

Project Title

Falls Prevention and Risk Assessments

Supporting Organizations

1. Buffalo Rehab Group Physical Therapy PC
2. Continuing Care Division of Catholic Health System's Senior Services
3. D'Youville College, Occupational Therapy Department
4. Geriatric Center of WNY
5. Learning Partners
6. UB Department of Rehabilitation Science

Project Summary

The assessment of falls risk in older adults is a critical first step to any successful falls prevention program. The success of a program or intervention is often based on the change over time in one or several assessments of risk, or perceived risk. This toolkit item includes a description/instructions and the assessment tool for seven different assessments including:

1. Activities Specific Balance Confidence (ABC) Scale
2. BERG Balance Scale (BBS)
3. Five Time Sit to Stand
4. Modified Multi Directional Upper Extremity Reach Test
5. Single Leg Stance (SLS)
6. Timed Up and Go (TUG)
7. Vestibular Screening

It is important to note that most of these assessments are copyrighted and have been created by external organizations. The references found in this document should always remain with these assessments. These assessments are most appropriately conducted by a Physical and/or Occupational Therapist or other professionals trained in the appropriate methods. The one exception is the ABC Scale, as this assessment is completed by the older adult him/herself. These assessments relate very closely to the previous toolkit item, the Professional Assessment DVD.

Impact on Falls Prevention

Each of these assessments has been utilized to show a programs impact on reducing falls risk. These assessments can be conducted at varying intervals to determine if a program is decreasing risk by improving gait, balance, confidence etc.