

**Project Title**

Primary Care Provider Falls Prevention Tools

**Sponsoring Organization**

1. Western New York Geriatric Center – Kaleida

**Summary of Program**

Raising awareness among primary care providers of the prevalence and impact of falls in older adults is critical to improving long term care. Through this work the project team learned that asking simple questions of older adults, such as if they live alone, can have a powerful impact on the health outcomes. Supporting primary care providers to take a more proactive approach to falls prevention during annual visits lead to improved outcomes and decreased falls in older adults.

Another key component to this work is educating older adults of the role they each play in standing up for themselves when at the doctor's office. Providing older adults with a list of key information they should be aware of that could help prevent falls lead to improved confidence and awareness of falls risk.

Each of these tools can easily be implemented in a variety of primary care and long term care settings. The use of these tools will help older adults become more aware of ways they can take charge of the health and prevent falls.

**Toolkit Components**

1. Primary Care Quick Guide
2. Primary Care Treatment Interventions
3. Stand Up for Yourself – Patient Guide

**Impact on Falls Prevention**

Using these tools to coordinate patient and physician education regarding falls risk factors leads to a collaborative effort to reduce risk. These tools allow patients and physicians to work together to improved the health and wellbeing of older adults.