

IMPROVING ASSESSMENT AND ACTING ON MOBILITY IN OLDER ADULTS

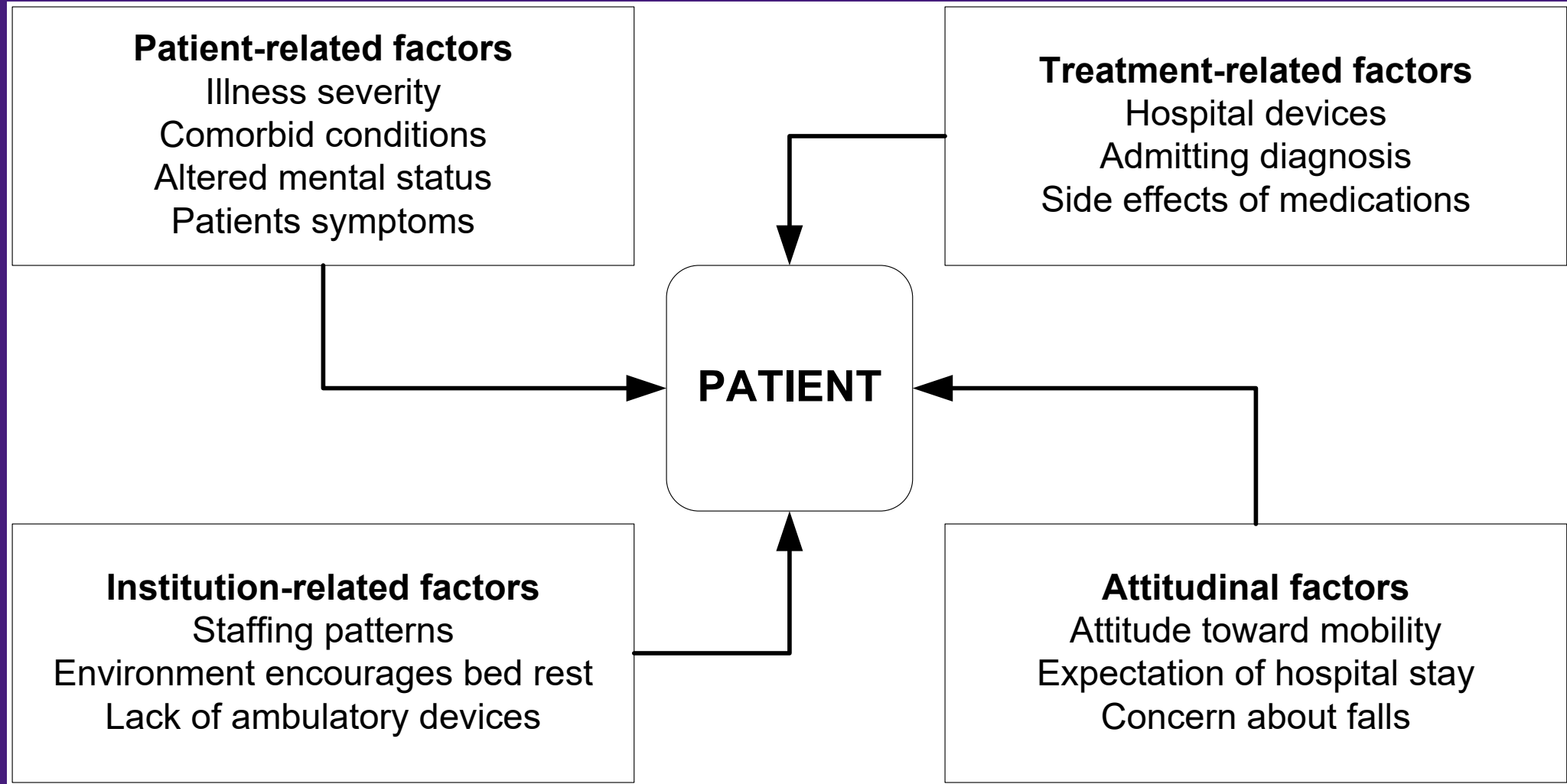
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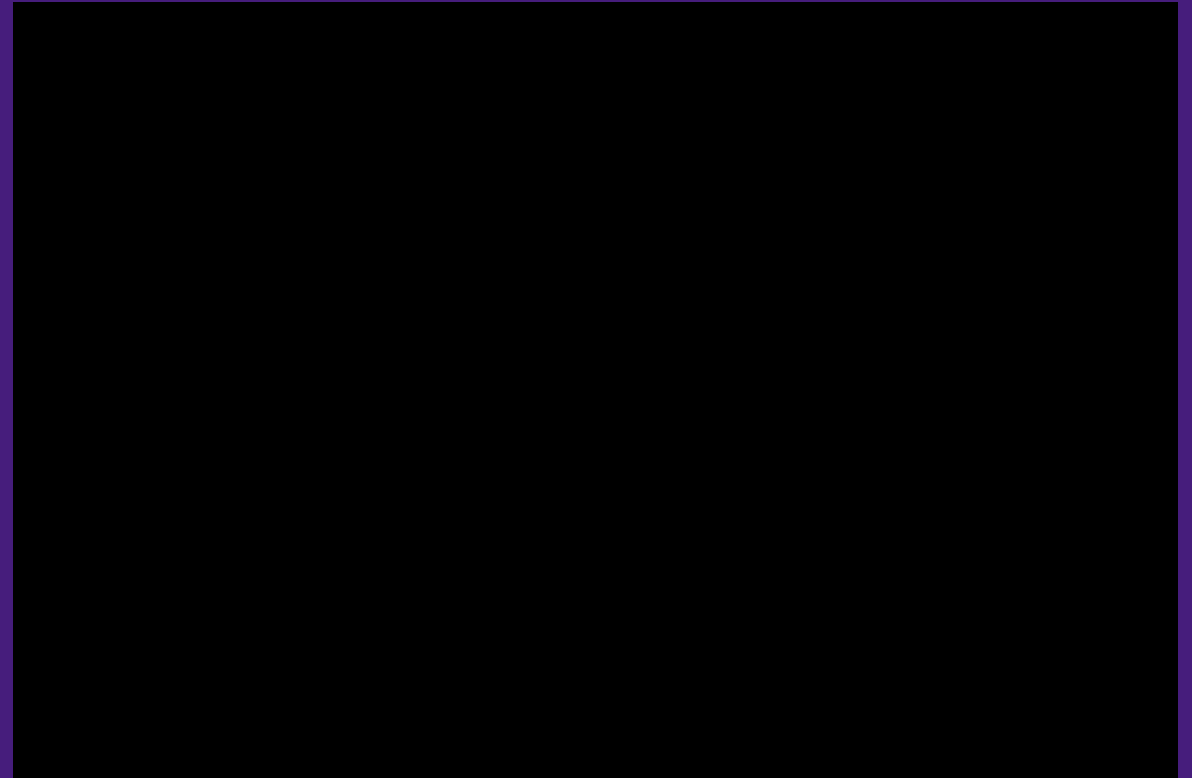
NEW ORLEANS, LOUISIANA

