**Draft Strategic Plan: Healthy Aging and Falls Prevention**

Work Group: Healthy Aging and Falls Prevention

Purpose of Work Group: The Healthy Aging and Falls Prevention Workgroup aims to reduce falls and fall-related injuries among Missourians, maximizing their independence and quality of life while decreasing healthcare costs and deaths. This can be accomplished by helping aging Missourians increase physical activity, creating safe environments for healthy aging, and encouraging aging Missourians to prevent and treat chronic conditions that increase the risk of falls.

Overall Objective – Include needs and justification with current data: In 2021, 740 Missourians over the age of 65 died as a result of a fall. Falls are the leading cause of accidental injury death for Missourians over the age of 65. In addition to the needless loss of life, these fatal falls resulted in $30.43 million in medical costs. (CDC WISQARS Data) In 2020, 30.3% of Missourians over the age of 60 reported falling at least once in the past 12 months. 34.6% reported that they were injured as a result of falling. (2020 BRFSS) Falls are not a normal part of aging, and many falls can be prevented by addressing risk factors. Some of these risk factors include impairments to eyesight, hearing, and reflexes; chronic conditions such as diabetes or heart disease; incontinence; cognitive impairment or dementia; age-related loss of muscle; problems with balance or gait; foot problems or unsafe footwear; and medications or medication interactions. (NIH-Falls and Fractures in Older Adults: Causes and Prevention)

Goal 1: Missouri older adults will know the benefits of and have access to fall risk screening and assessment as appropriate to their needs.

Objective 1: Develop/adopt public educational materials for older adults, their caregivers, and healthcare providers on the benefit of periodic fall risk assessments/screenings.

Timeline: By the end of 2027

Evaluation Measures: Educational materials selected

Objective 2: Adopt standardized fall risk assessment tools for various settings and providers, distributing and providing information relative to the tools as appropriate.

Timeline: By the end of 2027

Evaluation Measures: Fall risk assessment tools selected

Objective 3: Design and implement a public awareness campaign to distribute identified public educational materials using dissemination strategies customized to community-dwelling older adults. This public awareness campaign will include information about fall risk assessment, fall prevention, and how to move forward after a fall.

Timeline: By the end of 2028

Evaluation Measures: Number of times the information is shared

Goal 2: Missouri older adults living in the community will have knowledge of and access to effective programs and services that preserve or improve their mobility and lower the risk of falls. These programs and services will address a wide variety of risk factors and prevention strategies.

Objective 4: Develop/adopt public educational materials for older adults and their caregivers to raise awareness of fall risk and protective factors. These materials will focus on risk and protective factors related to nutrition, physical conditioning, strength, gait, and balance. Additional risk and protective factors may be added as needed.

Timeline: By the end of 2028

Evaluation Measures: Educational materials selected

Objective 5: Design and implement a public awareness campaign to distribute identified public educational materials using dissemination strategies customized to community-dwelling older adults and caregivers.

Timeline: By the end of 2029

Evaluation Measures: Number of times the information is shared

Objective 6: Promote state and community recreational, faith-based, and senior-serving organizations to provide evidence-based programs and evidence-informed activities customized to the older adult population, recognizing fall risk factors.

Timeline: By the end of 2030

Evaluation Measures: Number of times programs are promoted

Goal 3: Missouri older adults have access to home and community environments that lower the risk of falls and facilitate full participation, mobility, and independent functioning.

Objective 7: Develop/adopt public educational materials to improve older adults, their caregivers’, and healthcare providers' knowledge and access to home safety measures, including home modifications, assistive technology, that reduce home hazards, improve independent functioning, and lower the risk of falls.

Timeline: By the end of 2026

Evaluation Measures: Educational materials selected

Objective 8: Adopt a home safety assessment tool or process and distribute it as appropriate.

Timeline: By the end of 2027

Evaluation Measures: Number of times the information is shared

Goal 4: Missouri health organizations and providers will enhance their quality metrics and adopt policies focused on healthy aging and physical activity. This will ensure older adults receive quality healthcare, including proper evaluation, treatment, follow-up, and referrals, ultimately improving their quality of life and reducing the risk of falls.

Objective: Develop template policies to help health systems and providers focus on sources of value and total cost-of-care savings, including reduction in falls, functional decline, and frailty.

Evaluation: Improved rating in Medicare Advantage performance metrics (reducing the risk of falling, transitions of care, ‘Staying Healthy’, which measures the receipt of preventive health care and includes the ‘monitoring of physical activity’), HEDIS Measure (care for older adults, Physical Activity in Older Adults), Value-Based Care metrics, and/or other performance metrics as they become available.

Timeline: End of 2026

Objective: Develop/adopt education and referral pathway materials to enhance the connection between the health care community and community-based healthy aging resources and programs.

Timeline: end of 2027

Evaluation: How many materials are accepted by health care organizations or providers.

Goal 5: Strengthen this workgroup through recruitment and collaboration to ensure that the purpose of the Healthy Aging and Falls Prevention Workgroup can be attained.

Objective 9: Collaborate with at least two other MOCAN workgroups to achieve the objectives of this workgroup and ensure that aging perspectives are considered in other workgroups.

Timeline: By the end of 2030

Evaluation Measures: Number of collaborations with other workgroups

Objective 10: Collaborate with at least two community organizations. At least one organization should focus on rural populations.

Timeline: By the end of 2030

Evaluation Measures: Number of collaborations with other organizations

Objective 11: Have at least 20 participants in at least 4 workgroup meetings.

Timeline: By the end of 2030

Evaluation Measures: Number of meetings with more than 20 participants

**Checklist**

* Is the goal/objective measurable?
* Is the goal/objective in making a policy, system, or environmental change in MO?
* Is the goal/objective reasonable for MOCAN and its partners to accomplish in 5 years?
* Is the goal/objective research or evidence-based?