

Project Title

Professional Assessment DVD

Supporting Organizations

1. Buffalo Rehab Group Physical Therapy PC
2. D'Youville College, Occupational Therapy Department
3. Learning Partners

Project Summary

The purpose of the accompanying DVD is to support organizations and individuals as they work to build competency in conduct falls risk assessments with older adults. The material is geared towards Physical and Occupational Therapists, Therapy Assistants, and students. The DVD provides a demonstration of four falls risk assessments:

1. Time Up and Go (TUG)
2. Tai Chi Walking
3. Modified Multi-Directional Reach
4. Vestibular Screening

This toolkit item is supported by a document entitled “Falls Prevention and Risk Assessments”. This document includes a description of each of the above assessments, their use, and the scoring, as well as the use of other falls risk assessments. All of these tools are evidence-based assessments with research to support their usage in assessing falls risks. Selected citations are provided on the document.

Impact on Falls Prevention

Each of these assessments has been established as a strong predictor of falls risk in community dwelling older adults. Several of the WNY Falls Prevention Collaborative teams choose to use one or more of these assessments to show the impact of their program on reducing falls risk. These tests effectively measured the impact of a variety of falls prevention programs including

- Otago Exercise Programme
- SAFE Program
- Home Based Primary Care Exercise Program