

Fall Prevention Resource and Information Booklets Available

Falls are a major health problem among older adults. Approximately 30% of adults 65 years and older fall each year, and that proportion increases to 50% for those 80 and older. Falls are a leading contributor to injury, disability and decreased quality of life.¹

The good news is that many falls can be prevented. The scientific evidence is clear. The most effective interventions to prevent falls are multifactorial, designed to target key risk factors. A basic fall history provides the necessary information to implement an individualized fall risk intervention strategy.²

Working in partnership with older adults and healthcare professionals from across the system, MaineHealth Elder Care Services has prepared the *Fall Prevention Resource Manual for Healthcare Providers* and *Fall Prevention Information for Patients and Families*. These materials contain national guidelines for the prevention, evaluation and treatment of falls to help clinicians provide the best care possible, including:

- strategies for the prevention of falls in older persons,
- information for appropriate medication management,
- specific tools including the Timed Up and Go,
- a recommended framework for a falls office visit, and
- fall prevention information for patients and families along with state and national resources.

MaineHealth is pleased to provide these materials at no charge to all member and affiliate organizations. Copies can easily be obtained through the J.S. McCarthy online ordering website at www.jsmcCarthy.com/mainehHealth.

References:

¹ Schiller J, Kramarow E, Dey A. Fall Injury Episodes Among Noninstitutionalized Older Adults: United States, 2001-2003. CDC Advance Data From Vital and Health Statistics: 392, September 21, 2007.

² Ganz D, Bao Y, Shekelle P, Rubenstein LZ. Will My Patient Fall? JAMA. 2007; 297:77-86.

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### Video: The Good News About Fall Prevention

An eight-minute video written and produced by Seattle Pacific University School of Health Sciences Senior Nursing Capstone Students

<http://spu.edu/depts/hsc/fallprevention>