

Date: August 30, 2024

To: All WellSense Providers

From: WellSense Health Plan

Subject: **Preventing falls in older adults**

Product:  MassHealth  Clarity plans (formerly QHP)  Senior Care Options

## Preventing falls in older adults

One in four adults 65 years of age and older fall every year. Falls are associated with an increase in medical services, a decline in functional status, placement in a nursing home and/or increased mortality. They're the leading cause of injury deaths in older adults.

MassHealth is proposing a critical incident post-fall evaluation initiative, which will help focus attention on the important issue of falls in adults 65 years of age and older.

Geriatricians focus on five key areas in what is known as the 5Ms model. The Ms stand for the targets that are important to care for us as we age. The critical incident post-fall evaluation initiative will use this model to help target the prevention and treatment of recurrent falls for members.

- **Mentation/Mind:** Treat depression; manage a decline in memory and other mental abilities; treat and prevent delirium
- **Mobility:** Help maintain the ability to walk; refer for a physical therapy evaluation; visit the patient to assess the home environment
- **Medications:** Primary care provider (PCP) review of medications to identify those that may increase the risk of falls
- **Multicomplexity:** Look at the whole person and review and update care plans if needed; screen for other issues like vision that can affect falls; assess living conditions

# Provider Communications

Massachusetts

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- **What Matters Most:** Manage care goals related to falls and how this can lead to remaining independent; work with patient and caregivers to plan and coordinate care and follow up

## Resources

- [Coordinated Care Plan to Prevent Older Adult Falls](#)
- [Pocket Guide: Preventing Falls in Older Adults](#)
- [CDC STEADI – Older Adult Fall Prevention](#)
- [Fall prevention Information for health care providers](#)

## Questions?

Please contact us at [QualityDept@wellsense.org](mailto:QualityDept@wellsense.org) with any questions.