

Sharing Some of Our Quality Initiatives

Florida Community Care (FCC) is always trying to make things better for its enrollees. Whether is with Care Coordination, Disease Management, Healthy Behaviors, or Quality Initiatives, our goal is to improve the quality of life.

Did you know that according to the Centers for Disease Control and Prevention:

- That one in four Americans aged 65+ falls each year
- That falls are the leading cause of injuries resulting in death
- That falls are the biggest cause of non-death related trauma hospital admissions among older adults

FCC has had 65 enrollees self-report that they have fallen at least 1 time and some more than 1 time within the past 6 months. Problem areas that might be contributing to the falls include, but are not limited to:

- History of falls
- Unsteady Gait
- Multiple medications
- Decreased mental status

For the safety of our enrollees we decided to work on a quality Initiative to help enrollees prevent falls. We researched how to identify causes of falls, the risk of how many enrollees were at risk for falls, the steps take to prevent falls from occurring; which would reduce the potential adverse events that come with a fall, such as a broken bone(s) or muscle and joint damage.

The National Council on Aging offers some common things that can lead to falls:

- **Balance and gait:** As we age, most of us lose some coordination, flexibility, and balance— primarily through inactivity, making it easier to fall.



- **Vision:** In the aging eye, less light reaches the retina—making contrasting edges, tripping hazards, and obstacles harder to see.
- **Medications:** Some prescriptions and over-the-counter medications can cause dizziness, dehydration or interactions with each other that can lead to a fall.
- **Environment:** Most seniors have lived in their homes for a long time and have never thought about simple modifications that might keep it safer as they age.
- **Chronic conditions:** More than 80% of older adults have at least one chronic condition like diabetes, stroke, or arthritis. Often, these increase the risk of falling because they result in lost function, inactivity, depression, pain, or multiple medications.

The big factor to prevent falls is environmental. Clutter is the number 1 factor. Get rid of the things you that you have to step over or have trouble getting around the house. Rearrange your furniture. Remove all small floor rugs and mats. Make things easy to reach in your kitchen. Use a shower chair or bench. Removable or permanent shower/tub grab bars may be necessary for you to get in and out of your shower/tub.

Talk to your FCC Care Manager about aiding you in fall prevention.

Next year we will re-measure and we hope to have seen a decrease. We will share our progress with you then.

Thank you for choosing Florida Community Care!

