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1 HOUSE JOINT RESOLUTION

2 WHEREAS, Illinois residents ages 65 and older account for
3 79% of all fall deaths and 37% of nonfatal fall
4 hospitalizations in Illinois; and

5 WHEREAS, Falls are the leading cause of traumatic brain
6 injury (TBI) in Illinois residents ages 65 and older,
7 accounting for 37% of TBI deaths and 56% of TBI
8 hospitalizations; and

9 WHEREAS, Projected lifetime costs associated with fall
10 injuries in 2014 among Illinois residents ages 65 and older are
11 estimated to be \$2.35 billion; and

12 WHEREAS, An estimated 475,000 of Illinois adults ages 65
13 and older reported having fallen, and of those whom have
14 fallen, 40.5% reported a fall-related injury in the past 12
15 months; and

16 WHEREAS, Older Illinois adults who reported the following
17 conditions were significantly more likely to report falls and
18 fall-related injuries in the past 12 months: poor mental
19 health/depression, cancer, chronic obstructive pulmonary
20 disease, diabetes, coronary artery disease, obesity, asthma,
21 no exercise, stroke, and disability; and

1 WHEREAS, Older adults who reported a physical, cognitive
2 and/or emotional disability had particularly high fall rates,
3 with an estimated 252,000 reporting having fallen, and of those
4 whom have fallen, 51.9% reporting fall-related injuries in the
5 past 12 months; and

6 WHEREAS, Sensory and mobility loss commonly associated
7 with aging make elderly pedestrians vulnerable to accidents and
8 injury; pedestrian crashes resulting in death exceed 20% for
9 pedestrians over age 75, compared to less than 8% for
10 pedestrians under the age of 14; and

11 WHEREAS, Hospitals in Illinois reported a total of 61,140
12 emergency department (ED) admissions of adults 65 and older
13 with repeat falls or a history of falls over 3.5 years (2013
14 through the second quarter of 2016), an average of 17,469
15 emergency department admissions annually; Cook County
16 including the City of Chicago reported the highest number of
17 fall-related ED admissions of older adults in Illinois: 27,994
18 over 3.5 years, an annual average of 7,998; and

19 WHEREAS, The Illinois Department on Aging implemented a
20 Critical Event policy requiring Care Coordination Unit (CCU)
21 care coordinators and contracted service providers to report
22 critical events involving older adults enrolled in the

1 Community Care Program, serving an average monthly caseload of
2 62,000 older adults statewide; from July 12, 2017, through
3 December 2017, critical event reports included: 1,220 falls
4 resulting in injury, 1,553 falls without injury, 15% of ED
5 visits had an associated fall (546 of 3,682), and 619 falls led
6 to an unanticipated hospitalization; and

7 WHEREAS, The Illinois Falls Prevention Coalition
8 representing 150 members across the State, supports the
9 delivery of evidence-based programs designed to reduce fall
10 risk and enhance networking among individuals with an interest
11 in fall prevention; the Coalition in partnership with White
12 Crane Wellness Center in Chicago has produced a Resource
13 Directory on Falls Prevention in Illinois, and the Coalition
14 publishes a quarterly newsletter to disseminate information
15 about falls prevention resources and activities; and

16 WHEREAS, The University of Illinois at Chicago faculty was
17 awarded a \$2.5 million, three-year grant entitled ENGAGE-IL
18 (ENhancement of Geriatric Care for All through TraininG and
19 Empowerment); the project was funded by the Health Resources
20 and Services (HRSA) as part of its Geriatrics Workforce
21 Enhancement Program; the products resulting from the project
22 include a series of on-line, continuing education courses on
23 topics relevant to primary care in geriatrics, including falls
24 prevention; the educational and training materials developed

1 through this project will be widely disseminated throughout
2 Illinois, and nationally; and

3 WHEREAS, Rush University Medical Center in collaboration
4 with the Illinois Community Health and Aging Collaborative, and
5 Illinois Pathways to Health, administers a grant from the
6 federal Administration for Community Living to disseminate A
7 Matter of Balance, an evidence-based falls prevention program
8 for older adults and adults with disabilities; and

9 WHEREAS, Research has shown that older adults who have
10 participated in A Matter of Balance have made significant
11 improvements in their level of falls management (the degree of
12 confidence participants perceive concerning their ability to
13 manage the risk of falls and of actual falls), falls control
14 (the degree to which participants perceive their ability to
15 prevent falls), level of exercise, and social limitations with
16 regard to concern about falling; and

17 WHEREAS, Rush University Medical Center and 28 host
18 organizations across Illinois have engaged 60 Master Trainers
19 and 120 Coaches, to conduct over 71 Matter of Balance
20 Workshops, enrolling 784 older adults, and achieving a
21 completion rate of 79%; Illinois seniors can find A Matter of
22 Balance Workshop nearest them by contacting their Area Agency
23 on Aging or visiting the Illinois Pathways to Health website

1 at: www.ilpathwaystohealth.org; and

2 WHEREAS, For older adults to remain involved and connected
3 in their communities, the built environment must encourage
4 mobility and provide a range of options for people to get where
5 they need and want to go, as well as for their friends, family,
6 and caregivers to get to them; thoughtfully designed and
7 well-maintained street infrastructure and transportation
8 options provide residents of all ages with access to the
9 services and amenities that make neighborhoods vibrant and
10 residents healthier; and

11 WHEREAS, Communities can improve mobility by embracing
12 complete streets policies, streets that accommodate all kinds
13 of transportation and are suitable and safe for people of all
14 ages and abilities; complete streets are an age-friendly
15 solution to ensuring that residents of all ages have the
16 opportunity to traverse their neighborhoods and age safely and
17 comfortably; therefore, be it

18 RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE ONE
19 HUNDREDTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, THE SENATE
20 CONCURRING HEREIN, that we declare September 22, 2018 as Falls
21 Prevention Awareness Day in the State of Illinois; and be it
22 further

1 RESOLVED, That we urge older Illinoisans to take control of
2 their health and prevent falls by following these steps: (1)
3 improve balance, strength, and flexibility by finding a good
4 balance and exercise program in their community, such as A
5 Matter of Balance, (2) talk to their health care provider, ask
6 for an assessment of their risk of falling, and share their
7 history of recent falls, (3) regularly review their medications
8 with their doctor or pharmacist, and take medications as
9 prescribed, (4) get their vision and hearing checked annually
10 and update their eyeglasses, (5) keep their home safe by
11 removing tripping hazards, increase lighting, make stairs
12 safe, and install grab bars in key areas, and (6) talk to their
13 family members and enlist their support in taking simple steps
14 to stay safe; and be it further

15 RESOLVED, That we commend the Illinois Falls Prevention
16 Coalition, healthcare professionals, and community-based
17 organizations for offering falls risk screenings, educational
18 workshops to address concerns about falls, and exercise
19 programs to enable older adults to improve their strength and
20 balance; we further commend communities in Illinois for
21 implementing complete streets policies to make the built
22 environment suitable and safe for people of all ages and
23 abilities; and be it further

24 RESOLVED, That a suitable copy of this resolution be

1 presented to the Illinois Falls Prevention Coalition as a
2 symbol of our respect and esteem.