



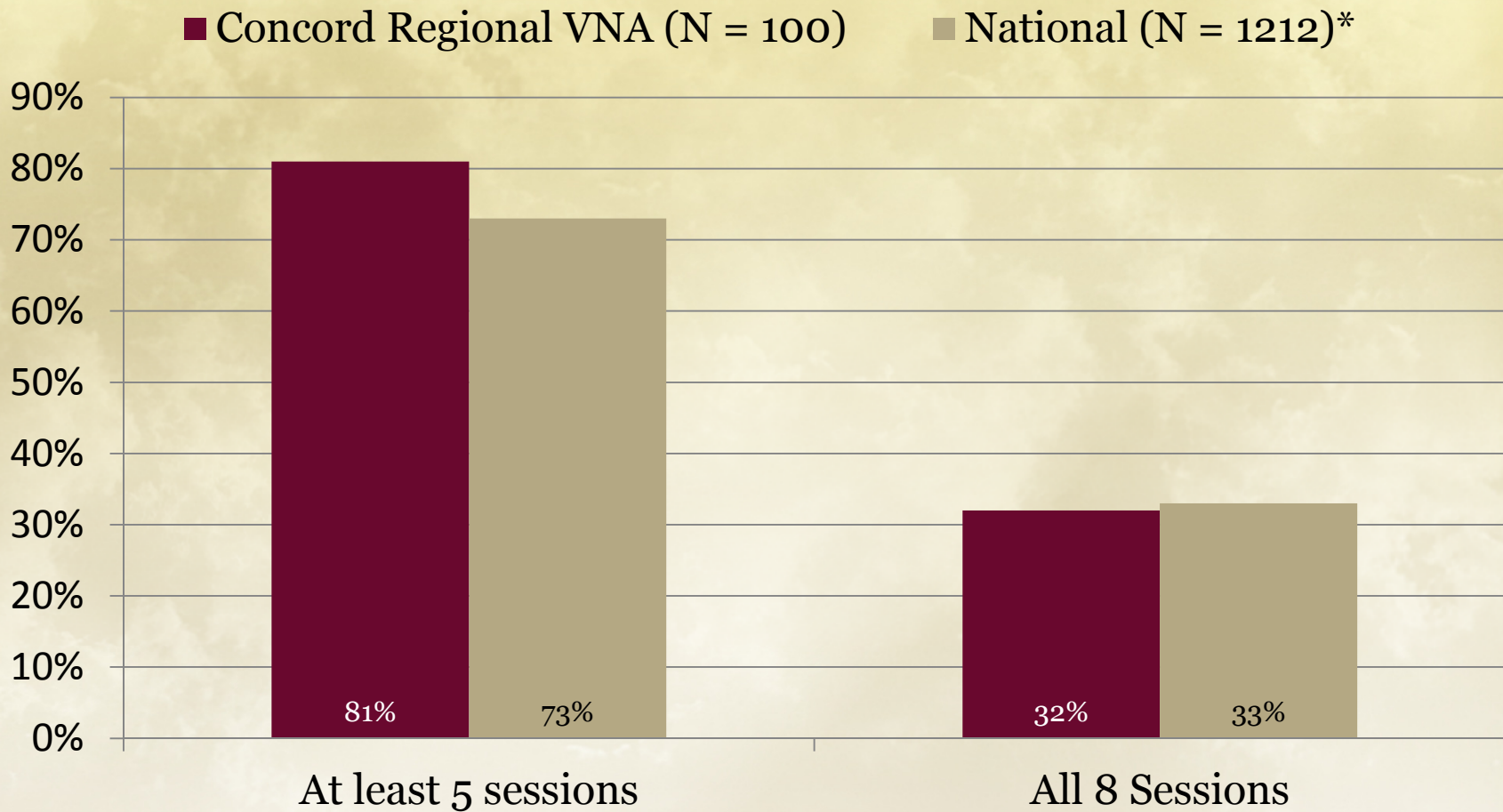
Concord Regional VNA Outcomes January – December 2015

A Matter of Balance: Managing Concerns About Falls/Volunteer Lay Leader © Model 2006. This program is based on “Fear of Falling: A Matter of Balance” Copyright © 1995 Trustees of Boston University: All rights reserved. Used and adapted by permission of Boston University.

