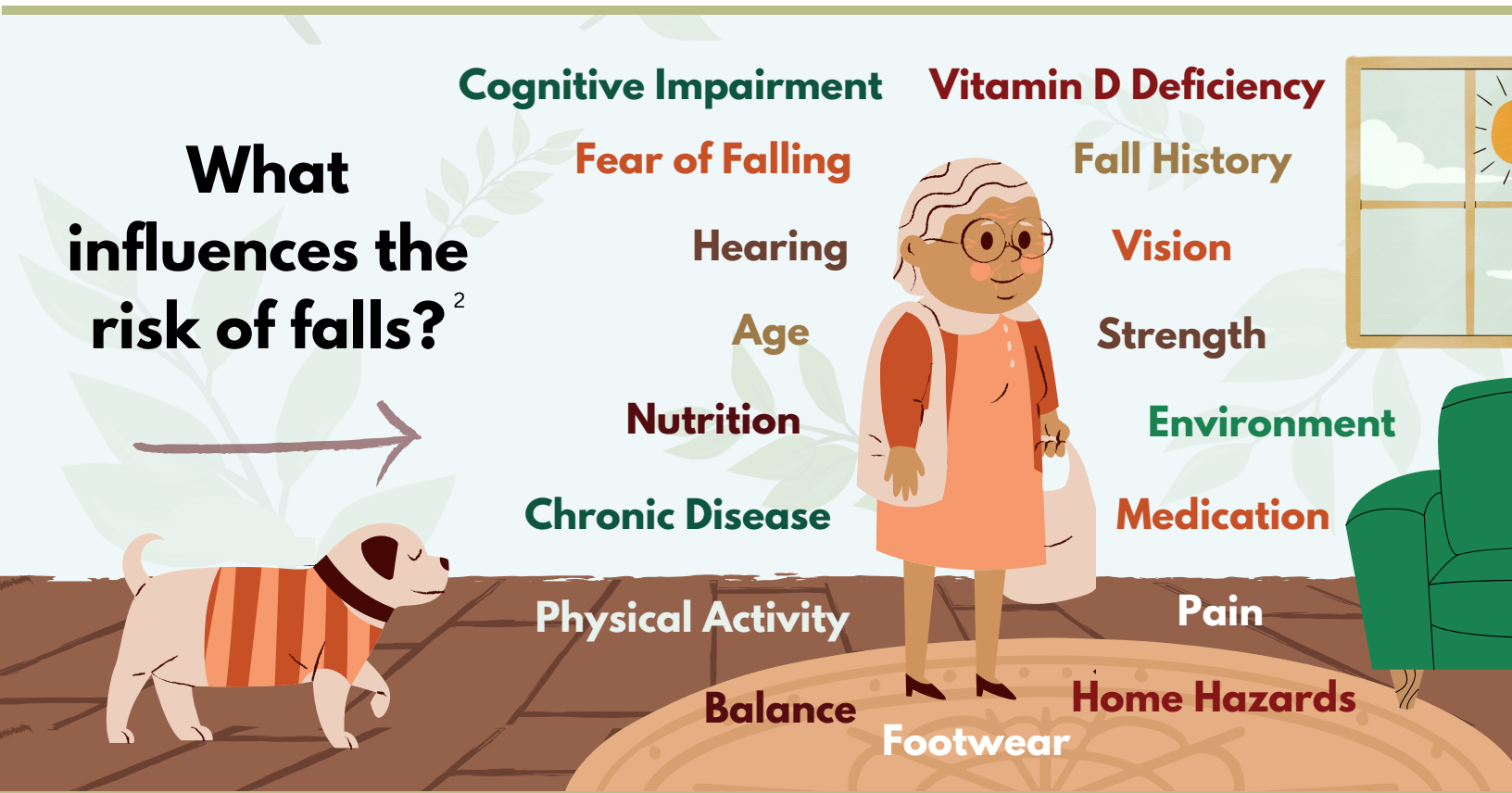


Stepping Toward Prevention

This tip sheet is intended to encourage conversations about fall risk and related interventions with older patients.

Among the growing population of adults aged 65 and older, unintentional falls are the most common cause of both nonfatal and fatal injuries.¹ Despite the numerous health challenges that can stem from a fall, many older adults do not inform their healthcare providers when a fall occurs. If fall risk factors are not adequately addressed, there may be a subsequent decline in a patient's health and overall well-being. Health centers play a vital role in improving falls prevention efforts by engaging older adults and their caregivers to identify areas of concern and utilize tailored interventions in response.



Beyond the more visible risk factors such as fall history or an unsteady gait, there are a variety of **physical, mental, and environmental** concerns that must be considered. Interprofessional teams should utilize one of the multiple risk assessment tools to inform individualized management plans that encourage and prepare older patients to adopt evidence-based falls prevention strategies.³

When starting conversations about falls prevention, remember to:

Prioritize

setting goals that go beyond risk reduction to focus on what matters most to older adults and their informal caregivers.

Explore

behavior changes that may currently feel less achievable to older patients in order to increase their motivation to take action.

Promote


community resources that address patient barriers and promote increased physical activity and home safety modifications.

Emphasize

your role in supporting the health and well-being of older patients and improving their ability to safely age in place.



Falls CAN be prevented!



We can work together to reduce your risk.



Let's make a plan.

Resources

- [Evidence-Based Program: A Matter of Balance](#)
- [Talking about Fall Prevention with Your Patients \(CDC/STEADI\)](#)
- [Falls Prevention Conversation Guide For Caregivers \(NCOA\)](#)
- [Home Assessment Tools for Professionals and Individuals \(NCOA/USC\)](#)

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