

Falls prevention

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The problem with falls.....

- ▶ 30% of over 65s and 50% of over 80s fall at least once per year, equating to over 3 million falls annually across the UK. 5% will result in fracture and hospitalisation.
- ▶ Falls are the most common cause of death from injury in people who are over 65 years old.
- ▶ Every minute 6 people over 65 will fall.
- ▶ Every hour an older person dies as a result of a hip fracture.

The burden

The impact for individuals is far reaching:

Pain and injury

Distress

Loss of confidence

Increase isolation

Reduce independence (after a hip fracture 50% of people can no longer live independently)

The health and social care cost is also significant:

Costs NHS approx. £1.5 billion /year

Falls account for more than 4 million hospital bed days

	England	Yorks & Humber	Craven	Hambleton	Harrogate	Richmondshire	Ryedale	Scarborough	Selby
Emergency hospital admissions due to falls 65-79	69,191	6,863	79	115	198	51	61	147	110
Emergency hospital admissions due to falls 80+	141,362	13,203	195	240	441	121	148	351	183
Hip fractures 65+	57,348	5,852	71	112	215	71	73	185	88
Hip fractures 80+	40,736	4,090	54	83	158	53	45	138	60

Falls are not inevitable!

- ▶ Programmes that increase strength and balance can reduce the risk of falls by 55%!
- ▶ If all people over 65 followed a tailored exercise plan we would prevent 7000 unnecessary deaths (19 a day) from hip fractures alone!
- ▶ Assisting people with healthy ageing will reduce the future costs of health and social care, avoid distress to families and carers and help to create opportunities for older people to feel healthy, safe and connected.

National Recommendations from NICE:

- Identify people at risk of falling
- Use multi factorial risk assessments including:
cognitive impairment, footwear that is unsuitable, medication, visual impairment
- Strength and balance training
- Home hazard assessments and interventions

Return on Investment

For every £1 spent on:

- ▶ *Falls Management Exercise (FaME)* intervention, results in benefits of around £2.28
- ▶ *Home assessment and modification* intervention, results in benefits of around £7.34
- ▶ *Otago Strength and Balance* intervention, results in benefits of around £2.20
- ▶ *Tai Chi* intervention, results in benefits of around £1.97

(Benefits are in terms of health/ social care savings and quality of life gains)

Local recommendations from NYCC Falls Coordinator

Better Care Funding was used to employ a Falls Co-ordinator from January 2015 to December 2016

- Use a Screening Tool to identify older people who may be at risk of falls
- CCGs to monitor Multi-Factorial Falls Assessments to ensure they meet the agreed minimum data set
- Commissioning of a service to support Physical Activity for Older People (Strong and Steady commissioned)
- Commissioning of a Fracture Liaison Services
- Commissioning of a Community Pharmacy Falls Service (currently under review)

Please feed back any progress in your area!