



Choosing a Fall Prevention Program

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Overview

- Fall Facts
- What to Consider When Choosing a Fall Prevention Program
- FP Programs





Fall Facts

- Falls are the leading cause of **injury**, **hospitalization**, and **death** among adults age 65 and older
- **1 in 3** older adults falls each year
- Falls are **preventable**



Source: Los Angeles County Department of Public Health, Injury & Violence Prevention Program, Falls Among Older Adults in Los Angeles County, June 2010.



Common Fall Risk Factors

- Past falls
- Hazards in the home and community
- Problems walking
- Balance problems
- Weakness
- Improper footwear
- Chronic diseases
- Multiple medications
- Poor vision
- Depression
- Memory problems
- Behaviors like rushing



Ways to Reduce Fall Risk

- **Talk with the Doctor**
 - Prior falls, medications, vision
- **Physical Activity**
 - Focus on balance, strength, flexibility
- **Home & Community**
 - Check home for risks, make changes for safety
 - Stay safe outdoors





Choosing a Program

- Programs vary in format and content
- There is no “one size fits all” program
- Consider:
 - Target audience
 - Facilitators required
 - Resources required





Target Audience

- Fall risk
- Functioning and activity
- Mobility





Facilitators Required

- Different programs, different qualifications
 - Volunteer lay leader
 - Experience instructing exercise or specialty activity
 - Experience instructing older adult exercise class
 - Health professionals
- Do you have qualified personnel or can you recruit them?



Resources Required

- Instructor training, certification
- Tools, materials
- Physical space
- Equipment
- Class size requirements
- Time in schedule
- Ongoing costs





Evidence-based FP Programs

- Stepping On
- A Matter of Balance
- Otago Exercise Programme
- Tai Chi: Moving for Better Balance
- For program details:
<http://www.ncoa.org/improve-health/center-for-healthy-aging/>





Fall Prevention Center of Excellence

**For fall prevention resources and
technical assistance briefs on
incorporating FP programs into your
organizations**

please visit

www.stopfalls.org