Steps to Prevent Falls

1. Ask
- Ask your 65+ patients if they have fallen in the past year. [3]

2. Identify & Screen
- Identify risk factors for falls through screenings.[3]

3. Refer
- Refer patients to specialist or community programs.[3]

4. Follow Up
- Follow up with patients within 30 days.[3]

Contact Us

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References

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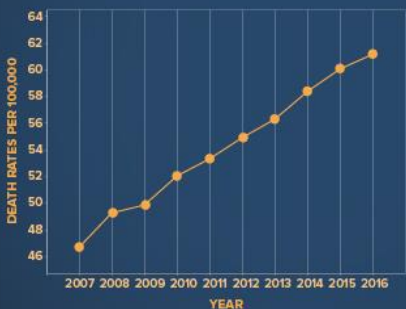
Falls Free®
Maryland Falls Free Coalition

FALLS PREVENTION & YOUR OLDER PATIENTS

Simple steps to prevent falls in your patients

Facts & Statistics

Fall Death Rates in the U.S.
INCREASED 30%
FROM 2007 TO 2016 FOR OLDER ADULTS

If rates continue to rise, we can anticipate

7 FALL DEATHS EVERY HOUR BY 2030

Learn more at www.cdc.gov/HomeandRecreationalSafety.

1
- Unintentional deaths due to falls in the 65+ age group are on the rise in the US.[1]

2
- In Maryland alone, there were 10,169 hospitalizations for fall injuries among older adults 65+ in 2016.[2]

3
- Fall related hospitalizations in older adults cost over $194 million in Maryland during 2016.[2]

4
- Between 2010-2016, the number of deaths in Maryland increased from 377 to 592.[5]

Educate Your Patients about Ways to Prevent Falls [3,4]

Risk Factors	Medicines	Sensory Input	Exercise Programs
• Muscle weakness • Poor balance • Postural hypotension • Dizziness • Foot abnormalities • Vision difficulties • Medicines • Home hazards • Recent falls • Fear of falling	• Review and talk to your patients about their medicines, both prescription and over the counter ones • Fall risk increasing drugs (FRIDs) • Calcium and vitamin D supplementation	• Refer your patients for a vision and/or hearing check up if necessary • Peripheral neuropathy may affect strength and proprioception	• Walking and flexibility exercises may be beneficial (see "Resources for Your Practice")

Resources for Your Practice

❑ Center for Disease Control and Prevention (CDC) Stopping Elderly Accidents, Deaths & Injuries (STEADI) toolkit and materials available for free at www.cdc.gov/steadi/materials.html and includes:
  ❑ Algorithm for Fall Risk Assessment & Interventions
  ❑ Preventing Falls in Older Adults: Provider Pocket Guide
  ❑ Fall Risk Checklist
  ❑ Talking about Fall Prevention with Your Patients
  ❑ Stay Independent Brochure

❑ National Council on Aging (NCOA) Fall Prevention toolkit available for free at www.ncoa.org/healthy-aging/falls-prevention/ and includes:
  ❑ Fact sheets, brochures and handouts
  ❑ Webinars
  ❑ Videos
  ❑ PowerPoint presentations

❑ Maryland Department of Health resources available for free at https://phpa.health.maryland.gov/ohpetup/Pages/eip_falls.aspx
❑ Baltimore County programs for balance and fall prevention are available at http://www.baltimorecountymd.gov/Agencies/aging/healtheducation/