Fallbrook Regional HEALTH DISTRICT

FACT SHEET

Door-Through-Door Program

OVERVIEW

Falls are the leading cause of death due to injury, according to a 2012 report by the County of San Diego. In Fallbrook, an unincorporated community in North County, similarly shocking data led to an expansion of Door-Through-Door, an innovative public-private partnership led by **Fallbrook Regional Health District, North County Fire Protection District,** and the non-profit **Foundation for Senior Care** whereby at-risk residents who activate 911 receive fall prevention education and case management services. This pilot program has brought much needed interventions to a vulnerable population and may prove helpful in preventing falls in other communities.

THE PROBLEM

The Impact of Falls: Individuals, Communities, and the 911 System

- Injuries related to falls dramatically reduce life expectancy and negatively impact quality of life and activities of daily living.
- Emergency responders (fire and EMS) and hospital capacity has been stretched under health care reform with as many as 30% of calls being for non-emergent issues.
- Despite the prevalence of falls in the senior community, and the impact these falls have on emergency services, there are few options for coordinating care to prevent falls and fall reoccurrence, particularly in rural communities that lack ready access to other resources.

OUR SOLUTION

Door-Through-Door

Residents who activate 911 in the Fallbrook region and who meet program criteria—those who are medically fragile and at-risk for falls or repeat falls—are referred to the Foundation for Senior Care to be part of the existing Door-Through-Door program.

In this program, participants receive case management services including education, preventive and supportive measures, and arrangement for in-home support and transportation services.

A program coordinator also provides home checks to address fall hazards (throw rugs, rickety stairs, raised thresholds) and install safety measures (bathroom grab bars, alert monitor pendants, volunteer sheriff check-in calls), among other services.

Our goals: Promote wellness, improve quality of life, and allow residents to age in place.

A STORY OF *HOPE*

Hope is a 78-year-old widow who has lived in the same home in Fallbrook for the past thirty years. Her informal caregivers include her next door neighbor and a daughter who lives more than fifty miles away.

Hope recently tripped and fell in her home. When paramedics arrived, they recognized a series of red flags: loose rugs on the floor, clutter on the ground, and furniture in walking paths. They also noticed that *Hope's* medications were not being taken as prescribed and her ailments were advancing. *Hope* was in desperate need of assistance.

Paramedics transported *Hope* to a local hospital and used a new fire department policy to refer her to the Door-Through-Door program for follow-up by a coordinator.

After conducting an intake assessment at *Hope's* home, additional challenges were discovered: there was limited food in the home, she had missed several doctor's appointment due to lack of transportation, and several of her bills had not been paid.

Based on these findings, the coordinator created a plan for addressing these problems and worked with partners at a variety of public and private partner agencies to provide wrap around services for Hope.

Following that plan, her care and service providers are now better equipped to meet *Hope's* needs. In doing so, Door-Through-Door will help her prevent falls, promote wellness, and improve her quality of life so that she can age in place.

PARTNERS

Foundation for Senior Care

Fallbrook Regional Health District

North County Fire Est. 1927

Vial of Life
San Diego County Sheriff's Department
San Diego County Aging & Independence Services
Regional hospitals
SDG&E
Philips Lifeline
Meals on Wheels
San Diego Elder Law
Hospice & Home Care providers

SHOCKING STATS

Nationally

- In 2014, 28.7% of older adults in the United States reported falling

That same year:

- 27,000 older adults died due to falls
- 2.8 million were treated in emergency rooms for fall-related injuries, and
- Approximately 800,000 of these patients were hospitalized

Locally

- From 2000-2030, the population of San Diego County 65+ will increase from 313,750 to 722,545, an increase of 130%
- Seniors represent 20% of the Fallbrook community and 35% of of households in the area include someone 65 or older
- 36% of people 65 or older have some type of disability
- In 2017 alone, falls were the second leading cause of 911 activation in North County Fire Protection District

Sources: Centers for Disease Control and Prevention (CDC); US Census Bureau, NCFPD data

138 South Brandon Road, Fallbrook, CA 92028 • 760.731.9187
www.fallbrookhealth.org

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