
Health: Seniors and people with disabilities are able to stay in their homes.

Safe and Healthy Aging Mobilization Plan Agenda to Action

Why It Matters

- Dane County is home to 74,303 residents age 65 and older, up 4% from 2019 and represents 13.7% of the total population.
- 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.
- 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.
- Research indicates that using 5-8 medications exposes older adults to a 50% chance of experiencing an adverse drug event (an injury resulting from medical intervention related to a drug) and 8+ medications to 100% chance of experiencing an adverse drug event.

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.
 - 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 may reduce 1/3 of falls caused by balance issues.
- Case management, home-delivered meals, household chore services and volunteers assisting people with their daily activities increases the ability to remain independent.

Strategies

- Identify and assess the risk of adverse drug events and falls.
- Improve connections of physicians and health care providers to community-based organizations to access resources for non-medical needs.
- Provide access for caregivers to resources and tools that help older adults remain safe.
- Educate the community to understand the importance of and advocate for preventing adverse drug events and falls.

2020 Community Impact Investment - \$348,365

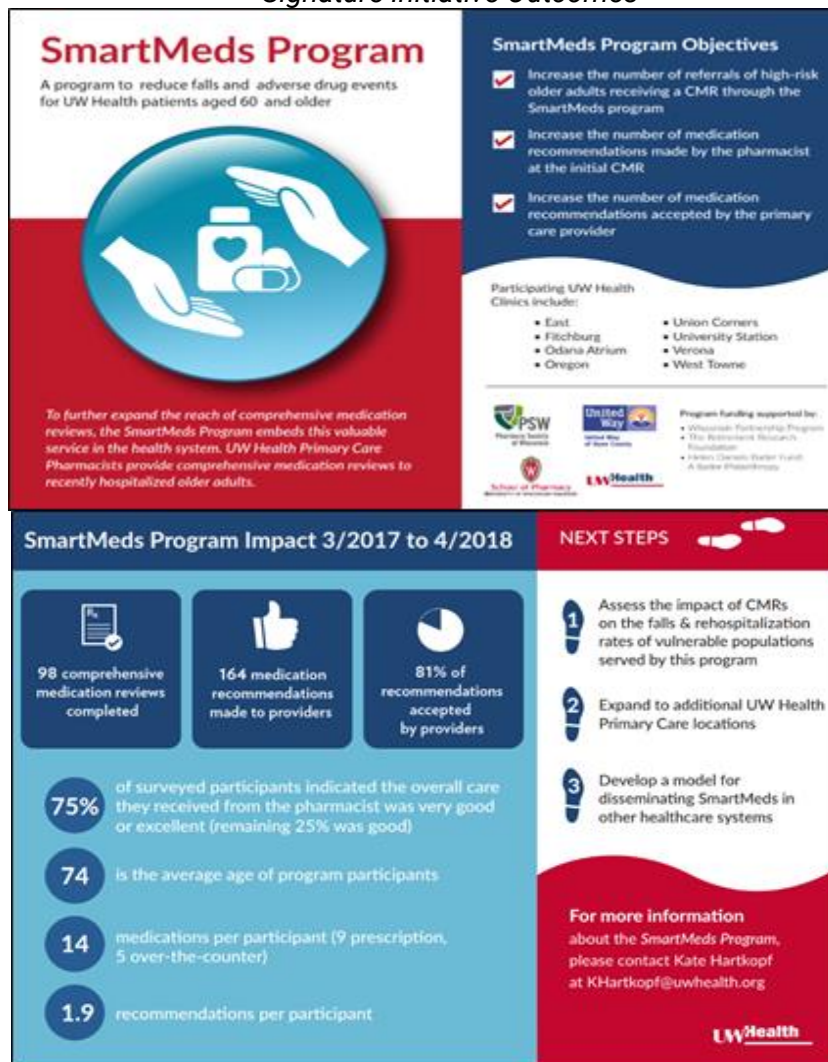
- Continue to reduce hospitalizations/ER visits by providing 600 older adults with comprehensive medication reviews, in-home safety assessments and evidence-based falls prevention classes.
- Provide extensive outreach, education and professional development to older adults, health care and community 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).

2019 Progress

- 225 older adults received comprehensive medication reviews (CMRs) through the community-based CMR and medical-based Smart Meds programs and Safe at Home Program.
- 255 older adults received in-home safety assessments for the risk of falls and adverse drug events through trained volunteer-corps, and over 400 participated in falls prevention classes. Fall rate is 18.53% compared to national average of 33%.
- 255 participants received 339 adaptive equipment items which lead to a 68% compliance rate with safety recommendations.

Measures

Signature Initiative Outcomes



How We Accomplished It

Our work in Safe and Healthy Aging is focused on strategies to identify and assess the risk of Adverse Drug Events (ADEs or negative reactions to medications) and falls that lead to hospitalizations as well as providing access to local resources. We currently partner with several organizations on falls preventions programming to support older adults' well-being. This includes working with trained pharmacists to provide comprehensive medication reviews to vulnerable older adults at focal points such as senior centers across Dane County; they offer personalized, in-home safety assessments and provide falls prevention classes such as "Stepping On." In 2019, the focus of this work included purposeful community outreach with an emphasis on reaching more isolated older adults of color as well as enhancing connections, referrals and best practices between our partner agencies who are supporting our community's older adults.

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