

House Joint Memorial 32

Legislative Hearing Materials

CURRENT STATUS OF FALLS PREVENTION
AWARENESS AND PROGRAMMING IN NEW
MEXICO

NATIONAL BEST PRACTICES AND EVIDENCE

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New Mexico Adult Falls Prevention Task Force

11/6/2013

Where is New Mexico with Falls Prevention now?

- Most people are not aware that Falls can be prevented
- Health Professionals want to refer patients to a program
- Awareness programs and toolkits are available online
- Some patients have a home visit by an OT only after a fall
- Exercise Interventions are not yet in all communities
- DOH did train 65 instructors in Tai Chi for Better Balance
- Since 2010, 400 seniors have attended Tai Chi for BB
- 11 of 65 Centers surveyed offer Tai Chi for Better Balance
- Retirement & Community Centers not yet surveyed
- Most locations offer exercise with limited participation
- Many senior exercise instructors may not be fully qualified
- Limited senior programming Continuing Ed for instructors

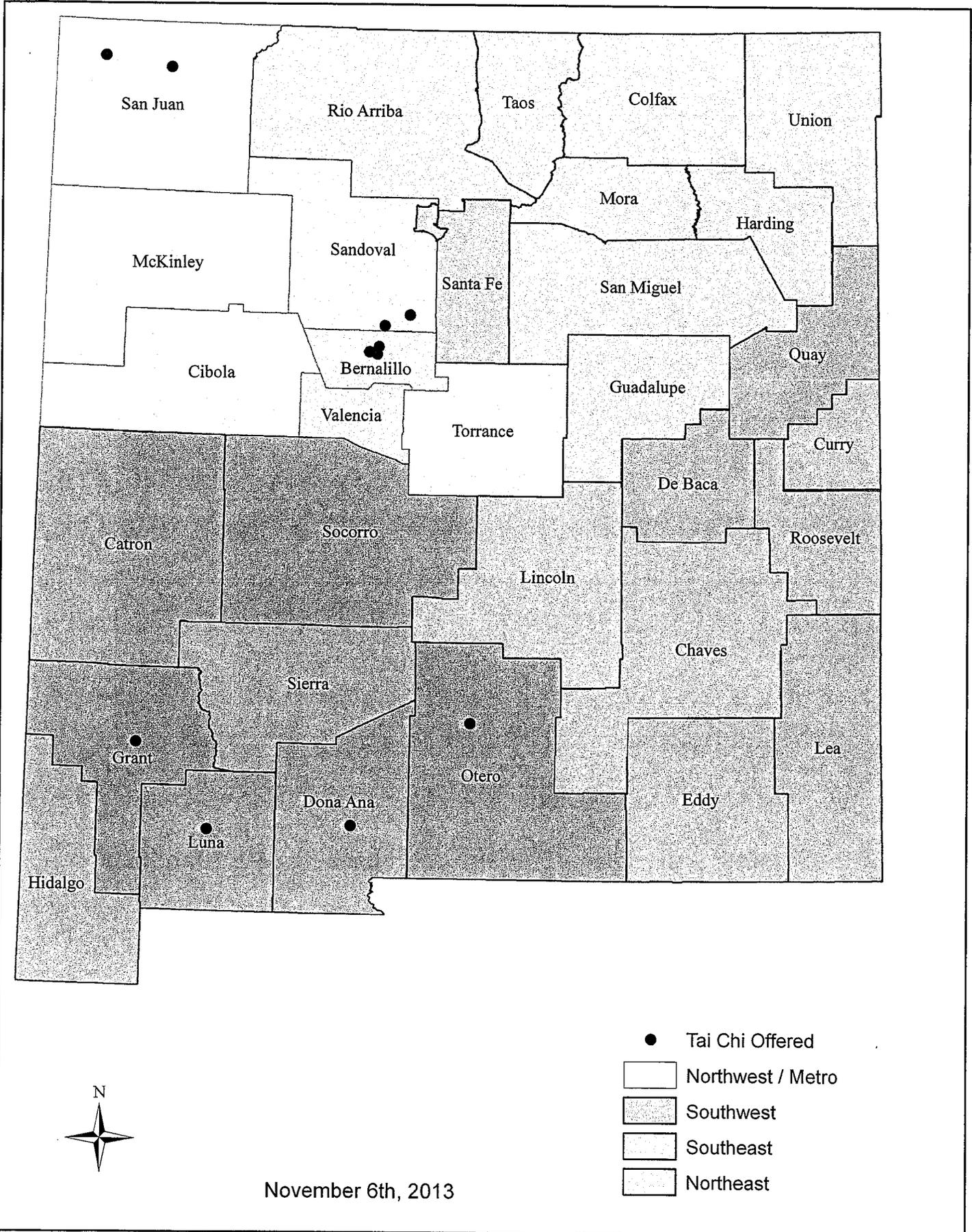
Older adults need safe, effective classes by experienced, certified, fitness instructors.



