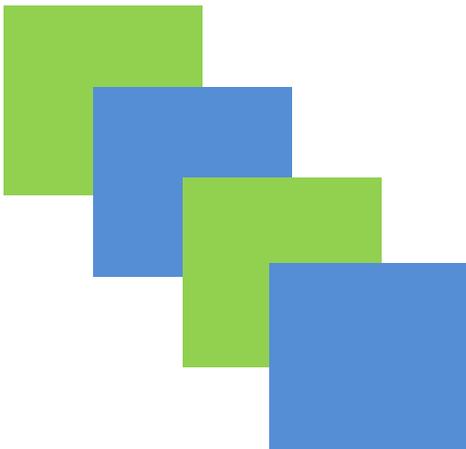


FALL PREVENTION RESOURCE GUIDE FOR OLDER ADULTS 2019 EDITION



PROVIDED BY:

**SENIOR INJURY PREVENTION PARTNERSHIP
(SIPP)**



Department of Adult and Aging Services

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http://alamedasocialservices.org/public/services/elders_and_disabled_adults/aaa_senior_ia.cfm

Office Hours: Monday – Friday, 8:30am to 5:00pm



This resource guide is a result of the collaboration between Alameda County Emergency Medical Services (EMS), Senior Injury Prevention Program and Alameda County Social Services Agency, Area Agency on Aging, through the Senior Injury Prevention Partnership (SIPP).

Senior Injury Prevention Partnership (SIPP)

The Senior Injury Prevention Partnership is a network of public and private service agencies determined to reduce the number of preventable injuries to older adults in Alameda County and raise awareness of the need for older adult injury prevention programs.

Active SIPP Membership

Afghan Elderly Association	Eden Medical Center
Alameda County Area Agency on Aging	Fremont Fire Department
Alameda County Behavioral Health Services	Fremont Human Services
Alameda County Health Care Services	Home Safety Services
– Emergency Medical Services	United Seniors of Oakland and Alameda County
Alameda County Public Health	IndeeLift Floor Lifts
Alameda County Commission on Aging	LIFE ElderCare
Alameda County Fire Department	LifeLong Medical Care
Alameda County Library	Senior Support Program of the Tri-Valley
Alameda Health System	Summer Health
Alice Home Care	Spectrum Community Services
American Bone Health	St. Mary’s Center
City of Alameda Fire Department	Vital Link Emergency Response Systems
DayBreak Adult Day Care Centers	

For more information on SIPP, or to become a member, contact Alameda County Emergency Medical Services, at (510) 618-2050.

INTRODUCTION

Approximately one-third of community-dwelling individuals age 65 and over will experience a fall annually, and one in five of those falls will cause serious injury.

The risk of falling increases when someone has:

- Fallen before
- Balance problems
- Chronic diseases, such as arthritis
- Depression
- Foot pain or poor footwear
- Hazards in the home
- Multiple medications
- Drug and alcohol use/abuse
- Memory problems
- Fear of falling
- Muscle weakness
- Problems with walking or unsteady gait
- Hearing problems
- Vision problems
- Vitamin D deficiency

Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater their chances of falling. There is strong evidence suggesting interventions addressing multiple risk factors can reduce the number of falls.

In order to meet the ever-growing demand for fall prevention services, the number of evidence-based fall risk reduction/prevention programs has grown in Alameda County; older adults and service providers have an increasing array of program choices to fit a diverse set of needs and available resources.

This resource guide is intended to assist service providers and seniors select programs that best suit their needs. Programs are generally evidence-based; some have a cost but most community-based programs are available free of charge or for a small fee. Some programs are intended for more or less frail individuals, depending on the program. Not all programs are available in languages other than English. Please call your local program for information about language capacity. You may also contact Alameda County Area Agency on Aging Information and Assistance for a conversation with someone with county-wide knowledge of resources, at 800-510-2020.

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Physical Activity

Improving physical strength and balance can reduce the risk of falling. Walking, gardening, and dancing are all good ways to stay fit and healthy.

The programs listed below are evidence-based programs *specifically designed to reduce the risk of falling*. Call local programs for details. Contact local senior centers for additional information about group physical activity opportunities.

