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

- Homes checked for fall hazards that may increase risk of falling: 72
- Changes made to homes to make them safer, including handicap showers, grab bars, & shower benches: 225
- Reviews of medications completed, with medication lists updated in clinic’s health records: 282
- Sessions of Tai Chi classes held for local elders to help improve their strength and balance: 94
- People reached through educational outreach events: 3,588

Tribal Injury Prevention

April 2020
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.

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

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