Program Summary

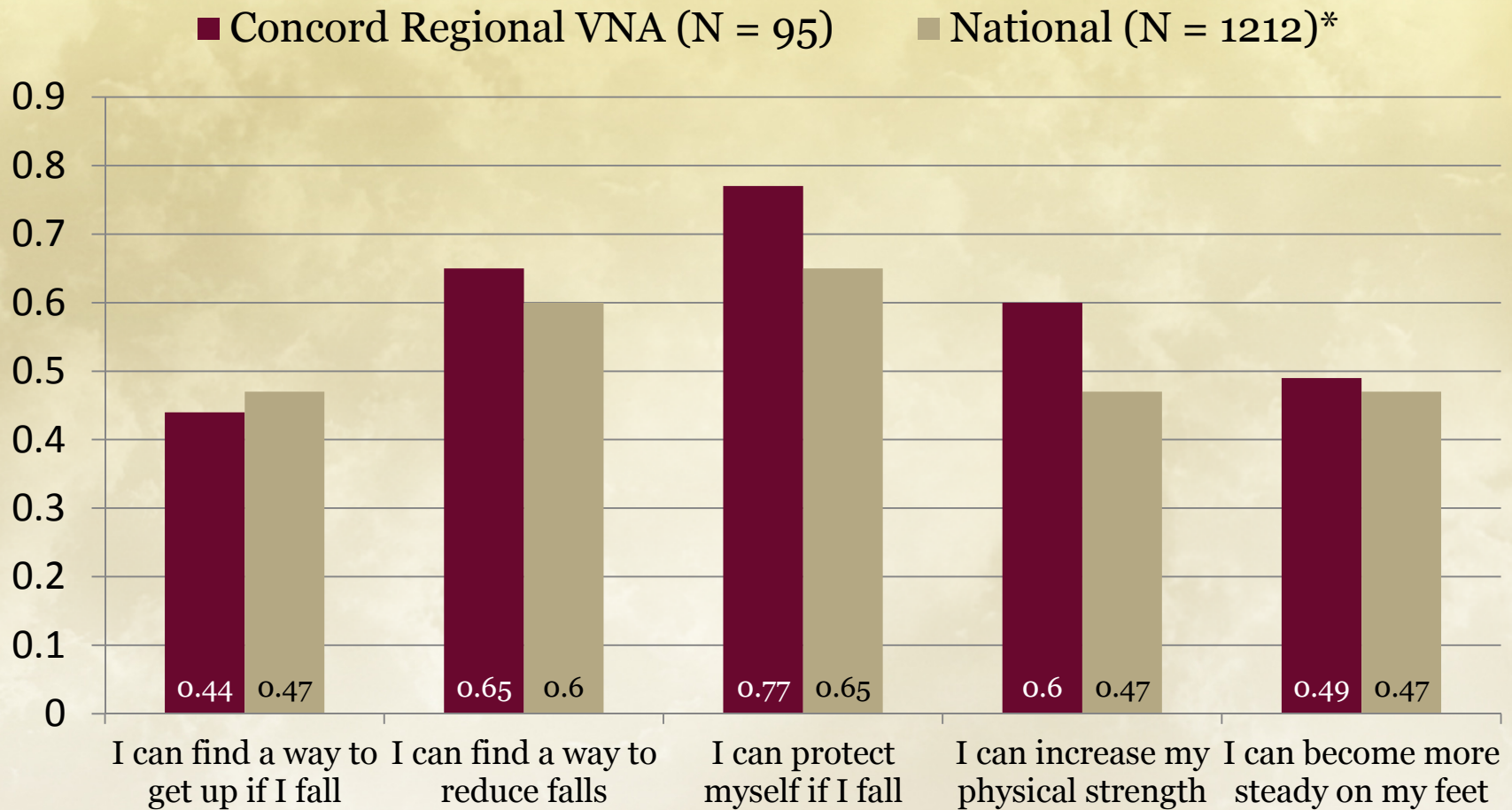
- 123 participants enrolled in the 11 programs offered in 2015.
- 81% of participants completed at least 5 or more sessions.
- Average age was 76 years.
- 84% of participants were female.
- 64% lived alone.

