



# MULTNOMAH COUNTY AGENDA PLACEMENT REQUEST

(Revised: 6/9/2014)

## Board Clerk Use Only

**Meeting Date:** 9/18/14  
**Agenda Item #:** R.1  
**Est. Start Time:** 9:30 am  
**Date Submitted:** 9/10/14

**Agenda Title:** Proclaiming September 2014, Falls Prevention Awareness Month and National Senior Center Month in Multnomah County, Oregon

*Note: Title should not be more than 2 lines but sufficient to describe the action requested. Title on APR must match title on Ordinance, Resolution, Order or Proclamation.*

## Requested

**Meeting Date:** September 18, 2014 **Time Needed:** 20 minutes

**Department:** Non-Departmental **Division:** District 2

**Contact(s):** Jimmy Brown, Chief of Staff/Commissioner Loretta Smith

**Phone:** 503-988-5219 **Ext.** 83971 **I/O Address:** 6<sup>th</sup> Floor/Mult Bldg.

**Presenter Name(s) & Title(s):** Rebecca Miller, Aging & Disability Services; Lisa Shields, Program Coordinator, Oregon Health Authority and Invited Guests

## General Information

### 1. What action are you requesting from the Board?

Adoption of the Proclamation naming September 2014 as Falls Prevention Awareness Month and National Senior Center Month in Multnomah County, Oregon.

### 2. Please provide sufficient background information for the Board and the public to understand this issue. Please note which Program Offer this action affects and how it impacts the results.

Falls remain the leading cause of fatal and nonfatal injury for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. The U.S. Centers for Disease Control's (CDC) National Center for Injury Prevention and Control monitors falls, fall-related injuries, and associated costs and reports that:

- In 2012, more than 2.4 million older Americans were treated in an Emergency Department for nonfatal injuries from falls; approximately 772,000 were hospitalized.
- The death rate from falls among older adults increased by 55% from 2000 to 2007; in 2011, more than 21,700 older Americans died from injuries related to unintentional falls.

- The total cost of fall injuries for older Americans was estimated to be \$36 billion (in 2012 dollars). By 2020, the annual direct and indirect cost of fall injuries is expected to reach \$59.6 billion including a Medicare cost of more than \$32 billion. In Oregon, falls are the leading cause of fatal and nonfatal injuries for adults 65 and older. One in three older adults' falls each year, and 20 to 30 percent of people who fall suffer moderate to severe injuries, such as bruises, hip fractures, and head traumas.
- While falling is common to people of all ages, the severity of injury for older adults can result in a loss of mobility and independence. However, many falls are preventable; there are proven interventions that can help older adults reduce their risk of falling and live longer, healthier lives.

**3. Explain the fiscal impact (current year and ongoing).**

n/a

**4. Explain any legal and/or policy issues involved.**

n/a

**5. Explain any citizen and/or other government participation that has or will take place.**

Multnomah County's Department of County Human Services, Aging & Disability Services, promotes evidence-based programs such as "Tai Chi: Moving for Better Balance" at the Urban League Multicultural Senior Center, Hollywood Senior Center, NAYA Family Center, Charles Jordan Community Center, Southwest Community Center, and Maranatha Church; "A Matter of Balance" and "STEADI" at OHSU; "Stepping On" at Legacy Emanuel, Providence, and VA medical centers; and the Otago Exercise Program for Homebound Seniors at Beyond the Clinic Physical Therapy, as they all work at significantly reducing older adults' fall risks and falls.

Through partner services with area Senior Centers, program staff provides a wealth of opportunities to help older adults "live well": yoga and other forms of exercise, chronic disease management workshops, arts and crafts activities, outings to places of interest, educational classes, support groups, and a variety of social activities including meals.

The Oregon Fall Prevention Program, through the Oregon Health Authority, aims to reduce senior falls by linking clinical practice to evidence-based fall prevention programs in the community.

The STEADI Fall Prevention Toolkit is designed to help healthcare providers incorporate falls risk assessment and proven interventions into their clinical practice, by referring patients to three evidence-based programs designed for varying levels of mobility.

Tai Chi: Moving for Better Balance is a simplified eight-form program derived from Yang-style Tai Chi, which helps older adults improve their balance and reduce the likelihood of falling when practiced for at least 12 weeks.

The Stepping On Falls Prevention Program is a seven-week class in a small-group setting that helps older adults learn balance exercises and develop specific knowledge and skills to prevent falls.

The Otago Exercise Program is an individually tailored balance and strength program delivered by physical therapists in the home.

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**Required Signature**

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**Elected  
Official or  
Department  
Director:**



September 10, 2014

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*Note: Please submit electronically. Insert names of your approvers followed by /s/ - we no longer use actual signatures. Please insert date approved.*