



**Evidence-Based Health Promotion for Older Adults:**  
*Collaborating with Community Partners*



## **Falls Prevention - Resources**

### **I. Overview**

According to the Centers for Disease Control and Prevention (CDC), approximately 33% of older adults age 65+ fall each year. For adults over the age of 70, the incidence of falls jumps to nearly 70%. Factors contributing to falls in older adults include age, history of past falls, chronic illness, heavy medication use, and cognitive impairment, among many others. For a brief report on the scope of the program, the UCLA Center for Health Policy Research and stopfalls.org offers useful fact sheets which can be accessed at:

- A. [Older Californians at Risk for Avoidable Falls](#) by Steven P. Wallace, Nadereh Pourat, Eva Durazo, Rosana Leos
- B. [Profile of CA Falls](#), prepared by Christy Nishita, PhD and InHee Choi, MIPA

### **II. Assessment**

- A. Client/Patient Assessment
  - i. [Assessing Care of Vulnerable Adults](#) (ACOVE). (CD-ROM).
  - ii. [Gait and Balance](#). (CD-ROM).
  - iii. [Minnesota Safety Council. Fall Prevention Checklist: Personal Risk Factors](#).
- B. Home Assessment
  - i. [Home Safety Council: Falls Prevention](#). (2004).
  - ii. [Partners in Preventing Falls – In-Home Environmental Assessment](#) (Excel spreadsheet).
- C. Step by Step: Thoughtful Fall Prevention
  - i. [Maine Health](#)

### **III. Evidence-Based Programs**

- A. [A Matter of Balance Volunteer Lay Leader Model: Evidence-Based Falls Management Program for Older Adults](#). (PDF)
- B. National Council on Aging – Replication Reports: [A Matter of Balance Lay Leader Model](#).

### **IV. Toolkits**

- A. [Falls Free: Promoting a National Falls Prevention Action Plan](#). National Council on Aging. (PDF)
- B. [Falls Tool Kit. Practicing Physician Education in Geriatrics](#). (Tools to identify, assess, evaluate, diagnose, treat, and educate both professionals and consumers about falls).
- C. [Preventing Falls Among Older Adults](#). Centers for Disease Control
- D. [Preventing Falls: What Works](#) (2008).

### **V. Articles/Literature**

- A. Li, F., Harmer, P., Glasgow, R., Mack, et. al. (2008). [Translation of an effective tai chi intervention into a community-based falls-prevention program](#). *American Journal of Public Health*, 98(7), 1195-1198. (Journal Access Required)
- B. Rubenstein, L. Z., Powers, C. M., & MacLean, C. H. (2001). [Quality indicators for the management and prevention of falls and mobility problems in vulnerable elders](#). *Annals of Internal Medicine*, 135, 686-693. (PDF).

- C. Tinetti, M. E., Baker, D. I., McAvey, G., et. al. (1994). [A Multifactorial Intervention to Reduce the Risk of Falling Among Elderly People Living in the Community](#). *The New England Journal of Medicine*, 331, 821-827.
- D. [WHO Global Report on Falls Prevention in Older Age](#) (2007).

VI. Additional Resources

- A. [Fall Prevention Center of Excellence](#).
  - i. [Multi-factorial & Physical Activity Programs for Fall Prevention](#). (PDF Brochure).
  - ii. [Falls and Vision Loss](#). (PDF Brochure).
  - iii. [Preventing Outdoor Falls](#). (PDF Brochure).
- B. [Home Safety Council](#). (Educational resources for professionals to prevent home- related injuries)
- C. [National Center for Injury Prevention & Control](#)