

# Implementation of an Interdisciplinary Fall Prevention Management Program



Falls in older adults are the leading cause of injury deaths and the most common cause of non-fatal injuries and hospital admission for trauma.

## Identify Older Adults at Risk

- Previous fall
- Unsteady when standing or walking
- Fear of Falling
- At Risk Score using Fall Risk Screening Measures



Our interdisciplinary fall prevention management program is part of SAFE (Senior Awareness and Fall Education) – Central Valley Coalition, established in 2011 with the goal of reducing falls for our seniors here in the central valley.

## SAFE Balance Screening

- Interprofessional Education
- Student and Faculty Team from 4 disciplines
- Comprehensive Balance and Fall Risk Assessment by Nursing, Physical Therapy, Kinesiology and Pharmacy
- Important resources to seniors to reduce/prevent falls



[www.safecvc.org](http://www.safecvc.org)

Decreasing just 1 risk factor reduces the risk of a fall by 11%.

## INTERVENTIONS

- Home Assessments
- Education
- Group *Fallproof*™ Classes
- Community group classes
- Individualized Home Exercise
- General Exercises
- Medication Management
- Referral to health care professionals or Gait and Balance Clinic at Fresno State
- Fresno State Hearing Assessments

