

Who is your audience?

- Older Adults aged 65 years and older
- Caregivers
- Anyone who has an older adult in their life

Choose your Venue:

We had ours in the lobby of the main hospital. This location was chosen so we could have the opportunity to educate an audience that may not otherwise come to a fall prevention event. Keep in mind; this should be easily accessible for older adults. Think about parking location and cost. Is there an area for buses to drop off/pick up? How much through traffic will be present? You want to remember that you not only want to educate people coming specifically to the event but also those who may just be visiting a patient.

What is your goal?

Create an event that is interactive, identify individual risk factors and provide tangible local resources to participants; More than just handing out pamphlets with factoids.

Corporate Compliance:

Set- up a meeting or call your corporate compliance representative to discuss the do's and don'ts of having vendors both for-profit and non-profit organizations.

Gain Administrative support:

Email your administrators about the importance of educating our patients and their family members about community-based falls. Get a MD on-board for support when approaching administration.

Resources used to support activities:

CDC, STEADI Program
NIA, Go4Life Program
NIA, Safe Use of Medicines
American Foundation for the Blind, Low vision

Choose your focus:

According to the CDC (2015), providers should FIRST focus on modifiable risk factors such as:

- Lower body weakness
- Difficulties with gait and balance
- Use of Psychoactive medications
- Postural Dizziness
- Poor Vision
- Problems with feet and/or shoes
- Home Hazards

Taking into account the modifiable risk factors, community-based fall prevention can be divided into 4 basic target areas in older adults aged 65 years and older:

1. Mobility/Exercise booth addresses these modifiable risk factors:
 - a. Lower body weakness
 - b. Difficulties with gait and balance
2. Medication booth addresses these modifiable risk factors:
 - a. Use of Psychoactive medications
 - b. Postural Dizziness
3. Vision booth addresses these modifiable risk factors:
 - a. Poor Vision
4. Home Environment booth addresses these modifiable risk factors:
 - a. Problems with feet and/or shoes
 - b. Home Hazards

What booth's or exhibitors do I have?

When looking for exhibitors, use this opportunity to showcase the awesome resources your state has.

1. Mobility Focused Booths:
 - a. Gait and balance testing booth – Invite physical therapist to volunteer to perform these assessment tools.
 - b. The 3 assessment tools we used was:
 - i. Time Up and Go (TUG) Test – independent indicator (can determine level of risk using only this test)
 - ii. The 30-Second Chair Stand Test (optional)
 - iii. The 4-Stage Balance Test (optional)

These assessment tools can be found at: STEADI Materials for Health Care Providers - <http://www.cdc.gov/steady/materials.html>

- c. Exercise demo booth – Rotate different exercises throughout the event every 15 minutes
- e. Invite local community resources that address mobility and exercise in older adults. The community partners below are examples from the University of Kentucky Trauma Program Farewell to Falling Fair. These offer low or no cost programs for older adults.
 - i. YMCA/Silver Sneakers – Signed people up at the booth on iPad.
 - ii. Each county in KY has a Cooperative Extension Office – Family and Consumer Sciences (FCS) Extension (Search for your state <https://search.extension.org/>) – The Kentucky Cooperative Extension Office, Department of Family and Consumer Sciences (FCS) Extension has trained each agent in the state of Kentucky on a Fall Prevention Program called “Stand Up to Falling: A Fall Prevention Program)
 - iii. Matter of Balance (Our state has trained Cooperative extension agents throughout the state)
 - iv. Department of Aging and Independent Living (DAIL) – This is a program under the Kentucky Cabinet for Health and Family Services – Refer to your states Department for Aging for resources throughout your state

- v. Area Agencies on Aging – <http://www.n4a.org>
 - vi. Bluegrass Community Action Partnership – This is a non-profit organization that assists senior centers throughout the state
 - vii. Invite local senior centers to have a booth and bring members
 - viii. Transportation services for older adults (iTN Bluegrass)
 - ix. Meals On Wheels
 - x. Local Safe Aging Coalitions
 - xi. Injury Prevention and Research Centers
 - xii. Massage Therapy for Arthritis (Massage Envy offers “Geriatric Massages”)
 - xiii. AARP - Legislation
 - xiv. Community Action Partnership - <http://www.communityactionpartnership.com/>
 - xv. Tai Chi/Yoga other exercise organizations in your area
2. Medication Focused Booths:
- a. Booth set-up with pharmacists to answer questions (see booth guide below)
 - b. Booth set-up with volunteers (Healthcare providers or students) taking orthostatic blood pressure measurements with education on ways to prevent falling due to orthostatic hypotension
 - c. Vial of Life Booth
 - d. E-911 Booth
 - e. Fire Department or EMS representative about programs/Lift assist information
3. Vision Focused Booths:
- a. Lions Club – Offer free eye exams
 - b. Volunteer optometrist to do basic eye exams
 - i. Discuss low vision diseases
 - ii. Amsler grid (if nurse or nursing student volunteer) or basic vision exam
 - c. Invite local foundation for the blind (Bluegrass Foundation for the Blind)
 - i. Discuss with attendees about home & lifestyle modifications to help adjust to vision loss and prevent falls in the home.
 - d. Low vision simulation booth
4. Home Environment Focused Booths:
- a. Occupational therapists or OT students
 - b. Universal design consultants
 - c. Universal design contractors
 - d. Big Box home stores (Home Depot, Walmart, Lowes) – companies that offer a variety of home safety products
 - e. Rehab Hospitals or facilities
5. Registration:
- a. BINGO Card with all booth logos
 - b. Prizes donated by the vendors (Massage’s, Gift Cards, Home Modification equipment, night lights etc.)

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Farewell to Falling:
A Fall Prevention Fair

UK HealthCare 2016

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