Fall Prevention Resources

Center for Disease Control & Prevention (CDC) Resources

- Important Facts about Falls
- Cost of Falls among Older Adults
- Hip Fractures among Older Adults

STEADI Tool Kit Materials:

- Check for Safety
- What You Can Do to Prevent Falls
- Stay Independent
- STEADI Materials for Healthcare Providers
- Algorithm for Fall Risk
- Risk Factors for Falls
- Fall Risk Checklist
- Medications Linked to Falls
- Chair Rise Exercise

Functional Assessments:

- Timed Up & Go (TUG) Test
- 4-Stage Balance Test
- 30-Second Chair Test
- Osteopathic Blood Pressure

Articles

- “An Overlooked Demographic?” by Megan Baldridge – Provider Magazine (Link)
- “Assessing Pain & Falls Risk in Residents with Cognitive Impairment: Associated Problems with Overlooked Assessment” by Allison Burfield, RN, MSN, PhD and James Cooper, RPh, PhD, BCPS – Annals of Long Term Care, Volume 22 – Issue 5 – May 2014 (Link)
- “Falling into Place: A Practical Approach to Interdisciplinary Education on Falls Prevention in Long-Term Care” by Alice Bonner, RN, GNP, FAANP – Annals of Long Term Care, Volume 14, Number 6, June 2006 (Link)
Checklists and Forms

Checklist of Nonverbal indicators of Chronic Pain by Elderly Residents

Fall Risk Assessment Guidelines

Washington Health Care Association Resources:

Document Library
Tinetti Assessment Tool
Fall Risk Assessment
Fall Investigation Questionnaire
Falls Management Investigation – Post Fall Tool
Falls Management – Post Fall Assessment Tool
Interdisciplinary Post Fall Assessment

Fall Management Programs

Fall Management Guidelines – Health Care Association of New Jersey
Falls Prevention and Management – Long Term Care Resource Kit