
Learning Objectives

MedBridge Education
Stepping Up to Stop Falls and Fear of Falling
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Course Description:

Part one of this six part falls prevention series is designed for occupational therapy practitioners to gain a better understanding of the prevalence, ramifications, impact on occupation performance, and evidence-based programs related to falls and fear of falling among community-dwelling older adults. In this six part series, practitioners will learn how to incorporate current evidence-based recommendations related to screenings, evaluations, and interventions that may be utilized with community-dwelling older adults to reduce fall risk and fear of falling.

Chapter 1: Prevalence and Ramifications of Falls

The participant will:

- Review the prevalence and definitions of falls and fear of falling
- Discuss ramifications of falling among community-dwelling older adults
- Discuss ramifications of fear of falling among community-dwelling older adults

Chapter 2: Multifaceted Fall Risk Factors

The participant will:

- Compare and contrast multifaceted fall risk factors in relation to falls among community-dwelling older adults
- Compare and contrast multifaceted fear of falling risk factors in relation to falls among community-dwelling older adults
- Discuss the importance of health care professionals working together to identify the multifaceted risk factors associated with falls and fear of falling for each community-dwelling older adult within his or her practice

Chapter 3: Multifaceted Fall Risk Factors

The participant will:

- Identify the Falls Prevention team and describe each member's roles in addressing falls prevention and/or fear of falling
- Identify the roles of community colleges and universities in educating future health care professionals, architects, interior designers, and many others, regarding falls prevention and fear of falling

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- Identify and describe the roles of professional, federal, and state aging agencies in promoting falls prevention and fear of falling among community-dwelling older adults
 - Identify and discuss the importance of community involvement associated with addressing falls prevention and fear of falling among community-dwelling older adults