

Fall Prevention Workshop
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Elements to consider: what the person can and does do, the nature and timing of the activity and the environment in which the person functions

Person:

Physical impairments and medical conditions including medications, vision and hearing

Cognitive impairments

Fear of falling

Assessments: FES, Falls Behavior Scale, medication review

Activity

Balance, gait, use of mobility assistance

Transfers

Reaching

Carrying

Sleep patterns

Assessments of balance and gait, Timed Up and Go, Reaching

BREAK (10 min)

Environment

Step through the client's day, note the hazards in the environment in each activity, contemplate emergency activity

Assessments: home safety checklists

How to fix problems

Person: provide some easily replicated test of ability so client can measure improvement and thereby reduce fear of falling.

Walking on a line, standing on one leg, TUG, reaching

Activity: increase daily activity routine, include outside time. Engage in balance and stretching exercises. (Betty Perkins-Carpenter, PhD. *How to Prevent Falls*, 2006) Adapt carrying, transfers, timing of activity, planning.

Environment: home modifications: grab bars, throw rugs, railings, night-lights, beside commode, telephone.