

Pathway to rehabilitative care for frail older adults in the community presenting to Primary Care post-fall

Primary Care

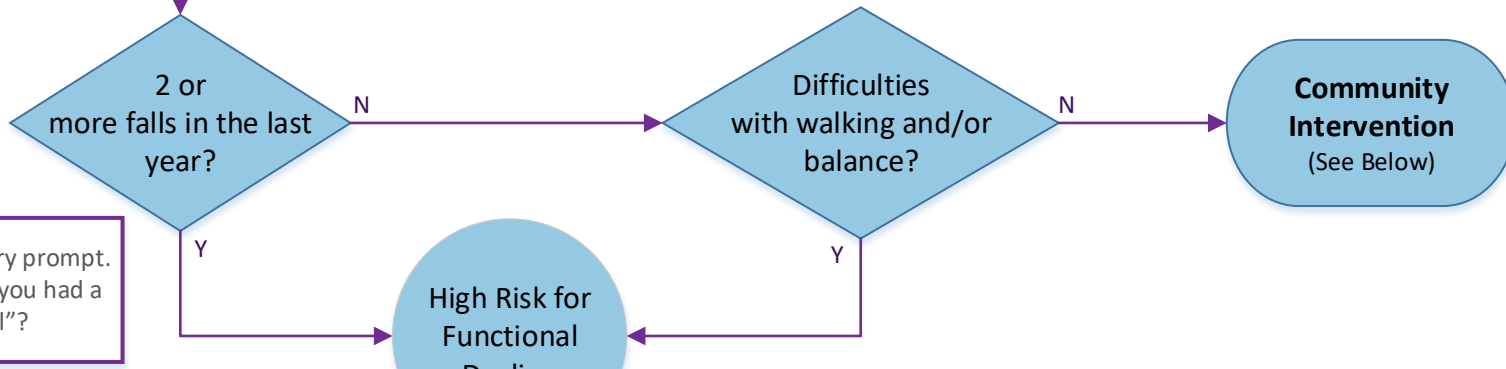
Older Adult 65+ years



Older adult reports fall(s) or presents immediately following a fall

Definition: A fall is defined as an event which results in a person coming to rest inadvertently on the ground or floor or other lower level.
World Health Organization

Older adults who experience a fall are likely to have multiple conditions and complex health needs. Preventing functional decline and further falls among high risk older adults requires an integrated, coordinated approach to care.



Immediately following a fall:

- Assess severity of injury
- Rule out acute medical conditions
- Injuries may be occult or present atypically

Suggest secondary prompt. Example: Have you had a "Near Fall"?

High Risk for Functional Decline

Preliminary Evaluation

Initial visit:
Address immediate sequelae of fall

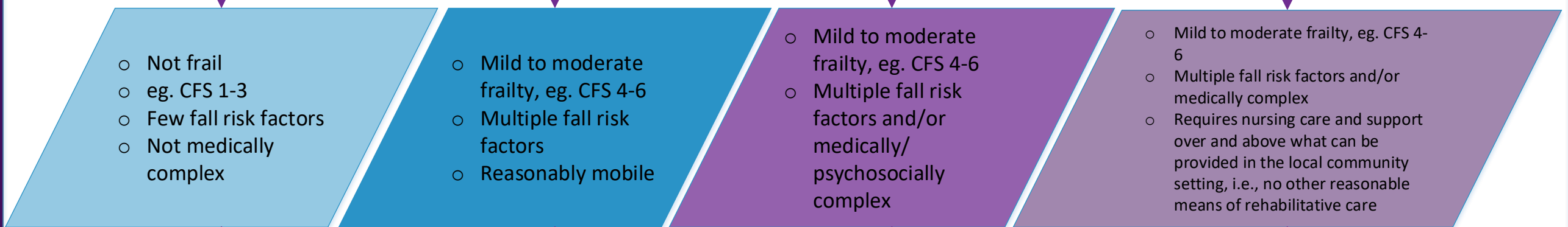
Secondary visit: Multifactorial Evaluation

- Determine risk factors for secondary fall
- Assess level of frailty: eg. Clinical Frailty Scale (CFS)*
- Conduct fracture risk assessment
- If available in your setting, use interdisciplinary team approach or telemedicine

Multiple fall risk factors, including:

- | | |
|---|--|
| <input type="checkbox"/> Alcohol Intake | <input type="checkbox"/> Mobility/Balance |
| <input type="checkbox"/> Cognition | <input type="checkbox"/> Mood |
| <input type="checkbox"/> Feet/Foot Wear | <input type="checkbox"/> Nutrition & Hydration |
| <input type="checkbox"/> Hearing | <input type="checkbox"/> Orthostatic Hypotension |
| <input type="checkbox"/> Home Hazards | <input type="checkbox"/> Polypharmacy |
| <input type="checkbox"/> Inactivity/sedentary | <input type="checkbox"/> Vestibular Conditions |
| <input type="checkbox"/> Incontinence | <input type="checkbox"/> Vision |
| <input type="checkbox"/> Medical History | |

~All domains are assessed together to inform a comprehensive plan of care



Assessment and Intervention

Community Intervention

Outpatient Ambulatory/
In Home Care

Specialized Geriatric Services

Explore Direct Access to Inpatient Rehabilitation

Please note that some patients may require some or all of these services throughout their post-fall journey. The intent of this pathway is to depict the services initially required based on their preliminary evaluation.

Referrals to rehab services to address risk factors identified

Publicly funded rehabilitative care service listing:
www.rehabcareontario.ca

Consider privately funded rehabilitation options

Referrals to rehab services to address risk factors identified

Consider additional referrals to:
Home & Community Care
Outpatient Ambulatory Rehabilitative Care Services

Publicly funded rehabilitative care service listing:
www.rehabcareontario.ca

Consider privately funded rehabilitation options

Referral to Specialized Geriatric Services, if available

Publicly funded rehabilitative care service listing:
www.rehabcareontario.ca

Explore direct referral to inpatient rehabilitative care services, where available

Publicly funded rehabilitative care service listing:
www.rehabcareontario.ca

*1. Canadian Study on Health & Aging, Revised 2008.
2. K. Rockwood et al. A global clinical measure of fitness and frailty in elderly people. CMAJ 2005;173:489-495.