Fall Prevention for Native Elders

Wednesday, February 24, 2021, 2:00 pm Eastern
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AASTEC Injury Prevention: Supporting Wellness Among Tribal Elders

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AASTEC Injury Prevention: Supporting Wellness Among Tribal Elders

Agenda and Learning Objectives

• AASTEC and AAIHB Injury Prevention Program
• Breathing
• Learn about evidence-based fall prevention interventions
• Learn basic fall prevention strategies and assessments
• Learn some simple activities to help keep elders moving and independent
Overview Orientation: Regional Injury Prevention at AAIHB & AASTEC

Regional Injury Prevention
• Serves 27 tribal communities in the AASTEC service area
• Epi data
• Regional assessment and ongoing analysis
  o Motor vehicle safety
  o Older adult fall prevention
  o Data improvement
• Tribal Injury Prevention Cooperative Agreement Program (TIPCAP)
• Albuquerque Area Tribal Injury Prevention Coalition
• Interventions and trainings
• Small media and videos
• Future
Why Injury Prevention at AAIHB & AASTEC?

Unintentional injuries

- Third-leading cause of death for all ages
- Leading cause of death for American Indians and Alaska Natives (AI/ANs) ages 0-44\(^1\)
- Mortality rate almost double the rate witnessed among non-Hispanic whites (NHW)

Particular unintentional injuries: Motor vehicle accidents & falls

- AI/AN motor vehicle death rate was more than 3 times higher than the NHW death rate
- A similar disparity was observed for children ages 0-14\(^2\)
- Falls were the third-leading cause of unintentional injury-related death for AI/ANs of all ages
- Unintentional fall-related injury was also the leading cause of death, hospitalization, and emergency department visits for AI/AN adults ages 65+

\(^1\) (NM IBIS, 2016-2018)  \(^2\) (NM IBIS 2013- 2017)
CALL FOR Injury Prevention Participation!

The Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC) is conducting its third Injury Prevention Regional Assessment to support all tribal communities in our area.

This brief questionnaire has been designed to collect information about existing tribal injury prevention programs as well as technical assistance and resources needed to establish and/or strengthen these services in your community. It will take approximately 15-20 minutes of your time to complete. Your participation is confidential and very much appreciated! If you work or are involved in injury prevention in any of the Albuquerque area 27 tribal communities in any way, i.e. as a Tribal Health Administrator, CHRs, Environmental Health, Law Enforcement, EMS/EMT, Head Start, Senior/Elder Services, Wellness Centers, Housing Authorities, Social Services, Public Health Nursing, Diabetes Programs or any other injury prevention work we would appreciate your feedback. The first ~100 qualified participants who complete the assessment will receive an incentive of a $10 Amazon gift card and be entered in a raffle for a larger prize.

Access the Injury Prevention Regional Assessment with the QR code or click HERE.
Albuquerque Area Tribal Injury Prevention Coalition

• **Mission**: To reduce injuries throughout tribal communities with support of tribal leadership through prevention and education to promote healthy communities

• **Vision**: Serving future generations starting with a safer today
Fall Prevention Trainings Courses and Activities

Older Adult Fall Prevention Primary Preventions

- STEADI (Stopping Elderly Accidents, Deaths & Injuries )
- A Matter of Balance
- Tai Chi for Arthritis & Fall Prevention
- EnhancedFitness
- Go4Life
STEADI

Stopping Elderly Accidents, Deaths & Injuries Toolkit
(Clinical Intervention for Providers)

TRIBAL INJURY PREVENTION PROGRAM
A Matter of Balance

- Evidence-based program: reduce fear of falls, increase activity
- Identify and reduce fall risk factors
- 8 weeks, once a week for 2 hours
  - 25 min light exercise
  - 90 min discussion
Tai Chi for Arthritis & Fall Prevention

- Evidence-based program: improve balance, muscular strength, mobility, and flexibility; reduce joint pain
- Slow, gentle movements
- Participants are physically active, but classes can be modified for different abilities
- 8 weeks, twice a week in 1-hour sessions
- Free or low cost
EnhanceFitness for Fall Prevention

- Evidence-based program: moderate exercise program
- A full hour of fun, EnhanceFitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility — everything older adults need to maintain health and function as they age
Go4Life

Workout to Go: Mini Exercise Guide

• Safety
• Motivation
  o Overcoming barriers
  o Finding time to exercise
  o Sticking with your exercise plan
  o Exercising without spending money
  o Increasing your energy
• Evidence-based exercise
• Four types: endurance, strength, balance, and flexibility
Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC) Partnerships

These partners work together to coordinate tribal injury prevention efforts

• Tribal leadership, offices, and programs
• New Mexico Department of Health
• Albuquerque Area Indian Health Service (IHS)
• IHS/Tribal clinics
• Local hospitals
• Law enforcement
• NMIP
• NMFPC
• NAPPR
Fall prevention movement examples/strategies

- Plan
- Breathe
- Tribal home fall prevention
- Tribal home fall prevention facts
Go4Life: Weekly Exercise and Physical Activity Plan

Weekly Exercise and Physical Activity Plan

Use this form to make your own exercise and physical activity plan—one you think you really can manage. Update your plan as you progress. Aim for moderate-intensity endurance activities on most or all days of the week. **Try to do strength exercises for all of your major muscle groups on 2 or more days a week, but don't exercise the same muscle group 2 days in a row.** For example, do upper-body strength exercises on Monday, Wednesday, and Friday and lower-body strength exercises on Tuesday, Thursday, and Saturday. Or, you can do strength exercises of all of your muscle groups every other day. Don't forget to include balance and flexibility exercises.

