Enablement for Participation & Engagement in Falls Prevention

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A Different Angle on Falls Prevention

ENABLEMENT & FALLS PREVENTION

• IDENTIFY - goals & risks

• Through EMPOWERMENT. What is it? How does it work?

• ENABLING activity, mobility & independence - PSYCHOLOGICAL ‘TOOLS’

• What is the role of HEALTH PROFESSIONALS – encourage initial participation and on-going engagement
Definitions:

- **ENABLE**: to provide the means or opportunity to make possible
- **EMPOWER**: to give somebody a greater sense of confidence or self-esteem.
- **AGEISM**: "Ageism is defined as negative (or positive) stereotypes, prejudice and/or discrimination in regards to elderly people on the basis of their chronological age or on the basis of a perception of them as being ‘old’ or ‘elderly’"
Falls Injury - Psychological

• One of the significant outcomes of a fall is loss of confidence
• AND a fear of falling
• Often associated with increased anxiety and depression, dependence, decreased activity and, mobility, and reduced social contacts.
• Falls have negative connotations for older people
• Symbol of ageing and increasing frailty
## Identify - Falls Risk Factors

<table>
<thead>
<tr>
<th>PHYSICAL</th>
<th>PSYCHOLOGICAL</th>
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</thead>
<tbody>
<tr>
<td>• Health &amp; co-morbidities</td>
<td>• Client motivation</td>
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<tr>
<td>• Medication</td>
<td>• Attitude of ‘others’ (carers, health professionals, families, GPs, friends and peers) … AGEISM</td>
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<tr>
<td>• Diet</td>
<td>• Expectations of ‘others’ and society (what older people SHOULD do, versus WANT to do) for a meaningful life</td>
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<tr>
<td>• Incontinence</td>
<td>• Depression and anxiety</td>
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<td>• Vision</td>
<td>• Fear of falling</td>
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<td>• Balance &amp; strength</td>
<td>• Lack of insight and decreased perception of falls risk</td>
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<td>• Environmental issues</td>
<td>• Individual barriers e.g. lack of time; perceived state of “unwellness”</td>
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<td>• Feet and foot wear</td>
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</tbody>
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Empower to Enable

- Ageism associated with constant negative self-talk and feedback from others adds the ‘dis’ to ability
- Start falls prevention with achievable physical goals, increased self esteem and confidence. “I can do that”. Gaining trust.
- Then provide the means for increased mobility and maintaining independence. Gaining respect
What “Psychological” Tools?

- Frame prevention measures in positive terms & build into health assessments & lifestyle programs, including chronic disease strategies.
- Focus on healthy ageing, well-being, independence, remaining in own home.
- Identify the client’s goals, and provide a holistic person-centred approach.
- Exercise should consist of functional activities & be promoted as medicine for independence.
More “Psychological” Tools

- Intention to take on intervention? (AFRIS)
- Attitude to ‘exercise’ and intention to exercise. Does exercise need a different “sell”? Have concerns regarding confidence been addressed?
- Self-efficacy is belief in ability to successfully perform a specific behaviour
- Self-efficacy is the essence of motivation and behaviour changes
• Gait re-training with focus on heel strike
• Re-educate on how to stand up from the chair
• Target one physical falls risk, modify it as needed (to ‘nearly achieve’) and get client to practice.
• Provide a specifically targeted program – address individual client needs, goals, capabilities

Remember to K.I.S.S.
Enabling Physical Activity in Older Persons

- Identify client goals
- Remember older adults are not all the same
- Promote positive side of healthy ageing
- Be aware of communication difficulties
- Be positive, supportive, and non-judgemental
- Provide clear instructions, demonstrate and then supervise all exercises and activities provided
Enabling Physical Activity in Older Persons (2)

- Identify and discuss fear of falling
- Identify and address barriers e.g. lack of time
- Identify and address reasons why the client can’t exercise or be more active e.g. pain
- Identify preferences for exercise: e.g. group or solo, and a range of activities if possible
- Focus on functional ability
Summary - Enablement for Participation & Engagement in Falls Prevention

Enablement for Participation & Engagement in Falls Prevention

Questions?

AGEISM

Identify

Empower

Enable

Participate

Engage