Survey of current programs is in process

- **3 Centers offer Falls Awareness, 43 do not**
- **11 Senior Centers known to offer Tai Chi for Better Balance:** Abq-Barelas, Abq-Los Volcanes, Alamagordo, Bernalillo, Carlsbad, Farmington, Las Cruces, Placitas, Santa Fe, Shiprock, Silver City
- **38 Centers known to offer Exercise (not Evidence-Based for Falls Prevention):** Abq-Bear Canyon, Abq-Palo Duro, Acoma, Artesia, Belen, Cibola, Clovis, Corrales, Crownpoint, Cuba, Deming, Eldorado in Santa Fe, Edgewood, Eunice, Five Sandoval Indian Pueblos, Gallup, Hatch, Hobbs, Jal, Jemez, Jicarilla Apache, Las Vegas, Los Alamos, Los Lunas, Lovington, Mescalero Apache, Navajo, Raton (Springer), Ruidoso, Ruidoso Downs, Santa Ana, Kiwa/ Santo Domingo, San Felipe, San Ildefonso, San Miguel, Taos, Whiterock, Zia
- **18 Senior Centers known to be without Group Exercise Interventions:** Aztec, Capitan, Carrizozo, Cimarron, Clovis Baxter-Curren, Friendship & Las Casa, Corona, Ft Sumner, Gila, Hondo, Puerto de Luna, Raton, Roswell, Roy, Santa Rosa, Torreon, Vaughn
- **103 Senior Centers with no response to survey OR no online schedule**
- **22 are meal sites only**

New Mexico Senior Centers Offering Tai Chi



November 6th, 2013

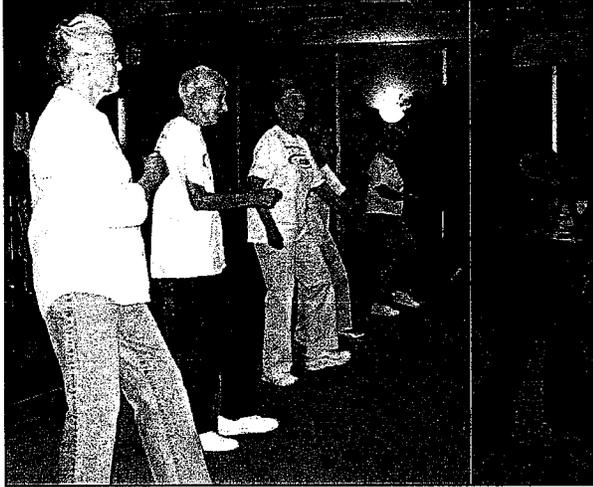
- Tai Chi Offered
- Northwest / Metro
- Southwest
- Southeast
- Northeast

