



Lake County Tribal Health Consortium

Injury Prevention Program

Unintentional injuries from elder falls were identified as an important area for injury prevention initiatives in the Lake County tribal community

PROGRAM GOALS

Decrease death and injuries related to accidental falls among tribal elders in Lake County

1. Visit homes of elders to find hazards that may increase risk of falling
2. Make changes in homes to decrease risk of falling
3. Make referrals for elders to have their eyes checked
4. Make referrals for elders to meet with a pharmacist to review their medications (which can sometimes increase risk of falling)
5. Offer exercise classes to help elders improve balance & strength

Background

- **Number of eligible elders:** 458
- **Location:** Lake County, California
- **Tribes Served:**
Big Valley Band of Pomo Indians
Elem Indian Colony of Pomo Indians
Habematolel Pomo of Upper Lake
Middletown Rancheria of Pomo Indians
Robinson Rancheria
Scotts Valley Band of Pomo Indians

PROGRAM HIGHLIGHTS June 2017-December 2019

72



Homes

checked for fall hazards that may increase risk of falling

225



Changes

made to homes to make them safer, including handicap showers, grab bars, & shower benches

282



Reviews

of medications completed, with medication lists updated in clinic's health records

94



Sessions

of Tai Chi classes held for local elders to help improve their strength and balance

3,588



People

reached through educational outreach events



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PROGRAM SNAPSHOT

Cross-Disciplinary Communication Using Electronic Health Records (EHR)

1. The Injury Prevention Program (IPP) uses EHRs to schedule home visits and receive referrals from providers.
2. On home visits, CHRs document the medications taken by elders in the EHR/RPMS system.
3. Primary care providers are notified that the patients' EHR is ready for their review.
4. The IPP communicates regularly with clinic partners to ensure that the needs of elders are met efficiently.

Elder Fall Program

The IPP makes changes, like adding grab bars and shower seats, to make homes safer for elders.



Tai Chi CLASSES
Tai Chi increases confidence in balance and movement and decreases chance of falls.
— Taught by Arch Kottler —
Every Thursday, beginning Nov. 9th
In the Public Health Conference Room
11:00 a.m. to noon
Must be a registered LCTHC patient. Elders 55+ get priority.
Dress in loose, comfortable clothing and be prepared to remove your shoes.
For more information: (707) 263-8382 ext. 1602
*Except when the clinic is closed.
Lake County Tribal Health

DO YOU HAVE Concerns about falling?
A MATTER OF BALANCE
WINNING CONCERN ABOUT FALLS
Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.
This program emphasizes practical strategies to manage falls.
YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

CLASS LOCATION: Lake County Tribal Health Public Health Conference Room 1:00p to 3:00p
8 classes in the session
CLASS DATES: Nov 30, Dec 1, Dec 8, Dec 22, Jan 5, Jan 12, Jan 26, Feb 2
Registration is Free
For more information please call 707-263-8382 ext 1621 or 1602

The IPP also offers classes to help elders improve strength and balance to prevent falls.