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Get Ready

Before you begin, here are a few things to keep in mind.

- **Safety always comes first.**
  If you haven’t had regular checkups, you might want to talk with your doctor about your workout plans. Ask if there are any reasons to modify your program or adjust the exercises to do them safely. Always listen to your body and do what you can as long as you’re comfortable.

- **Drink plenty of water.**
  Unless your doctor has asked you to limit fluids, be sure to drink water when you exercise. Many older adults don’t feel thirsty even when their body needs fluids.

- **Wear comfortable clothes.**
  Be sure to wear clothes that let you move freely.
Tribal Home Fall Prevention Checklist

HOME FALL PREVENTION CHECKLIST FOR TRIBAL MEMBERS

OUTSIDE ENTRANCE TO THE HOME
Q: When you are walking up to your door are their objects blocking your pathway?  
   • Have a family member or someone help you remove objects from the pathway leading up to your home.
Q: At night can you clearly see the pathway leading up to the entrance of your home?  
   • Have an electric outdoor light fixture or front porch light that is on all the time.
Q: If you have steps leading into the entrance of the home, are handrails broken or absent on both sides of the stairs?  
   • Have a carpenter replace the handrails along the full length of the stairs on both sides.
Q: Do you have outdoor or indoor pets?  
   • Install animal fencing if dealing with pets. Many Labs in rural areas are left to roam and chew up plants.

FLOORS: LOOK AT THE FLOOR IN EACH ROOM
Q: Do you have throw rugs on the floor?  
   • Purchase rugs or use double-sided tape or a non-slip backing so the rugs won’t slip or hold a carpet. If you have a car port or a screen room you can use a non-slip backing on the floor rug.  
Q: When you walk through a room, do you have to walk around furniture?  
   • Add someone to move the furniture so your path is clear.
Q: Are there books, papers, towels, shoes, magazines, boxes, blankets, or other objects on the floor?  
   • Pick up things that are on the floor. Always keep objects off the floor.
Q: Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?  
   • Call a carpenter to remove wires that are on the wall so you can trip over them. If needed, have an electrician put in outlet under another floor.

STAIRS AND STEPS: LOOK AT THE STAIRS YOU USE BOTH INSIDE AND OUTSIDE YOUR HOME
Q: Are there stairs, steps, or other objects on the stairs?  
   • Pick up things that are on the stairs. Always keep objects off stairs.
Q: Are some steps broken or uneven?  
   • Fix loose or uneven steps. If necessary, surfaces are hard to see, mark edges of steps in contrasting colors.
Q: Are you missing a light over the stairway?  
   • Have an electrician put in an overhead light at the top and bottom of the stairs.

HOME FALL PREVENTION

BEDROOMS: LOOK AT ALL OF YOUR BEDROOMS
Q: Is the light near the bed hard to reach?  
   • Place a lamp close to the bed where it’s easy to reach or have a flash light readily.
Q: Is the path from your bed to the bathroom dark?  
   • Put a light near the bed where you can see where you’re going. Some night lights go on by themselves after dark.
Q: Is your bed easy to get on and off?  
   • Adjust bed height so your legs are not too bent when sitting and not too high where your feet can’t touch the ground.

OTHER THINGS YOU CAN DO TO PREVENT FALLS
- **FOOTWEAR**: Wear shoes both inside and outside the house. Avoid wearing open toe or wearing slippers.
- **LIGHTING**: Improve the lighting in your home. Put in brighter light bulbs. Forecast bulbs are bright and cost less to use.
- **MORE LIGHTING TIPS**: It’s safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.
- **EMERGENCY CONTACTS**: Keep emergency numbers in a large print near each phone.
- **TELEPHONE**: Put a phone near the floor in case you fall and can’t get up.
- **LIFE ALERT**: If available in your community, talk about wearing an alert device that will bring help in case you fall and can’t get up.
Breathing

- Breathe through your nose
- Feel the breath moving in and feel the breath moving out
- Exhale – contract the belly inward
- Inhale – release the belly slowly outward
Conclusion

AASTEC Injury Prevention is your resource:

• Breathe through your nose
• Choose an exercise that is right for you
• Regular, moderate physical activity can:
  o Help prevent or delay disease
  o Potentially add years to your life
  o Help reduce fatigue and manage stress
  o Reduce feelings of depression
  o Improve your mood and overall emotional well-being
Questions and Comments

• What are your exercise strategies during these times?
• What exercise best practices do you use in your community?
• How is your community addressing exercise concerns related to COVID-19?
• What exercise resources are available in your communities? Can you share them with the participants?
• What are other considerations to be aware of?


Tai Chi for beginners, https://www.youtube.com/watch?v=hIOHGrYCEJ4


Thank you!

Any questions?

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