Afghan Elderly Association, Southern Alameda County

Centerville Community Center, Fremont; (510) 574-2075

- ❖ A Matter of Balance
- ❖ Tai Chi Moving for Better Balance

Alameda County Nutrition Services

Various senior Housing sites; (510)268-4222

- ❖ A Matter of Balance

Alice Home Care and City of Alameda Fire Department

Mastick Senior Center; (510) 924-8529 or (510) 337-2133

- ❖ A Matter of Balance

City of Fremont, Fremont Senior Center

40086 Paseo Padre Pkwy., Fremont, CA 94538; (510) 790-6600

- ❖ Tai Chi Moving for Better Balance

DayBreak, Adult Day Care

Available for members only; (510) 834-8314

- ❖ Tai Chi for Arthritis

LIFE ElderCare

Various sites in southern and central Alameda County; call for more information about group or in-home support; (510) 574-2087

- ❖ Lifestyle Integrated Function Exercise (LiFE) in-home strength and balance program
- ❖ A Matter of Balance

LifeLong Medical Care

Oakland, Berkeley (510) 549-5417

- ❖ Tai Chi Moving for Better Balance

Senior Support Program of the Tri-Valley

Pleasanton Senior Center, 5353 Sunol Blvd, Pleasanton, CA 94566 and various other sites in eastern Alameda County; (925) 931-5379

- ❖ GeriFit
- ❖ In-Home Exercise Program
- ❖ A Matter of Balance
- ❖ Tai Chi Moving for Better Balance

Spectrum Community Services

Various sites in Oakland, San Leandro, Hayward, Castro Valley, Fremont, Union City; (510) 881-0300, ext.270

- ❖ Enhance Fitness
- ❖ A Matter of Balance

St. Mary's Center

Various sites in northern Alameda County; (510) 923-9600

- ❖ Enhance Fitness
- ❖ Tai Chi Moving for Better Balance

***United Seniors of Oakland and Alameda County (USOAC)**

(510) 729-0852

- ❖ Walking groups specifically designed to minimize fall risk in Oakland and Ashland

****Not evidenced-based.***

Home Safety/ Home Modifications

Fall Prevention classes provide information about simple home safety and distribute related checklists. These classes provide education supporting good safety habits, such as improving lighting and eliminating or moving furniture and rugs. See p. 8 for information on fall prevention classes.

The City of Alameda Fire Department Safety and Accessibility Program provides a free fire and fall prevention inspection for Alameda residents. Free smoke alarms and safety modifications may be available. Contact Maria Young, (510) 337-2133.

Medical alert systems and de-cluttering can support home safety. Go to community resources for more information on medical alert systems, p.11.

Fall-risk education classes address clutter and hoarding; go to p.7, 10.

Some home safety modifications may be very expensive, but most home modifications needed to improve safety have a moderate cost. Home modifications can include adding grab bars, improving lighting, and removing trip hazards.

The programs listed below provide **free home modifications**, mostly to low-income seniors, and most programs have a cap of \$500 per household. Some programs will assist tenant-occupied homes, but may require owner approval.

Afghan Elderly Association

(Fremont, Newark, Union City)

(510) 574-2075

Alameda County Healthy Homes

(Albany, Emeryville, Oakland, Piedmont, Unincorporated Area, Newark, Union City, Dublin)

(510) 567-8280 (cap of \$1,500; must be low income)

Center for Independent Living (CIL) Residential Access Program

(Access modifications— such as ramps, lifts, grab bars—for Berkeley residents who have a disability and are low to moderate income)

(510) 649-1100, ext.303

City of Berkeley Senior Services

(Berkeley)

(510) 981-5200

City of Berkeley Minor Home Repair

(Berkeley homeowners only)

(510) 981-7760

DayBreak, Adult Day Health Centers

(Available to members only, locations throughout Alameda County)

(510) 834-8314

Habitat for Humanity East Bay

(Very low cost loans available for home owner improvement from \$15,000-\$150,000, including fall prevention)

(510)803-3315

LIFE ElderCare

(Central and southern Alameda County)

(510) 894-0370 X 6

Rebuilding Together

(Oakland and Central Alameda County)

(510) 625-0316

SIPP Member Private Pay Providers

*Home Safety Services, Grab bars, lifts, railings ramps, (888) 388-3811

*IndeeLift People Picker Upper, (925) 455-5438

Medication Safety/ Support

Falls can be a side effects of medications. Monitoring prescription and over-the-counter medications and specifically reviewing for possible interactions can effectively help reduce the risk of falls.