Tai Chi for Better Balance



3 Levels of Ability: Seated, Free Standing and Standing with Support

Balance training is fun! Seniors like to attend

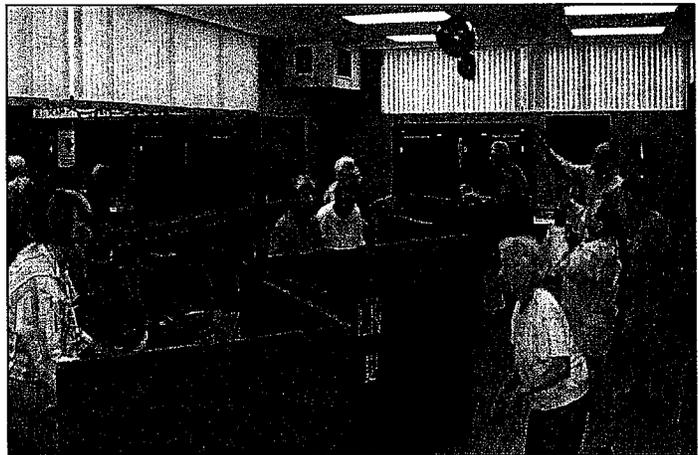


Is the program evidence based, specifically for reducing falls?

“Where do I find one?”

“How much will it cost?”

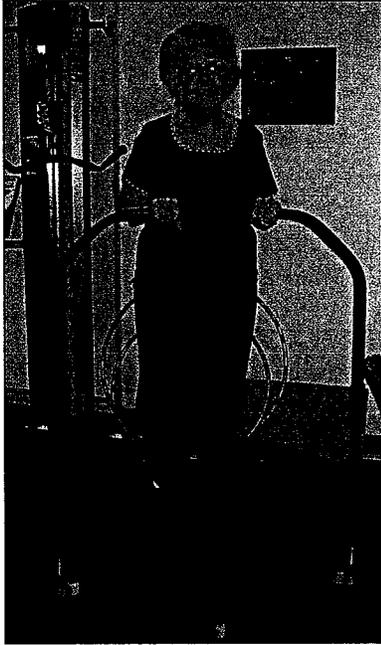
“How can I get there?”



Some Good News

- Governor Martinez declared Sep 22 Falls Awareness Day
- Sep 16, 2013 - Fall Risk Event on Senior Day at State Fair
- House Joint Memorial 32 Task Force Meetings
- NM Fall Coalition meetings of partners continues
- Many risk factors for falls can be reduced
- CDC recommends many evidence based preventions
- Fragile elders improve **more** than any other age group
- Seniors respect the advice of their doctors & peers
- Older adults are highly motivated to prevent a fall
- 58 of 64 senior centers express interest in future programs
- Some senior insurance plans offer free fitness or incentives
- Fitness Instructors are interested in training to teach seniors

Seniors appreciate supervision with strength & balance machines



Nov 2013 Wellness (505) 256-6222

Cardio Room Open to members Mon-Sat Residents \$22/month – Family-Friends \$30/month					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30 Challenge	9 – 10 am Tai Chi for Better Balance	8:30-9:30 Matwork		8:30-9:30 Challenge	
	9:15 am – 11:45 Ride to Pool class	9:45 – 10:15 Easy Mat	9:15 am – 11:45 Ride to Pool class		9:45 – 10:15 Easy Mat
10:30-11:30 Chair Strength	10:30-11:30 Strength & Balance		10:30-11:30 Strength & Balance	10:30-11:30 Chair Strength	10:30 – 11:30 Challenge Matwork
	1:00-4:00 pm Acupuncture appointments improve digestion arthritis & sleep call 256-6222	1 – 2 pm Yoga Stretch	1 – 2 pm Tai Chi for Better Balance		Wii Bowling 11:45-2:45 pm
2:15-3:15 Latin Dance		2:30-3:15 pm Qigong	2:15-3:15 Latin Dance	Ping pong 1 - 3	
3:30-4:00 Better Balance		3:30-4:30 Chair Strength	3:30-4:00 Better Balance	3:30-4:00 Better Balance	
4:15-5:15 Dance for Life	4:15-5:15 Line Dance		4:15-5:15 Dance for Life	4:15-5:15 Line Dance	3-4 pm Tai Chi for Better Balance
Colored Blocks denote Silver Sneakers FLEX classes					
Experienced Personal Trainers available for residents \$20/30 minutes, friends \$25/30 minutes					