

The Reacher

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The Evidence: 5 reasons Occupational Therapy reduces falls for seniors living at home:

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- 1 According to a review of 159 studies on preventing falls for seniors who live at home: "Home safety interventions reduce the risk of falling. These Interventions are more effective when delivered by an occupational therapist."
- 2 There is strong evidence for OT strategies for fall prevention including identifying risks, community safety, functional & home assessment along with growing evidence for OT skilled training in managing footwear, low blood pressure and prescribed medications.
- 3 When OTs make recommendations for home modifications, we balance clinical recommendations with the seniors' readiness for change, concern for aesthetics, preferences and family support.
- 4 A two-year study of more than 9,000 people aged 70+ revealed that people who made modifications such as installing safety bars & railings and removing rugs or were less likely to experience declines in self-care and walking.
- 5 Occupational therapy has been shown to be the "only spending category" where increased investment has shown a statistically significant reduction in hospital readmission rates!

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1. Gillespie, LD, et al. "Interventions For Preventing Falls In Older People Living In The Community." Cochrane Database of Systematic Reviews 9 (2012): N.PAG.
 2. Leland, Natalie E., et al. "Occupational Therapy in Fall Prevention: Current Evidence and Future Directions." American Journal of Occupational Therapy 66.2 (2012): 149-160.
 3. Stark, Susan L., et al. "Clinical Reasoning Guideline for Home Modification Interventions." American Journal of Occupational Therapy 69.2 (2015): 1-8.
 4. Liu, SY, and KL Lapane. "Residential Modifications and Decline in Physical Function among Community-Dwelling Older Adults." Gerontologist 49.3 (2009): 344-354.
 5. Rogers, A. T., et al. "Higher hospital spending on occupational therapy is associated with lower readmission rates." Medical Care Research and Review, (2016): 1-19.