Medicare, Part D, has a program called the Medication Therapy Management (MTM) Program. Medicare Part D individual health plans must, at a minimum, offer a comprehensive review of prescriptions (CMR) annually for targeted beneficiaries and provide written summaries (typically for people receiving 2-8 different medications). These reviews are usually done by a pharmacist, either in person or on the phone, and provide an individualized, written medical review summary.

The programs below offer **medication review** by a pharmacist for all clients at risk for a fall, and follow-up with health care providers, at no cost.

Afghan Elderly Association

Centerville Community Center, Fremont; (510) 574-2075

LIFE ElderCare

Serves 60+ throughout Alameda County; (510) 894-0370 X6

LifeLong Medical Care

Available for members only; (510) 549-5417

Senior Support Program of the Tri-Valley

Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton, CA 94566 and various other sites in eastern Alameda County; (925) 931-5379

St. Mary's Center

925 Brockhurst St., Oakland, CA 94608; (510) 923-9600

The program below offers fall prevention medication safety education for individuals and groups. Services are not evidence-based.

United Seniors of Oakland and Alameda County

Oakland and Ashland Areas 510-729-0852

Fall Prevention Education

Falls, with or without an injury, can significantly impact quality of life. Older adults may fear falling, and as a result, limit their activities and social engagements. This can result in further decline, depression, social isolation, and feelings of helplessness. The following resources provide classes specifically designed to reduce falling and fear of falling. Classes are free.

- ❖ **Afghan Elderly Association** – A Matter of Balance
Centerville Community Center, Fremont; (510) 574-2075
- ❖ **Alameda County Emergency Medical Services** – Fall Prevention Classes
Call for more information (510) 618-2050; various sites throughout Alameda County
- ❖ **Alameda Health System**
Contact Stefania Kaplanes, Trauma Prevention Manager; (510) 535-7648
- ❖ **Alice Home Care and City of Alameda Fire Department**– A Matter of Balance
Mastick Senior Center; (510) 924-8529 or (510) 337-2133
- ❖ **LIFE ElderCare**,—A Matter of Balance, Fall Prevention In-home Education
Various sites in Alameda County; (510) 894-0370 X6
- ❖ **Senior Support Program of the Tri-Valley** – A Matter of Balance
Various sites in eastern Alameda County; (925) 931-5379
- ❖ **Spectrum Community Services** – A Matter of Balance
San Leandro Senior Center; (510) 881-0300 X270
- ❖ **St. Mary's Center** – GeriFit
925 Brockhurst St., Oakland, CA 94608; (510) 923-9600

Nutrition Support

Proper nutrition is important at all ages, but older adults should focus on specific nutrients of concern. Inadequate intake of fluids, protein, and/or Vitamin D have all been directly linked to increased risk of falling.

Senior group dining sites throughout Alameda County provide a nutritious lunch for a nominal donation request or fee, with opportunities for socializing and nutrition education from a dietitian. A variety of ethnic meals are also available. Call Alameda County Senior Information and Assistance for local site information: 1-800-510-2020.

Meals on Wheels programs are available throughout Alameda County for homebound seniors. Call Alameda County Senior Information and Assistance to contact local programs: 1-800-510-2020, or go to www.feedingseniors.org/mealsonwheelsprograms. Some program offer texture modified or therapeutic meals.

Mercy Brown Bag distributes **grocery bags** full of healthy food throughout Alameda County, twice monthly, for low-income seniors. Contact Mercy Brown Bag: (510) 534-8540 X 369.

The Alameda County Community Food Bank has **food pantries and food distribution** sites throughout Alameda County and can assess eligibility for Cal Fresh (food stamps). Contact: (510) 635-3663.

Nutrition counseling, including Vitamin D and hydration review, may be available from your health care provider. East Alameda County residents may contact Senior Support Program of the Tri-Valley, at (925) 931-5379, and LifeLong Medical clients may call (510) 549-5417 for more information.

Health Screenings

Vision problems can include: blurry vision and glare, poor depth perception, and/or problems going from light to dark. These conditions can increase the risk for falling because they affect balance and decrease the ability to see clearly. People with vision problems more than double their likelihood of falling. The cost of vision exams varies, and not all insurance programs cover the cost.

