



Training Guide for Fall Prevention

Summary: Falls are a significant health risk. Falls are the leading cause of injury related to hospitalization. Falls threaten a person's health and their quality of life. Adults with developmental disabilities have an increased risk of falling – 1 in 3 compared to 1 in 5 of the general population over the age of 65. In addition, they are more likely to experience an injury, such as a broken bone or head injury, after a fall. And, with each fall, the chance of falling increases. Falls are preventable. This training packet will focus on prevention of falls using the four **E**'s.

Goals: At the end of this class, participants should be able to:

- Understand the importance of preventing falls.
- Describe the four **E**'s —
 - * **E**valuation
 - * **E**xercise
 - * **E**nvironment
 - * **E**ducation
- Identify the steps to take when a fall occurs.

Materials Needed: Depending on the method of presentation you select , you will need:

Physical Materials:

- Chart or poster paper
- Markers
- Handouts
- Equipment to show materials on TV or monitor

Provider Materials:

- Spring 2017 Newsletter: You Can Prevent Falls - <http://ddssafety.net/safety/fall-prevention/spring-2017-newsletter-you-can-prevent-falls-0>
- Fall Prevention Provider Leadership Strategies - <http://ddssafety.net/safety/fall-prevention/fall-prevention-provider-leadership-strategies>

Supporter Materials:

- Supporter Article: You Can Prevent Falls - <http://ddssafety.net/safety/fall-prevention/supporter-article-you-can-prevent-falls>



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- Supporter Resource: Risk for Falling Checklist - <http://ddssafety.net/safety/fall-prevention/supporter-resource-risk-falling-checklist>
- Supporter Resource: What to Do if Someone Falls - <http://ddssafety.net/safety/fall-prevention/supporter-resource-what-do-if-someone-falls>
- Knowledge Check: Fall Prevention - <http://ddssafety.net/safety/fall-prevention/knowledge-check-fall-prevention>

Tools for Individuals:

- Tip Sheet #1 Check Your Risk for Falling - <http://ddssafety.net/safety/fall-prevention/tip-sheet-check-your-risk-falling>
- Tip Sheet #2 6 Steps to Keep You From Falling - <http://ddssafety.net/safety/fall-prevention/tip-sheet-6-steps-keep-you-falling>
- Tip Sheet #3 What to Do If I Fall? - <http://ddssafety.net/safety/fall-prevention/tip-sheet-what-do-if-i-fall>
- Video: You Can Keep from Falling - <http://ddssafety.net/node/983>

Preparation:

Review all SafetyNet materials listed above. In addition, managers, trainers, and administrators should review the Fall Prevention Provider Leadership Strategies and Spring 2017 Newsletter: You Can Prevent Falls. Depending on the method or presentation you choose:

- Set-up equipment for presentation.
- Print out/photocopy Supporter and Individual materials.
- Print out/photocopy Knowledge Check: Fall Prevention.

Presentation:

There are many ways to present this material, including:

- **Print the Supporter and Individual materials** and go through them as a group with discussion. End the session with the Knowledge Check: Fall Prevention and a discussion of the answers.
- **Use a computer and a projector**, TV monitor, or monitor with an internet connection to show the **Supporter and Individual materials** (either downloaded onto your computer or directly on the website). End the session with the Knowledge Check: Fall Prevention and a discussion of the answers.
- **Print the Supporter and Individual materials as handouts for self-study**. Each participant then completes the Knowledge Check: Fall Prevention and discusses answers with other staff as a group.



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Suggested Activities for Sessions on Fall Prevention:

- Use **Supporter Resource: Risk for Falling Checklist** to evaluate the fall risk of an individual that you support. Enlist support staff, the person at risk, and as needed, their doctor, physical therapist and others in developing and implementing the plan. Make sure everyone knows what to do. Include in the plan:
 - A plan for regular physical activity that fits with the person's interests and abilities;
 - A plan for proper use and maintenance of assistive devices;
 - An annual appointment with the person's eye doctor to review vision;
 - An annual visit with the person's doctor to review medications and talk about medical conditions that increase fall risk; and,
 - A plan for regular re-evaluation of personal and environmental risks.
- Demonstrate the use of the **Log for Falls (Supporter Resource What to Do if Someone Falls)** with either hypothetical information or actual information from a recent fall of a staff or an individual you support. Present a hypothetical situation and ask staff to log it.
- Work through **Check for Safety: A Home Fall Prevention Checklist** as a group to evaluate a home or work place. Ask staff to complete the checklist and then discuss answers as a group.
- Hand out the **Knowledge Check: Fall Prevention** at the end of your session on Fall Prevention. Ask participants to complete, but mention it will not be scored. Once completed, discuss the answers as a group. Review materials as needed.