Stepping On
Building Confidence and Reducing Falls

Wisconsin Institute for Healthy Aging
NCOA Webinar – September 26, 2013
Presenters

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Objectives of Webinar

- Review of impact of falls on older adults
- Share background/history of Stepping On
- Identify how Stepping On differs from other fall prevention programs
- Identify the target population for Stepping On
- Introduce the Stepping On program components
- Review qualifications of, and process for becoming a licensed Stepping On leader
- Introduce the Wisconsin Institute for Healthy Aging and its licensing of Stepping On
Wisconsin Institute for Healthy Aging

MISSION:

• A partnership of public and private organizations

• Advances evidence-based programs that encourage healthy living among older adults
Why Evidence-Based Programs?

• Evidence-based programs have been researched, tested, and scientifically-proven to work.

• All programs WIHA offers are proven to help prevent the onset or progression of a disease, chronic condition, or other health problem.
WIHA Partnerships

**Researchers**
Academic researchers in gerontology, injury prevention, public health, and other disciplines

**State aging / policy agencies**
State Office on Aging, Division of Public Health, Area Agencies on Aging, and more

**Community Organizations**
Local aging offices, senior service providers, public health agencies, health care providers, senior centers, senior dining centers, senior housing facilities, fitness centers, and more
Core Functions of WIHA

- Develop, promote, and monitor the quality of products, programs, and services to support healthy aging

- Serve as a clearinghouse for evidence-based prevention program education and training

- Facilitate relationships between researchers and the community to promote aging research

- Monitor legislation and funding opportunities and advocate for good public policy initiatives that promote healthy aging
WIHA’s Evidence-Based Prevention Programs

• **Living Well**: Stanford’s chronic disease self-management program
• **Tomando**: Spanish version of *Living Well*
• **Healthy Living with Diabetes**: A diabetes self-management workshop
• **Stepping On**: A falls prevention self-management workshop for people at risk of falls
• **Sure Step**: A one-on-one falls prevention assessment in the home for people with cognitive impairments and at risk of falling
• **Powerful Tools for Caregivers**: A self-care education program for family caregivers based on CDSMP
The Burden of Falls

• 1 out of every 3 people 65 years and over fall each year

• In 2010, among people 65+, there were 3.7 million injuries, and of those 2.3 million were due to falls

• In 2010, among people 65+, there were 41,300 deaths from injuries, and 21,649 were due to falls (up from 19,700 in 2008)

• Cost of fall injuries among people 65+, adjusted for inflation: $30 billion:
  o fatal falls: $0.3 billion ($300 million)
  o non-fatal injuries: $29.9 billion

BY 2020, THE COST OF FALLS INJURIES IS ESTIMATED TO BE $32.4 BILLION

CDC Fatalities and Injuries from Falls Among Older Adults – United States 2013
Aim of Stepping On

- Allows older adults to determine issues and approaches that are personally relevant
- Designed to challenge the older person to appraise his or her risk realistically
- Provide a forum for gaining knowledge about safety practices
- Explore options and barriers to putting safety strategies into practice
- Facilitate the older person’s taking control, explore different coping behaviors
- Encourage follow-through on safety strategies in everyday life
History of Stepping On

- Developed in Australia by Dr. Lindy Clemson
- Implemented in community setting
- Averaged 12 participants per group, age 70 and older
- 7 sessions, 2 hours/week
- Follow-up home visit and booster session
- Originally led by an occupational therapist
Outcomes

• Intervention group had a 31% reduction in falls
• Intervention group maintained confidence in the more mobile ADL tasks, i.e. walking up and down a ramp
• Intervention group used more protective behaviors

After 14 months:
• 59% were still doing the exercises
• 70% followed up with home visit recommendations
• More subjects had vision check ups
• Participants were less likely to start taking new psychotropic drug
U.S. Research and Dissemination

- Pilot to assess feasibility of multifactorial falls intervention.
- Wisconsin grant with Kenosha County to disseminate two evidence-based falls interventions: *Sure Step* and *Stepping On*.
- RCT of multifactorial falls intervention with Kenosha County. *Stepping On* provided in 5 WI counties.
- *Stepping On* dissemination grants from Administration on Aging and CDC to Wis. DHS Aging and Public Health; served as evaluation partner.
- CDC grant to Dr. Mahoney for dissemination research of *Stepping On*
- Creation of WIHA – enabled much faster dissemination
Stepping On: Wisconsin Implementation

