

Provider Communications

New Hampshire



Date: August 30, 2024

To: All WellSense Providers

From: WellSense Health Plan

Subject: **Preventing falls in older adults**

Product: NH Medicaid NH Medicare Advantage

Preventing falls in older adults

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

Geriatricians focus on five key areas known as the 5Ms model. Providers can use this framework to help determine areas of concern. This will work toward 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, conduct physical therapy evaluation, conduct visits 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
- **What Matters Most:** Manage goals of care 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

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- [Coordinated Care Plan to Prevent Older Adult Falls](#)
- [Pocket Guide: Preventing Falls in Older Adults](#)

Questions?

Please contact us at QualityDept@wellsense.org with any questions.