



# MULTNOMAH COUNTY AGENDA PLACEMENT REQUEST

(Revised: 6/9/2014)

## Board Clerk Use Only

Meeting Date: 9/10/15  
Agenda Item #: R.2  
Est. Start Time: Approx 9:45 am  
Date Submitted: 8/26/15

**Agenda Title:** **Proclaiming September 2015 as 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 10, 2015 Time Needed: 10 minutes

Department: DCHS Division: ADVSD

Contact(s): Lynn Schemmer-Valleau, Program Supervisor

Phone: (503) 988-4833 Ext. X84833 I/O Address: Lincoln 167/1/50

### Presenter

Name(s) & Title(s): Lisa Shields, Program Coordinator, Oregon Health Authority; Lynn Schemmer-Valleau, Aging, Disability, & Veterans Services Division; and Invited Guests

## General Information

- 1. What action are you requesting from the Board?** Adoption of the Proclamation naming Proclaiming September 2015 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. During the 2011-2013 time period there were nearly 4200 unintentional falls in Oregon resulting in an emergency room visit.
  - In 2013, over 5,800 Oregon adults over 65 were hospitalized as the result of a fall at a cost of \$219 million.
  - The rate of fatal falls among adults 65 and older was 91.9 per 100,000 in 2013, an increase of 46% since 2000.
  - The rate of fatal falls among persons 85 and older is 21 times greater than for those 65–74. An aging population combined with increased life expectancy means fatal falls will likely continue to increase in the future.
  - Prevention strategies in Multnomah County include improving healthcare screenings and linking patients to evidence-based falls prevention classes in community-based settings that promote strength and balance; and Care Transitions Program which promotes independence by addressing key factors related to older adults' health and well-being after a hospitalization.

- While 1/5 Medicare patients discharged from the hospital are readmitted within 30 days, 4/5 Medicare patients have no contact with their primary care doctor or hospital after their discharge. Community-based strategies are critical for bridging this divide.

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

None

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

None

**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, & Veterans Services Division, 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, and Charles Jordan Community Center, among other evidence-based falls prevention programs throughout Multnomah County, 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 Metro Community-Based Care Transitions Program works across four counties to reduce hospital readmission rates using hospital and home based coaches that engage the recently discharged patient in self-management of their healthcare needs, supporting them to connect with their primary care physician, reviewing medications, planning for health set-backs, and by connecting to other resources they may need to remain independent through their transition.

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.

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**Required Signature**

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**Elected  
Official or  
Department**

**Director:**

Peggy Brey /s/

**Date:**

August 26, 2015

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