Wisconsin implementation: 2008-2013

• Over 3,000 older adults with baseline falls data
  • Mean age 78.1
  • Estimated baseline falls rate = 0.57/6 months
  • 73.6% women
  • 50% live alone
  • 40% high school degree or less

• Results:
  – 50% reduction in falls in first 6 months after program compared to 6 months before
  – 48% reduction in second 6 months after program
Target Population for Stepping On

- Age 60+
- Are at risk of falling
- Have fallen in past year or have a fear of falling
- Live in their own home or apartment
- Are cognitively intact
- Walk independently or with cane; walker occasionally or for outdoor use
- Speak and understand the language in which the class is being facilitated
Using the Evidence to Decrease Falls:

**Stepping On ENDORSED BY THE CDC, along with Tai Chi for Better Balance and Otago**
Example of How Our States are Aging - Wisconsin

4 counties:

- 12% or less
- 12 - 15%
- 15 - 18%
- 18 - 21%
- 21 - 24%
- 24 - 27%
- More than 27%
Example of How Our States are Aging - Wisconsin

Percent Age 65+ in 2030
- 21% or less
- 21 - 24%
- 24 - 27%
- More than 27%

20 counties:
Fidelity

• Definition of Fidelity

• Delphi Study

• Key Elements of the Program

• Fidelity Monitoring Tools
The Preventive Framework

- Based on the Decision Making theory of Janis & Mann

- Five questions used as prompts in response to fall stories and safety stories in order to elicit reflection and discussion – Stepping On leaders facilitate

- Provides Stepping On leader with a way to help participants reflect on what worked or didn’t work, how they can make change happen, and how they can overcome barriers to practice safety strategies
Improves self-efficacy to prevent falls:

- Tell stories (participants)
- Multiple modalities: brainstorms, handouts, display table, videos, experiential opportunities
- “Preventive Framework” to promote a cognitive-behavioral approach to decision making
- Homework each session
- Personalizes information

continued……
Stepping On Differs from other Falls Prevention Programs (cont’d)

- Balance and strength exercise each session
  - based on proven exercise program
  - linked to functional activities so participants understand purpose
- Balance and strength exercises at home with follow-up each week
- Progression of exercises as able
- Learn about risk factors and safety strategies (vision, home safety, calcium and D, footwear, medications, safe mobility)
- Invited guest experts
Content Overview – Participants Learn…

- Building trust, risk appraisal, balance and strength exercises
- Review exercises, moving about safely
- Home hazards
- Community safety
- Safe footwear
- Vision and falls

- Bone health
- Medication management
- Sleep medication alternatives
- Mobility mastery experiences
- Safe bus and train travel
- Home visit
- Booster session
Stepping On by the Week

Session 1: Introduction, Overview, and Choosing What to Cover
Session 2: the Exercises and Moving About Safely
Session 3: Advancing Exercises and Home Hazards
Session 4: Vision and Falls, Community Safety, and Footwear
Session 5: Medication Management, Bone Health and Sleeping Better
Session 6: Getting Out and About
Session 7: Review and Plan Ahead
Booster: Review, sharing successful safety strategies, practice exercises, review key issues
Guest Experts

Sessions 1 and 2
*Physical therapist*

Session 4
*Vision specialist*
*Community mobility specialist*

Session 5
*Medication expert*

Session 6
*Physical therapist*
Exercise in *Stepping On*

- Strength and Balance Exercise Manual provided
- Strength (3x/week); Balance (daily)
- Linked to function
- Physical Therapist taught
- Ankle Weights and repetitions
- Can modify or advance
- “Snacking” on exercises
- Homework
Adult Learning Methods Used in Stepping On

✓ DVD of falls stories and experiences
  - Evening Dinner
  - The Winter Mail
  - The Grocery Store
  - Picnic with Friends
  - Crossing Streets
✓ CD of Home Hazards to identify on slides
✓ DVD of Staying Safe and “Staying On”
✓ Display
The Display
Home Visit and Booster

- Not just a home safety check
- Individual follow-up
- Safety strategies
- Referrals
- Review exercises
- Remind about Booster Session

- Review progress (3 mo)
- What are you using?
- What have you changed?
- Review and practice exercises
- Review key Issues covered in workshop
Community Partners

- Win-Win

- Who are they?

- How to find them?
Stepping On Leaders

Implementation Structure: Train the Trainer Model

- Faculty Trainer – at WIHA
- Master Trainer: Experienced Stepping On leader with successful fidelity, additional training
- Leader: Professional working with older adults
- Peer leader: Assists with workshop, strong role model

Diagram:

- Faculty Trainers
  - Lead workshops, train Leaders, Peer Leaders, and Master Trainers
- Master Trainers
  - Lead workshops, train Leaders and Peer Leaders
- Leaders
  - Peer Leaders
  - Peers assist in workshop
Three Day Leader Training

- Led by two Master Trainers
- Facilitation to effect behavior change
- The evidence base for falls prevention
- Underpinning concepts of *Stepping On*
- Decision-making as a process
- Principles of adult education
- Self-efficacy as a tool for change
- Mastery experience as a tool for change
- Group facilitation techniques
- Working with different participant styles
- Marketing, recruitment, partnerships
Contents of Leader Training Manual and Toolkits

- Leader’s Manual
- Research article
- Ankle weights
- Power Point CDs
- DVDs
- Key Elements list
- Implementation Guide
- Planning Checklist
- Display Ideas
- Guest Expert info
- Registration materials
- Preventive Framework bookmark
- Fidelity tools
- Marketing strategies
- Promotional materials
Ensuring Successful Stepping On Leaders

• Leader qualifications and preparation
  – Health care professional, aging network professional or fitness instructor
  – Experience working with older adults
  – Strong facilitation skills
  – Clear expectations and responsibilities

• Train and test competence
  – Falls prevention: Quiz
  – Practice Facilitation
  – Exercise: Demonstrate competence
  – Adult facilitation: Quiz and demonstrate
Stepping On Program Strengths

- Can be implemented in many settings – recreation center, church, senior center, hospital or clinic, library
- Easy to find participants – positive “buzz”
- Invited experts tend to stick with it
- Builds ties in community – fosters falls prevention across stakeholders
- Fidelity is high following training
- Is effective for falls prevention: Decrease in falls (pre-post) is similar to that in original study
Ensuring Fidelity and Success

- Master Trainer observes fidelity of new leader

- Site readiness and assistance
  - Site Implementation Guide
  - Site readiness checklist
  - Technical assistance with implementation
  - Marketing toolkit
Wisconsin Stepping On
By the Numbers

- Workshops in 58 of Wisconsin’s 72 counties
- 624 total workshops in Wis. since 2008
- 5,465 total participants in Wis. since 2008
- 290 total Wisconsin Leaders
- 1 Wis. Faculty Trainer + 8 Master Trainers
- 151 workshops in Wisconsin in 2013
Licensing

- WIHA holds exclusive North American license
- Training (in Wisconsin or on-site) for ≤ 20
- Successfully complete Leader training
- Demonstrate fidelity in first workshop
- License issued to agency with trained Leaders
- After two workshops, Leaders eligible for WIHA’s Master Training: half-day webinar (additional cost for training)
- Master Trainers then conduct Leader trainings
- Training fee includes license
Leader Training in Your State

- Three days required
- WIHA provides two Master Trainers
- Trainer/License Fees + Travel + AND
- Secure space, A-V equipment, guest PT
- Purchase Manuals, Weights, Trainee meals
- Copy WIHA-provided toolkits, training materials
- Trainees receive access to website, DVDs, T.A., fidelity checks by videotape review
National Spread of Stepping On

- Leaders only
- Leaders and Master Trainers
- Leaders, MTs, and Faculty Trainer

Map showing the spread of Stepping On across the United States.
Summary

- CDC-endorsed falls prevention program
- 7 week, 2 hours/week
- Meets AoA’s highest level of evidence-base
- Multi-factorial in theory with cognitive-behavioral approach: strength and balance exercises, medication review, vision, home hazard review, stories, practice, etc.
- Licensed through WIHA

For more information:
Wisconsin Institute for Healthy Aging
www.wihealthyaging.org

Information about Stepping On licensing, implementation, and training across U.S.

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