



## Fall prevention resource list

Every 11 seconds, an older adult is treated in the emergency room for a fall and every 20 minutes, an older adult dies from one.<sup>1</sup> Fall prevention is a priority Blue Shield of California shares with you and your patients. We hope these resources will help you quickly access fall assessment and prevention information. Some are for you and your staff. Others are resources you can share with your patients.

### Fall prevention websites

[STEADI \(Stopping Elderly Accidents, Deaths & Injuries\)](#) – Sponsored by Centers for Disease Control and Prevention (CDC)

[National Falls Prevention Resource Center](#) – Sponsored by National Council on Aging (NCOA)

[HomeMods.org](#) – Sponsored by USC Leonard Davis School of Gerontology

### Fall risk assessment workflow and checklists

Providers	<a href="#"><u>Algorithm for Fall Risk Screening, Assessment and Intervention</u></a> (CDC)
	<a href="#"><u>Fall Risk Factors Checklist</u></a> (CDC)
Patients	<a href="#"><u>Stay Independent: Prevent Falls Checklist</u></a> (CDC)

### Fall risk assessment physical exams

Providers	<b>Timed Up &amp; Go (TUG)</b> – For gait: <a href="#"><u>Video/Instructions</u></a> (CDC)
	<b>30-Second Chair Stand</b> – For leg strength and endurance: <a href="#"><u>Video/Instructions</u></a> (CDC)
	<b>Four-Stage Balance Test</b> – For static balance: <a href="#"><u>Video/Instructions</u></a> (CDC)

### Senior support resource locator

[Eldercare Locator](#) – A public service of the U.S. Administration on Aging that connects older adults and their families to community services. Phone contact: **(800) 677-1116**.

<sup>1</sup> U.S. Centers for Disease Control and Prevention (CDC).



## General fall prevention information

Providers	<a href="#">Talking about Fall Prevention with Your Patients</a> (CDC)
Patients	<a href="#">Stay Independent: Prevent Falls</a> (CDC)
	<a href="#">Fall Prevention</a> (26 minutes) – Part of <i>The Physio Podcast</i> series: Covers why falls are an issue in the senior community and how to lower the chance of falling.
	<a href="#">HCPA StopFalls</a> – A smartphone app for Android™ and iPhone® featuring exercises, assessments, and prevention techniques. Sponsored by the Hertfordshire Care Providers Association (HCPA).

## Physical fitness

Providers	<a href="#">Physical Exercise and Fall Prevention</a> – PubMed (NIH.gov)
	<a href="#">Research on the Value of Physical Therapy</a> – American Physical Therapy Association (APTA)
Patients	<a href="#">SilverSneakers®</a> – For adults 65+ and included with many Medicare Advantage Plans, SilverSneakers provides access to gyms plus exercise classes for all fitness levels.
	<a href="#">Learn about Evidence-Based Falls Prevention Programs</a> – A variety of evidence-based fitness programs proven to help older adults at all levels of fitness reduce their risk of falling (NCOA).

## Medication safety

Providers	<a href="#">Community Pharmacy Fall Risk Checklist</a> (CDC)
Patients	<a href="#">Are Your Medications Increasing Your Risk of a Fall? <a href="#">English</a> / <a href="#">Spanish</a></a> (CDC)

## Fall-proofing for the home

Patients	<a href="#">18 Steps to Fall-Proofing Your Home</a> (NCOA)
	<a href="#">Check for Safety: A Home Fall Prevention Checklist</a> (CDC)

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