Participant Completion



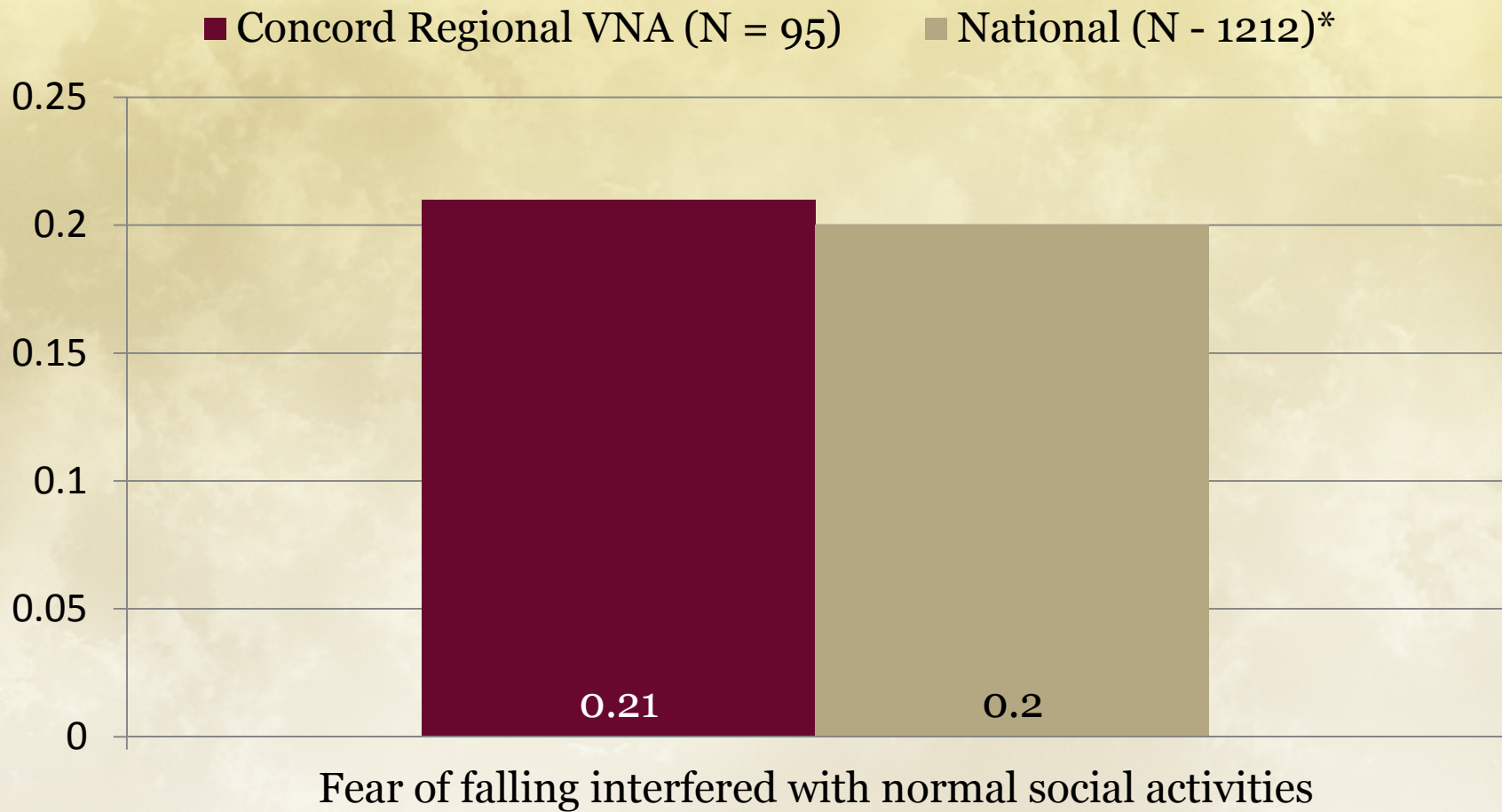
*National data reflects MaineHealth published data 2009.

