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How To Discuss

Older adults highly value their independence and worry about the implications of being labeled as a fall risk. They may not openly discuss their fears or concerns about falling. As such, it may be necessary for you to initiate the discussion. It is important to highlight to your patient that the goal of this program is to keep him or her independent, active, and at home for as long as possible. You should emphasize that the program will provide education and support that will help your patient stay active and reduce his or her risk of falling. It may also be useful to highlight the social benefits of the program and the fact that many patients like him or her have benefited greatly.

➔ WHAT IS IT?

A **group-based**, participatory workshop led by two **trained lay leaders** over **8 weekly or semi-weekly sessions**. Initial sessions are educational and **focus on the development of coping strategies to overcome the fear of falling**. Components include group discussion, problem-solving, skill-building, assertive training, **exercise training for strength and balance**, sharing of practical solutions, and **cognivite restructuring**. Works to **reframe falls and fear of falling as something controllable**. Participants use workbook and **home safety evaluation** action-planner to change environment and **reduce risk factors**. 30 mins of supervised exercise is introduced in the third session. Participants set realistic goals for further increasing activity. Program includes **visit from guest PT/OT/RN professional to discuss how to respond to a fall and to demonstrate how to get up from a fall, along with Q&A**.

➔ WHO IS IT FOR?

Designed for **community-dwelling seniors that are able to problem solve (age>60) who have concerns about falls and/or prior falls**. Measured effects increase with age and fall risk. MOB targets overcoming the fear of falling, thus **breaking the “fear of falling cycle”** by keeping people more active and engaged. A **great introductory program** for those not ready for Tai Ji or other longitudinal exercise programs such as the Arthritis Foundation Exercise Program.

➔ WHAT DOES IT DO?

Original trial showed **improvement in confidence in ability to manage and prevent falls**, as well as improvement in level of **exercise, mobility**, and **reduction in social limitations** due to concern about falling among Boston area older adults in senior housing. **Large follow-up trial** in 2009 **confirmed these benefits among community-dwelling adults >age 70**. A subsequent **state-wide analysis** of female participants in Texas confirmed the value of the program in **reducing falls and improving mental and physical health**. has confirmed this assumed value through claims data. In its **2013 Report to Congress**, CMS found that the program demonstrated **\$938 in savings per participating beneficiary** in areas of unplanned hospitalization and skilled nursing facility and home health costs. The program fits well in the **body of evidence** supporting the value of programs for falls reduction in older adults.