

Project Title

Falls Prevention Digital Data Interface Form

Sponsoring Organizations

1. Buffalo Rehab Physical Therapy PC
2. Stall Geriatrics

Summary of Program

Several organizations choose to assess the fall risk of older adults. Therapy staff has several choices when determining what assessments they will conduct to determine the level of risk. Often these assessments are guided by restraints set by insurance companies and third party payers.

Through this project, the team established a comprehensive assessment strategy based solely on the needs of high risk older adults. This assessment strategy required nearly one hour of therapy staff time and involved the following assessments

1. Senior Self Assessment
2. Three Question Falls Risk Assessment
3. Activities Specific Balance (ABC) Scale
4. Timed Up and Go (TUG)
5. Single Leg Stance (SLS)
6. Modified Multi-Directional Reach Test
7. Berg Balance Scale (BBS)
8. Vestibular Screening

Upon completion of this assessment regimen, the therapy staff is able to work with an older adult to create an individualized falls prevention plan. Such plans support older adults as they work to improve balance, mobility, and overall functioning in the community. A key component of this project was the ability to enter this information into a central database, allowing easy access and collaboration between partners.

Toolkit Components

1. Fillable PDF document including all assessments mentioned above

Impact on Falls Prevention

This initiative enrolled 47 older adults over a 12 month period. The team saw a reduction in the average rate of falls in this population from 9.75% at program initiation to 4.42% at 6 month follow up. Data was collected through self reported falls during patient interviews.