BARRIERS TO MOBILITY



IMPROVING DIAGNOSTIC QUALITY FOR MOBILITY

- Universal mobility assessment
 - Timed Up and Go
 - Gait Speed



BARRIERS TO HOSPITAL MOBILITY CULTURE CHANGE

- Ownership of mobility unclear
- Hospital culture encourages low mobility
- Hospital environment encourages low mobility
- Healthcare policy encourages low mobility

UNINTENDED CONSEQUENCES

- 1 / 3 of older adults leave hospital with functional decline¹
- Low mobility linked to:
 - Functional decline²
 - Need for new nursing home placement²
 - Longer length of hospital stay³
 - Falls

¹Loyd C, et al. *J Am Med Dir Assoc*, 2020. ²Brown CJ, et al. *JAGS*, 2004;

³Fisher SR, et al. *Arch Intern Med*, 2011

WHAT DOES THIS MEAN FOR OLDER ADULTS

'Fear Of Falling': How Hospitals Do Even More Harm By Keeping Patients In Bed



The Washington Post
By [Melissa Bailey](#)
OCTOBER 17, 2019

Elderly Patients In The Hospital Need To Keep Moving

Kaiser Health News
By [Anna Gorman](#)
AUGUST 16, 2016



For elderly patients, hospital stays often worsen disabilities
[Health](#) Aug 9, 2016 By Anna Gorman, Kaiser Health News