- Original Medicare, Part A and Part B, does not generally cover routine eye exams for eyeglasses or contact lenses. However, Medicare Part B will cover an annual eye exam every 12 months, if you have diabetes or are at high risk for glaucoma.
- UC Berkeley Optometry provides low-vision exams; contact UC Berkeley Optometry at (510) 642-2020.
- Lighthouse for the Blind and Visually Impaired provides skills training and adaptive devices. Contact (415) 431-1481, or info@lighthouse-sf.org.
- The Center for Adaptive Technology at the Ed Roberts Center offers classes for seniors with vision loss; contact (510) 741-3224 for information.

Bone density testing, also called DXA, is today's established standard for measuring bone mineral density, an obvious risk factor for falls. While most insurance companies do not require prior authorization for a DXA, insurance coverage varies by plan. Contact American Bone Health, at (510) 832-2663, or go to <https://americanbonehealth.org/bone-density-testing/> for more information.

Podiatry services are available from the Fremont Senior Center and offered twice monthly by appointment; call (510) 790-6600 to make an appointment. Contact your health care provider for additional resources. Services are also available, for a \$10 fee, for members of the Hayward Senior Center; call (510) 881-6766. Foot care is available for a suggested donation of \$10 at Kenneth Aitkin Senior Center; call (510) 881-6738.

Health screening specific to fall risk may be available from your health care provider. East Alameda County residents may contact Senior Support Program of the Tri-Valley, at (925) 931-5379, and LifeLong Medical clients may call (510) 549-5417, for more information

Medicare Home Health Services may provide clinical support and treatment in the home of patients who qualify for them including a comprehensive balance program under the care of a physical therapist. Referrals must come from a physician, and should be to an agency certified in a “comprehensive vestibular and balance program”.

Mental Health Support

Studies have shown that depression arising from feeling isolated can contribute to a fall. Socialization support is provided by the following agencies.

- **Friendly Visitor Programs** match volunteers with frail and isolated seniors. Programs are throughout Alameda County. Contact (800) 510-2020 to find a local program.
- **Senior Center Without Walls** provides group classes for homebound seniors through free phone conference calls. Contact (1-877) 797-7299.
- **Senior Companion Program** provides assistance/companions to adults with physical, emotional, or mental health limitations. In Oakland, **contact** (510) 238-3080.
- **Senior Centers**, including ethnic senior centers, are in every city in Alameda County and support socialization, lifelong learning, and volunteer opportunities. Contact (800) 510-2020 to find a local program.
- **Tele-Care Services**, at Alta Bates Medical Center, provides a daily phone check-in from a volunteer to homebound or disabled seniors. Contact 510-204-4487 for more information.

Hoarding and Clutter

- City of Berkeley case managers will assist with hoarding and home safety. Contact (510) 981-5180.
- City of Fremont case managers will assist with hoarding and home safety. Call the Senior Help Line at (510) 574-2041.

Compulsive hoarding and cluttering support groups are available. Contact:

- [http://mentalhealthsf.org/programs/ichc/support-group-for-people-who-compulsively-
hoard-and-clutter/](http://mentalhealthsf.org/programs/ichc/support-group-for-people-who-compulsively-hoard-and-clutter/)
- <http://clutterersanonymous.org/meetings/face-to-face-meetings/>
- <http://www.hoarders.org/sg.html>

Additional Local Community Resources

Below is a sampling of local for-profit companies/businesses that provide fall prevention support. Many national companies also provide fall prevention services in the categories listed below.

Pendants/Medical Alert Systems

Bay Alarm, (877) 522-9633

Lifeline, Summit Hospital, (510) 869-8992

*Vital Link Medical Alert System, Asher Hoffman, (510) 338-3466

Home Care

*Alice Home Care, Gayle Uchida, (510) 924-8529

Asian Network Pacific Home Care, (510) 258-1118

*Bright Star Home Care, Lars Koch, Contra Costa and Alameda Counties, (925) 284-8888

Center for Elders Independence, (510) 433-1150

Senior Alternatives, Oakland, (888) 311-4290

*Senior Support Program of the Tri-Valley, (925) 931-5379

***SIPP Member**

For more information on home care resources, contact Information and Assistance, at 1-800-510-2020, for the latest Home Health/Home Care Guide.