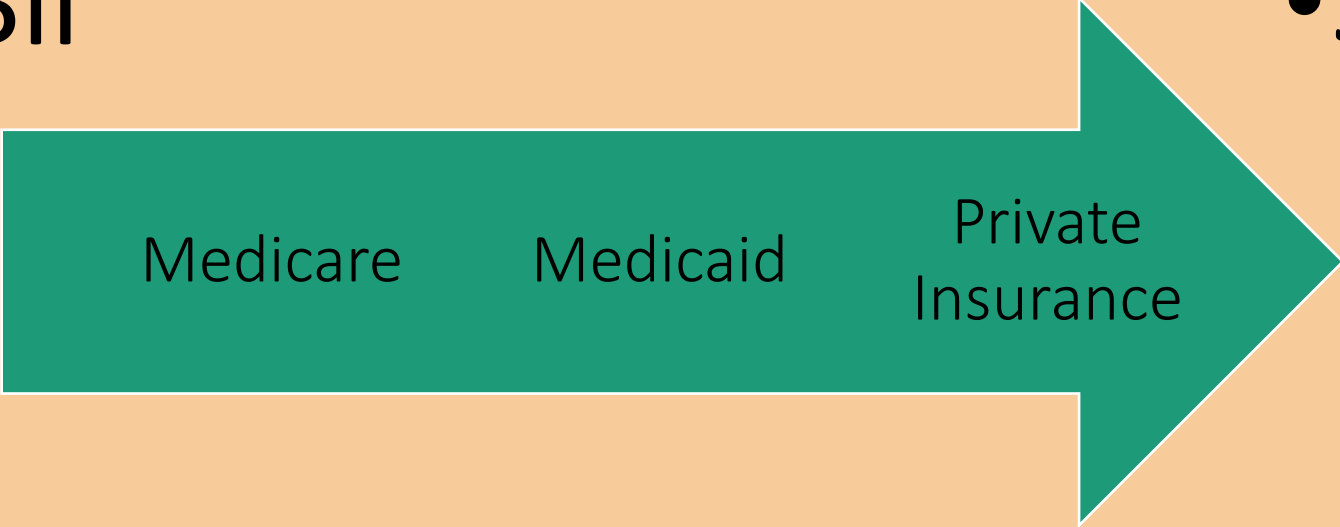
2030

•\$100 Bil

Medicare

Medicaid

Private
Insurance





Death

Dr. Attia breaks it down

- 25 years old - car accidents
- 50 years old- overdose
- 65+- falls



Unintentional Fall Deaths

2023 fall death
rate 65+ 69.9
per 100,000
=1,428.57
adults

Death rate
Men 74.2
Women 66.3

Lowest- Asian
non Hispanic

Highest- White
non Hispanic



Death Rate Increases 2003-2025

Ages 60-64

29%

75%

Ages 75-84

Ages 65-74

70%

50%

Ages 85+





Addressing the problem



Why are we falling down?

Muscles

A natural decline in muscle mass, especially for women

Sensory and Cognition

A slowing down or inability to self correct movement

Bone Density

Strong bones to hold frame stable

Flexibility

An inability to move in normal patterns.



Women Falling



Dr. Attia tells us why

- Lower Muscle Mass
- Bone Density
- Hormonal Decline



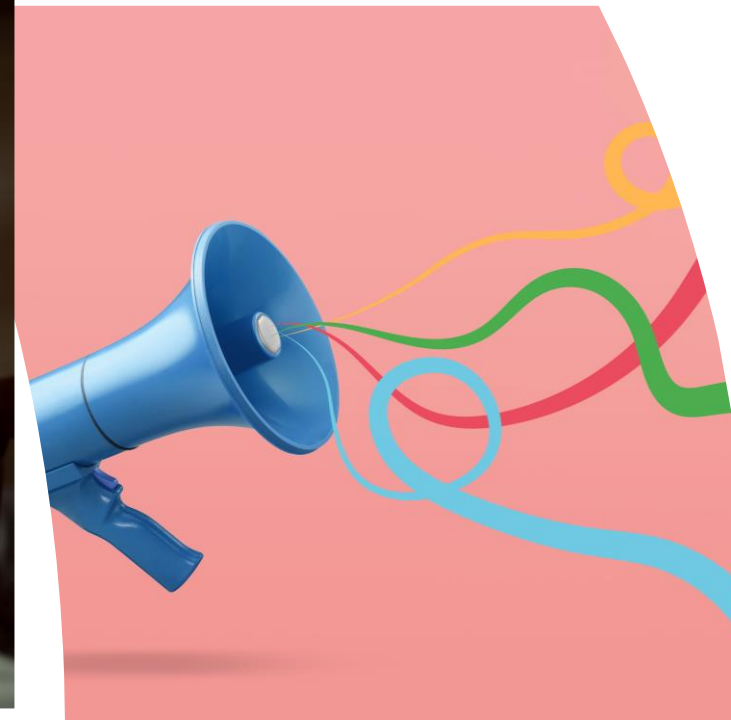
Opportunities for prevention

- Lift heavy at any age
- Estrogen post menopause
- Impact movements
- Focusing on the eccentric



Secondary Concerns

- Medications- specifically those affecting blood pressure
- Vision – regular check ups
- Hearing – regular check ups
- Home Safety
- FEAR





Finding a Solution

The Creation of a Program:
Able & Stable

Pretesting

Tinetti scale

Sit to Stand

TUG Test

4 Stage
Balance Test

Falls Risk Self
Assessment



Able & Stable

Introductions, Statistics
and Exercises

Dietician and Exercises

PT and Exercises

Pharmacist and Exercises

LCSW and Exercises

ED staff and Exercises;
Conclusion





A Team of Experts

Emergency Department

Highlight the chain of events after a fall occurs

Registered Dietitian

Effects of hydration and proper nutrition to overall health

Pharmacist

Risks of certain medications or poly pharmacy

IT Specialist

What is available to keep you safe in your home and community

Community Support

Fire Department, EMT, Senior support
Specialists: resources available within your community

Geriatric Social Worker

Who is on your team? How do you recruit a team? What are next steps?

Senior Physical Therapist

How to get up from a fall. Effective use of walking devices



Exercises



Targeted Muscles



Dorsiflexion



Flexibility

Plantar flexion



"Old Man Shuffle"

- Stooped posture
- Loss of ankle movement
- Lower back pain





Exercises for Fall Prevention Seated and Standing

Seated Rows

Adding resistance to
increase back strength

Knee Extensions

Quad strength

OH press

Upper body strength, grip
strength

Marches

This will be increased to adding
dumbbells to the legs

Upper body reaches

Increased to add resistance
bands or DB

Side steps

Increased to add resistance
bands or DB

Standing Rocking

Ankle flexibility

Tai Chi

Part the mane, weight transfer,
foot placement

Squats

Lower limb strengthening

Stretching

- Achilles
 - Ankle
 - Dorsi and Plantar Flexion
 - Hip abduction
 - Hip flexion
 - Hip extension
 - Shoulder protraction
 - Shoulder retraction
- 



Conclusion to the
program

Outcomes



IMPROVEMENTS TO
TESTING



SELF REPORTING



END OF COURSE SURVEY

Contact Info
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Citations

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