Evidence-based Community Falls Prevention Programs: Saving Lives, Saving Money

The Challenge: Older Adult Falls in the U.S.

- **1 in 4 Americans** aged 65+ **falls each year**
- **Every 11 seconds**, an older adult is treated in the emergency room for a fall
- **Every 19 minutes**, an older adult dies from a fall
- **In 2013**, the total cost of fall injuries was **$34 billion** (78% paid by Medicare)
- **This total cost may reach $67.7 billion by 2020**
- **Even falls without injury can cause fear of falling**, leading to physical decline, depression, and social isolation

Falls in adults aged 65+ are the leading cause of head injuries and broken hips

The Solution: Proven Community Falls Prevention Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
<th>Net Benefit</th>
<th>ROI</th>
</tr>
</thead>
<tbody>
<tr>
<td>A MATTER OF BALANCE</td>
<td>8-session workshop to reduce fear of falling and increase activity among older adults in the community</td>
<td><strong>$938 savings in unplanned medical costs per Medicare beneficiary</strong></td>
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<tr>
<td>OTAGO EXERCISE PROGRAM</td>
<td>Individual program of muscle strengthening and balance exercises prescribed by a physical therapist for frail older adults living at home (aged 80+)</td>
<td><strong>$429 net benefit per participant</strong></td>
<td><strong>127% ROI</strong></td>
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<tr>
<td>STEPPING ON</td>
<td>7-week program that offers older adults living in the community proven strategies to reduce falls and increase self-confidence</td>
<td><strong>$134 net benefit per participant</strong></td>
<td><strong>64% ROI</strong></td>
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<tr>
<td>TAI CHI: MOVING FOR BETTER BALANCE</td>
<td>Balance and gait training program of controlled movements for older adults and people with balance disorders</td>
<td><strong>$530 net benefit per participant</strong></td>
<td><strong>509% ROI</strong></td>
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</tbody>
</table>

Learn more about these and other proven programs at ncoa.org/FallsPrevention

SOURCES:


*Net benefit = Direct medical costs averted (e.g., emergency department visits, hospitalizations, rehab, homecare) after subtracting intervention costs

**ROI (return on investment) = Net benefit per participant divided by average cost of the program per participant; percentage of return for each dollar invested

***Now known as “Tai Ji Quan: Moving for Better Balance”