

Evidence-Based Health Promotion for Older Adults:
Competencies, Content, and Curricula
Interactive Session: Falls Prevention and Physical Activity - Resources

I. Overview

According to the Centers for Disease Control and Prevention (CDC), approximately 33% of older adults age 65+ fall each year, with incidence rates increasing drastically to nearly 70% in adults age 70+. Factors contributing to increased falling in older adults include age, history of falls, chronic illness, heavy medication use, and cognitive impairment, among many others. Although every age demographic is at risk for falling, the ramifications of falls in older adults notably include a high rate of mortality, reduced functioning, and/or premature admission into an assisted living facility.

II. Assessment

A. Client/Patient Assessment

- i. ACOVE. (CD-ROM).
- ii. Emory University, Division of Geriatric Medicine and Gerontology: Computer Based Learning Module 3: Falls. (Modules, Case Studies, Post Test and Answers.) Accessed from:
<http://medicine.emory.edu/ger/reynoldsprogram/index.html>
- iii. Gait and Balance. (CD-ROM).
- iv. Minnesota Safety Council. Fall Prevention Checklist: Personal Risk Factors. <http://www.mnsafetycouncil.org/seniorsafe/falls/RiskFactors.cfm>

B. Home Assessment

- i. National Center for Injury Prevention and Control: Home Assessment Chart. (2004).
http://www.homesafetycouncil.org/programs/pr_falls_p002.pdf
- ii. Partners in Preventing Falls – In-Home Environmental Assessment.

III. Evidence-Based Programs

A. A Matter of Balance Volunteer Lay Leader Model: Evidence-Based Falls Management Program for Older Adults. (PDF).

http://www.healthyagingprograms.com/resources/EBSummary_MatterBalance_Overview.pdf

- i. A Matter of Balance: Replication Report. (PDF).
<http://www.healthyagingprograms.com/resources/MOB%20Replication%20Report.pdf>

B. Active Start: Replication Report. (PDF).

http://www.healthyagingprograms.com/resources/ReplicationReport_ActiveStart.pdf

C. Enhance Fitness: Replication Report. (PDF).

http://www.healthyagingprograms.com/resources/ReplicationReport_EnhanceFitness.pdf

D. Fall Prevention Center of Excellence: Stop Falls. <http://stopfalls.org/>

- i. Preventing & Managing Falls in Older Persons: A Pocket Guide.
 - ii. Profile of CA Falls. (Brochure).
http://www.stopfalls.org/grantees_info/CAFalls.pdf
 - iii. Multi-factorial & Physical Activity Programs for Fall Prevention. (Brochure).
http://www.stopfalls.org/grantees_info/files/multi_factorial.pdf
 - iv. Falls and Vision Loss. (Brochure). <http://www.stopfalls.org>
 - v. Preventing Outdoor Falls. (Brochure). Prepared by Caroline Cicero, MSW, MPL. (PDF).
http://www.stopfalls.org/grantees_info/files/PreventingOutdoorFalls-Cicero.pdf
 - vi. Balance Basics. (Booklet).
 - vii. Stretch & Flex. (Booklet).
 - viii. Strong & Stable. (Booklet).
- E. Healthy Moves: Replication Report. (PDF).
http://www.healthyagingprograms.com/resources/ReplicationReport_HealthyMoves.pdf
- F. Li, F., Harmer, P., Glasgow, R., Mack, K. A., Sleet, D., Fisher, K. J., Kohn, M. A., Millet, L. M., Mead, J., Xu, J., Lin, M., Yang, T., Sutton, B., & Tompkins, Y. (2008). Translation of an effective tai chi intervention into a community-based falls-prevention program. *American Journal of Public Health*, 98(7), 1195-1198. (PDF). <http://www.ajph.org/cgi/reprint/98/7/1195>
- G. NCI-ACES: Replication Report. (PDF).
http://www.healthyagingprograms.com/resources/ReplicationReport_NCI-ACES.pdf

IV. **Toolkits**

- A. Falls Free: Promoting a National Falls Prevention Action Plan. National Council on Aging. (Background information, goals, strategies, and action steps toward preventing falls). PDF.
http://www.healthyagingprograms.org/resources/FallsFree_NationalActionPlan_Final.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). <http://www.gericareonline.net/tools/eng/falls/index.html>
- C. Preventing Falls Among Older Adults. Centers for Disease Control and Prevention. (Fact sheets, brochures, posters, resources for professionals, figures, maps, podcasts, and weblinks).
<http://www.cdc.gov/ncipc/duip/preventadultfalls.htm>

V. **Articles/Literature**

- A. American Geriatrics Society. (2001). Guideline for the prevention of falls in older persons. *Journal of the American Geriatrics Society*, 49(5), 664-672.
<http://www3.interscience.wiley.com/cgi-bin/fulltext/118968055/PDFSTART>
- B. Baker, D. I., Gottschalk, M., & Bianco, L. M. (2007). Step by step: Integrating evidence-based fall-risk management into senior centers. *The Gerontologist*,

47(4), 548-554. (PDF).

<http://gerontologist.gerontologyjournals.org/cgi/reprint/47/4/548>

- C. Elley, C. R., Robertson, M. C., Garrett, S., Kerse, N. M., McKinlay, E., Lawton, B., Moriarty, H., Moyes, S. A., & Campbell, A. J. (2008). Effectiveness of a falls-and-fracture nurse coordinator to ReduceFalls: A randomized, controlled trial of at-risk older adults. *Journal of the American Geriatric Society*, 56(8), 1383-1389. <http://www3.interscience.wiley.com/cgi-bin/fulltext/121394347/PDFSTART>
- D. Feder, G., Cryer, C., Donovan, S., & Carter, Y. (2000). Guidelines for the prevention of falls in people over 65. *BMJ*, 321, 1007-1011. <http://www.bmj.com/cgi/content/full/321/7267/1007?view=full&pmid=11039974>
- E. Osterweil, D., Brummel-Smith, K., Beck, J. C., eds. *Comprehensive Geriatric Assessment*. New York: McGraw-Hill, 2000: 787-99.
- F. 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. http://www.annals.org/cgi/reprint/135/8_Part_2/686.pdf
- G. Tinetti, M. E., Baker, D. I., McAvey, G., Claus, E. B., Garrett, P., Gottschalk, M., Koch, M. L., Trainor, K., & Horwitz, R. I. (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. <http://content.nejm.org/cgi/content/full/331/13/821?ikey=12bf7d46ca55bebd706acdae3332bc62921c5d22>

VI. Web Resources

- A. Fall Prevention Center of Excellence. (Information for both professionals and consumers regarding fall prevention). <http://www.stopfalls.org>
- B. Home Safety Council. (Educational resources for professionals to prevent home-related injuries). <http://www.homesafetycouncil.org>
- C. National Center for Injury Prevention and Control. (General information and materials for fall prevention programs). <http://www.cdc.gov/ncipc/pub-res/toolkit/toolkit.htm>
- D. National Council on Aging (NCOA): Center for Healthy Aging. (Manuals, toolkits, model programs, reports, and weblinks to promote and implement healthy aging programs). <http://www.healthyagingprograms.com>
- E. Portal of Geriatric Online Education (Free database, username and password required): www.pogoe.org