Fall Prevention: Translating Knowledge Into Action

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Educational Approaches

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Educational Foci of FPCE

- Educate and empower consumers
- Provide technical assistance to grantees
  - Selection of appropriate screening & evaluation tools
  - Development of program materials
  - Educational toolkits
  - Training workshops
- Educate current professionals about fall prevention
- Educate future workforce

The Fall Prevention Center of Excellence is supported by the Archstone Foundation
Educate and Empower Consumers

“People who use canes are brave. They can be more independent and enjoy their lives.”
Shirley Warner, age 79

“It’s not the broken hip, it’s the nursing home I don’t want. I need to be independent, so I take Tai Chi.”
Leonard Jones, age 74

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This brochure was produced in collaboration with the following organizations:

For more information on falls and fall prevention, please visit:
www.stopfalls.org | www.cdc.gov

Avoid a Fall!
Falls are a main reason why people lose their independence.
Are you at risk?

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Educate Current Professionals about FP

FPCE partners currently prepare professionals in select areas of fall prevention

- home assessment and modification
- balance and mobility training
- fall risk assessments

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Educate the Future Workforce

- “Hub and spokes” model
- Targeting future professionals
  - University
  - Community College
  - Professional schools
- Build into curriculum
  - Stand alone course
  - Course module

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Basics Curriculum
Module One

- Defining the problem
- National & local statistics
- Why older adults fall
- Who falls and where
- Defining a fall

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Module Two

- Risk factors for falls
  - Biological
  - Behavioral
  - Social/Economic
  - Environmental

- Differences across persons and settings
Module Three

- Screening and assessment of fall risk
- Setting-specific tools
- Evaluating person and environment

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Module Four

• Intervention Strategies
  – Medical assessment and follow-up
  – Exercise
  – Environmental Modification
  – Education/behavior change
Module Five

• What works? Examples of evidence-based fall prevention programs
  – Community
  – Acute Care
  – Residential Care (All levels)

• Engaging the older adult in fall prevention programs
Lessons Learned

- Important to involve end-user in development and evaluation process
- There is no “one-size suits all” educational approach
- More education is needed at all levels – consumer, family member/spouse/caregiver, provider, community, legislature