

Kathleen Cain



Kathleen Cain works with the National Council on Aging's Chronic Disease Self-Management Education Resource Center to expand and sustain evidence-based health promotion and disease prevention programs in the community and online. She also supports the development and dissemination of health-focused resources.

Chelsea Gilchrist



Chelsea Gilchrist works in the National Council on Aging's National Falls Prevention Resource Center to increase public awareness about the impact of falls and how to prevent them. She also provides technical assistance to support the implementation and dissemination of evidence-based fall prevention programs.

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National Council on Aging

Improving the lives of 10 million older adults by 2020

National Council on Aging

Managing Chronic Health Conditions and Preventing Falls: Evidence-Based Programs

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National Council on Aging

About the National Council on Aging

Our Vision:

A just and caring society in which each of us, as we age, lives with dignity, purpose, and security

Our Mission:

Improve the lives of millions of older adults, especially those who are struggling

Our Social Impact Goal:

Improve the health and economic security of 10 million older adults by 2020



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NCOA's Center for Healthy Aging

- **Goal:** Increase the quality and years of healthy life for older adults and adults with disabilities
- Two National Resource Centers
 - Chronic Disease Self-Management Education (CDSME)
 - Falls Prevention
- Other Key Areas of Focus
 - Behavioral Health
 - Physical Activity
 - Flu + You
 - Oral Health

Center for Healthy Aging Key Activities

- Increase awareness of the impact of chronic diseases and falls on older adults and adults with disabilities
- Provide technical assistance and support to state and community-based organizations to implement and sustain evidence-based health promotion programs
- Serve as the national clearinghouse of resources, best practices, and information for chronic disease self-management education (CDSME) and falls prevention

The Facts: Chronic Disease and Falls

- One-third of Americans aged 65+ falls each year; falls are the leading cause of fatal and nonfatal injuries among older adults.
- Every 13 seconds an older adult is seen in an emergency department for a fall-related injury; Every 20 minutes, an older adult dies from fall-related injuries
- 80% of older adults have at least one chronic disease
- Nearly 2 of every 3 people have multiple chronic conditions.

6 Steps to Prevent a Fall

- Talk to a health care provider for a fall risk assessment
- Review medications
- Annual vision and hearing check-ups
- Home safety modifications
- Talk with family members
- Find a good balance and exercise program, such as evidence-based fall prevention programs

Take Control of Your Health: 6 Steps to Prevent a Fall

Every **13 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

- 1** Find a good balance and exercise program
Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend. 
- 2** Talk to your health care provider
Ask for an assessment of your risk of falling. Share your history of recent falls. 
- 3** Regularly review your medications with your doctor or pharmacist
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed. 
- 4** Get your vision and hearing checked annually and update your eyeglasses
Your eyes and ears are key to keeping you on your feet. 
- 5** Keep your home safe
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas. 
- 6** Talk to your family members
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue. 

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To learn more, visit ncoa.org/FallsPrevention.

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Evidence-Based Falls Prevention Programs

- A Matter of Balance
- Stay Active and Independent for Life (SAIL)
- Stepping On
- Tai Ji Quan: Moving for Better Balance
- Tai Chi for Arthritis
- FallsTalk and FallScape
- Otago Exercise Program



Visit:

www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults/



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Stanford Chronic Disease Self-Management Programs

- Small-group workshops
- Six interactive sessions held weekly (2.5 hours each)
- Held in community settings, such as senior centers, housing sites, churches, libraries
- Facilitated by two trained leaders, one of whom has an ongoing health condition



CDSME – Stanford’s Suite of Programs



- Chronic Disease Self-Management (English and Spanish)
- Diabetes Self-Management (English and Spanish)
- Arthritis Self-Management
- Chronic Pain Self-Management
- Cancer: Thriving and Surviving
- Positive Self-Management Program for HIV

Elements of CDSME Workshops

Action
planning

Managing pain
and fatigue

Fitness and
exercise

Getting a good
night's sleep

Problem
solving and
decision
making

Dealing with
difficult
emotions

Healthy eating
and weight
management



Working with
health
professionals

Better
breathing

Effective
communication

Medication
usage



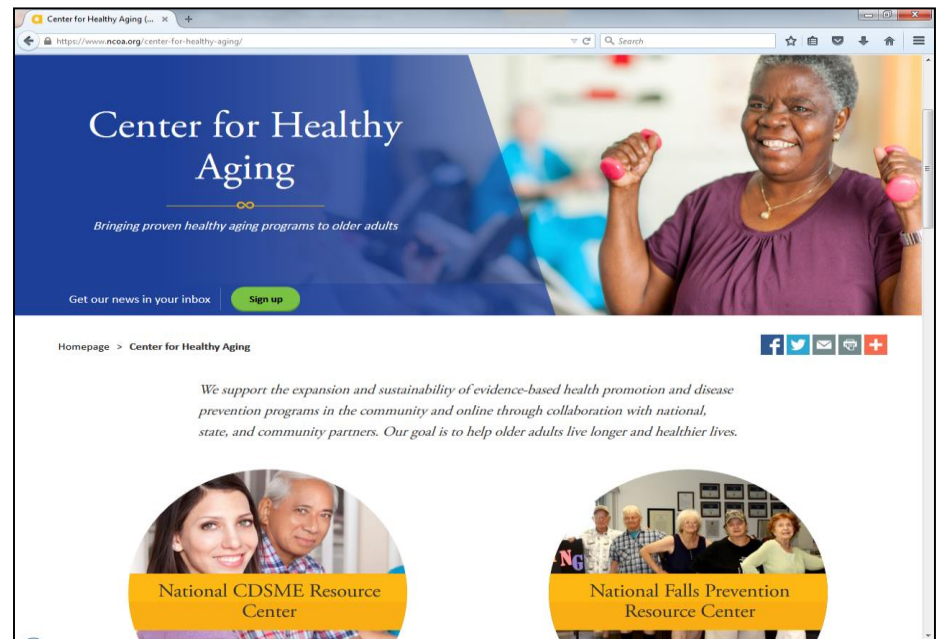
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Resources

- [National Falls Prevention Resource Center](#): Find information about [fall prevention programs](#), [tips for older adults and caregivers](#), and [resources for professionals](#).
- [National CDSME Resource Center](#): Find [resources](#), [success stories](#) and [contact information](#) for programs currently offering workshops.
- NCOA Tip Sheet: [Chronic Disease Self-Management Education and People with Disabilities: Successful Practices](#)
- National Association of Home Builders [Ageing-in-Place Specialist \(CAPs\) Certification](#)
- Centers for Disease Control and Prevention [educational fall prevention brochures](#) for older adults

Get Involved with NCOA!

- Visit [ncoa.org](https://www.ncoa.org) and sign up for the Center for Healthy Aging [e-news](#)
- Follow @NCOAging on social media
- Join one of our [online communities](#)



Questions/Discussion

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