Falls Management



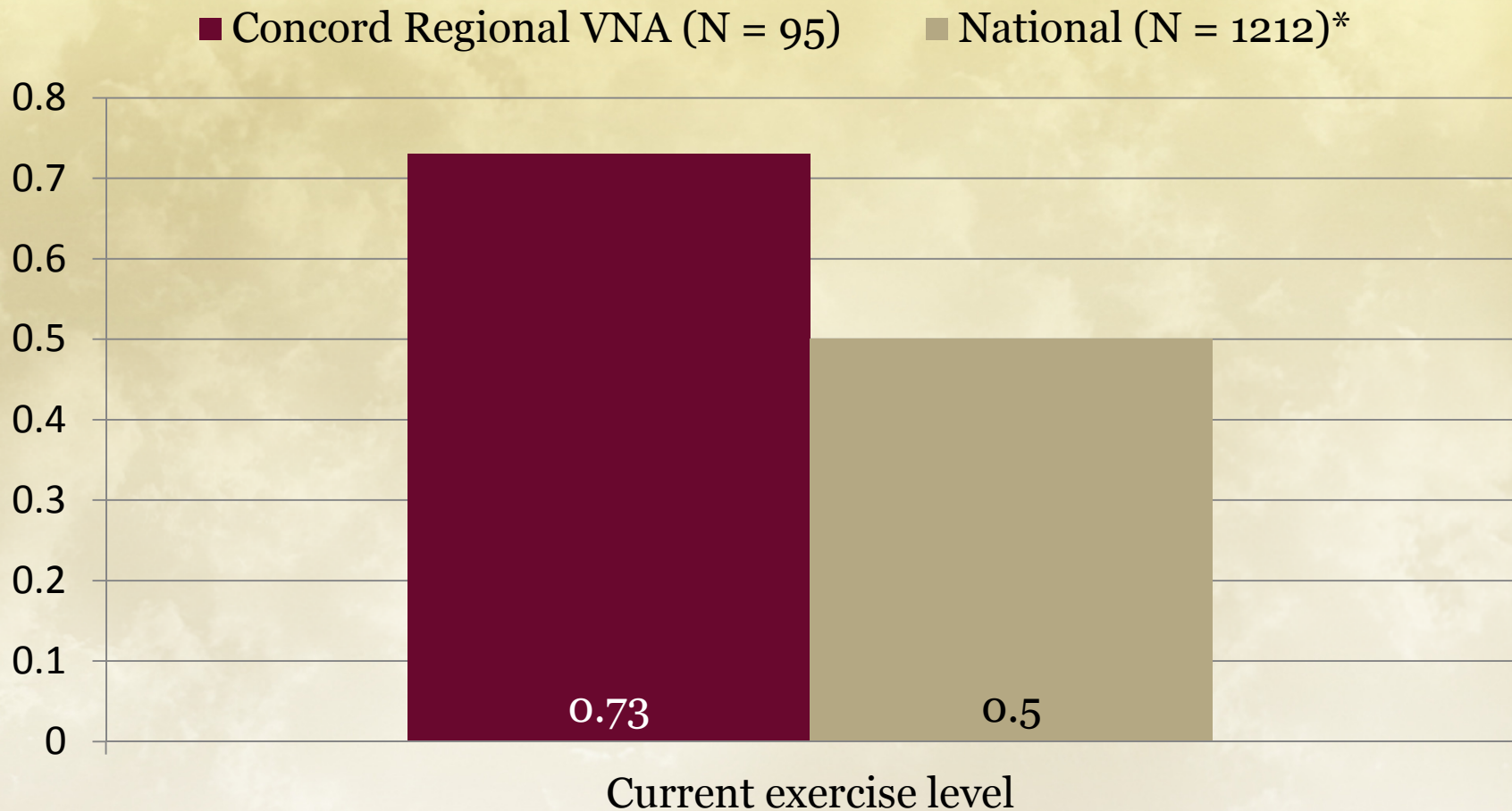
*National data reflects MaineHealth published data 2009.

Fall Concerns



*National data reflects MaineHealth published data 2009.

Current Exercise



*National data reflects MaineHealth published data 2009.

National Savings Associated with Matter of Balance

- \$938 decrease in total medical costs per beneficiary per year.
 - \$517 reduction in unplanned hospitalization cost
 - \$234 reduction in skilled nursing facility costs
 - \$81 reduction in home health costs
- Reduction in unplanned hospitalizations of .05 per person per year, which implies one unplanned hospitalization was prevented for every 20 MOB participants in the outcome period.

Contact Information

Jennifer Brechtel, CHES, Community Health Coordinator

(603) 224-4093, ext. 5673

jennifer.brechtel@crvna.org

Keliane Totten, M.Ed, MCHES, VP of Community Engagement

(603) 224-4093, ext. 5681

keliane.totten@crvna.org