


New Mexico Falls Prevention
nmstopfalls.org

**Annual Fall Prevention Awareness
Day, September 23, 2015**

A Partnership:
New Mexico Adult Falls Prevention Coalition
and
City of Albuquerque Library System

Janet Popp, PT, MS
Chair, NM Adult Falls Prevention Coalition




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- