Action Plan A2
Falls prevention
Why should we build a partnership take action on Falls prevention?

• **1:3** people > 65 years & **1:2** people > 80 years **fall each year**
  
  > **50%** Fear falling, depression, isolation, dependence, loss of mobility

• leading cause **injury deaths**
• within one year **frequent fallers** are in hospital, full time care or deceased

• **more bed days** than heart attack, heart failure & stroke combined
• US direct **medical costs of falls** $30 billion
• **0.85-1.5%** national health care expenditure EU

• **underestimated problem** 75%-80% falls never reported

• Adequate **prevention & management**
  > reduce costs
  > saves resources
  > increases independence & QoL
What is the Action Plan Falls prevention about?

- Critical zone fitness → time → assessment + intervention → rehabilitation → monitoring

- Education

- Integrated Care

- Fall detection

- Home monitoring

- Nutritional intervention

- Balance training

- Screening + assessment
1) improve awareness & understanding fall prevention
   much can be done to prevent falls & harm from falls
2) facilitate activity & self-management to reduce risks
   in order to reduce their risk of falls
3) systematic approach to identifying people at risk
   who will benefit from tailored intervention
4) implementing holistic evidence based strategies
   for prevention & management of falls & fractures
5) increase sustainability of health & social care
   by reducing the personal, system & societal costs
6) scale up nationally & regionally
   by sharing best practices in business & governance models
Action Plan close up: Action Areas

**Action Area 1**
Implement an integrated & person centred service pathway + technology
1) Repository falls prevention/management programmes & care pathways
2) Toolkit for implementing tools & technologies
   • monitoring, screening & assessment
   • decision making support, protocols & workflows
3) ICT solutions, devices & technologies
   • for different settings
   • discovery report on the future falls prevention technologies

**Action Area 2**
Data & evidence
1) Report current approaches to collecting falls data
   • outlining best practices and recommendations
2) Specification of a minimum falls dataset
3) Strategy on how to establish a European-wide central repository
   • for publicly available falls data.
Action Plan close up: Action Areas

**Action Area 3**
**Awareness, information & education to underpin the implementation**
1) Organise awareness campaign across the EU
2) Inventory successful public health & social marketing strategies
3) Inventory of best practice, evidence based training models & tools
4) Practical resumés of evidence
5) Training package to support the training of the workforce
6) Website with information on falls and fall prevention
7) Network of research & educational organisations

**Action Area 4**
**Governance: innovation, sustainability and scaling-up**
1) Assessment model
2) Governance & managerial resource repository
3) Promotional events & publications
4) Online marketplace & innovation platform
  • for falls prevention services & products
Action Plan Falls Prevention: Governance
Partners – members of AG A2

1. AOU San Giovanni Battista di Torino – Molinette RS
2. ASSR - Regione Emilia Romagna RS
3. Católica Porto
4. Departamento de Salud Valencia-La Fe - Agencia Valenciana de Salud RS**
5. ENE d.o.o. RS**
6. European Committee for Standardization (CEN/CENELEC)
7. EuroSafe
8. EVV - Flemish Center of Expertise for Fall & fracture Prevention
10. Fundation MATIA RS*
11. General Council of Bas-Rhin RS**
12. Gradiant - Galician R&D Center in Advanced Telecommunications
13. Health Service Executive Ireland
14. Health-Lab
15. Hôpital Charles-Foix AP-HP RS**
16. IK4 Research Alliance
17. Investén–isciii - INSTITUTO DE SALUD CALOS III
18. IRCCS SALVATORE MAUGERI
19. JAMK University of Applied Sciences
20. Link Care Services RS*
21. Medical Delta RS
22. MRC-ARUK Centre for Musculoskeletal Ageing Research
23. NHS Scotland, NHS 24
24. Office of the Older People’s Commissioner in Wales / Welsh Local Government Association RS
25. Provincial Government of Biscay / University of Deusto RS
26. Radboud University Nijmegen Medical Centre RS
27. Région Languedoc-Roussillon RS**
28. Regione Liguria RS**
29. Region of Southern Denmark RS
30. Region of Skåne RS*
31. RTEL SA
32. SERMAS-HOSPITAL UNIVERSITARIO DE GETAFE RS
33. South Karelia Social and Health Care District RS**
34. Technalia
35. TicSalut Foundation RS**
36. TRIL Centre / Trinity College Dublin
37. Universidad Politécnica de Madrid
38. University Medical Center Groningen
39. University of Alicante
40. University of Coimbra RS
41. University of Manchester
42. University of Oulu

RS = Reference Site
Commitment on A2 Falls Prevention

Our commitment
• elder people and other fellow citizens in communities
• professionals, organisations, (insurance) companies, policymakers
• ICT & technology infrastructure
• running activities, ambition

Added value of being members
• sharing of knowledge & expertise
• EU collaboration strengthen local action
• inspiration

What we can bring to the Partnership
• devoted people to improve our care, society, science & business
• we create solutions