

Safe and Healthy Aging Mobilization Plan to Action

Why It Matters

1. Dane County has 68,002 residents age 65 and older (2016) –represents 12.8% of the total population (in 2000 was 39,869).
2. The population of those 65+ is projected to be 121,470 by 2040 from 50,144 residents in 2010, nearly a 150 percent increase. For the oldest residents (85+), the population has grown from 7,774 in 2010 to 8,895 in 2015 and projected to be 23,700 by 2040, which is over a 200 percent increase.
3. The four primary causes for older adults to require higher levels of care by a family or professional caregiver including hospitalization and/or nursing home care are: (1) adverse drug events, (2) falls, (3) incontinence, and (4) dementia.
 - Older adults taking inappropriate medications found on the Beer's List increases the risk of adverse drug events. Using 5-8 medications exposes older adults to a 50% chance of experiencing an adverse drug event and 8+ medications to 100% chance of experiencing an adverse drug event. As the population of older adults increases, so do the chronic health conditions from which they suffer. This leads to an increase in medications consumed, and ultimately, an increased risk for negative drug reactions and/or potential falls. Four out of five Medicare patients over age 65 have a chronic health condition and Wisconsin ranks high among states in falls of older adults. Based on Comprehensive Medication Reviews completed in the community, older adults take an average of 13.4 meds which puts them at 100% chance of experiencing a negative drug reaction.
 - Falls are the number one cause of injury hospitalization, and Wisconsin ranks second in fall-related deaths in the U.S. among those 65 and older, with a rate that's twice the U.S. average, according to the Wisconsin Institute for Healthy Aging.
 - Nutrition is an important determinant of health in persons over the age of 65. Studies of hospitalized older patients suggest that between 20%–65% of these patients suffer from nutritional deficiencies.
 - The fall rate of older adults who receive free in-home safety assessment is 19.99% compared to a national average of 50%. The average age of an older adult who receives a free in-home safety assessment is 82.

Goal

Reduce the number and rate of adverse drug events and falls in Dane County by 20% by 2022

Promising/Best Practices and Research

- Screening, assessment, and community education can reduce the likelihood of adverse drug events and falls.
 - Assessments and on-going consultations with physicians and pharmacists every 6 to 12 months for drug regimens can prevent adverse drug events caused by improper medication use, limited understanding, unintended consequences with supplements and prescriptions from multiple physicians.
 - Home de-cluttering and simple home modification prevents 1/3 of falls by addressing environmental causes.
 - Falls Prevention classes that focus on balancing and meditation such as Stepping On, Tai Chi, etc. Improved coordination and muscle strength may reduce 1/3 of falls caused by balancing issues.
- Case management, home-delivered meals, household chore services and volunteers assisting people with their daily activities increases the ability to remain independent.

2018 Community Impact -- Proposed Investment \$905,768

- Continue with implementation of the new strategies to reduce hospitalizations/ER visits by providing 600 older adults with comprehensive medication reviews, in-home safety assessments, and evidence-based falls prevention classes.
- Provide extensive outreach, education, and professional development to older adults, health care and community professionals on various health issues that affect older adults including ADE's and Falls
- Public awareness on ADE's and Falls programming through various media outlets (Social Media, Radio)
- The Area Agency on Aging of Dane County, focal points and partner agencies will take a lead on local community education, and will connect at-risk older adults with available resources in the community.

- **Disabilities:** Continue to implement strategies for Youth Transition Programming, but also ensuring that the design is based on needs of students to garner success.

2017 Progress

- Published the 2017 Safe and Healthy Aging Mobilization Plan which included five updated strategies that will guide this work over the next five years to keep older adults independent and in their homes
- 224 older adults received Comprehensive Medication Reviews through the community and health system models with an additional 65 older adults that received a brief medication assessment through the SAFE Program
- 247 older adults received in-home safety assessments for the risk of falls and adverse drug events through trained volunteer-corps, and over 450 participated in evidence-based falls prevention classes.
- Additional Grant investment secured from Humana to provide adaptive equipment to SAFE participants for better compliance with recommendations given during home safety assessment
- Expanded community model of Comprehensive Medication Review Initiative into the health system/clinic model in partnership with UW Health – now 7 clinic locations.
- Heightened community awareness of ADEs and falls by presenting the 2017 Mobilization Plan at a wildly successful public launch at Warner Park Recreation and Community Center. Also, facilitated a session at the Meta Star Quality Symposium Conference in Wisconsin Dells, presented to the Dane County ADE Collaboration Work Group, & the various infinity groups.
- **Disabilities:** Metrics for Youth Transition Programs are identified for each of the three pilot programs and tracked for initiative’s success.

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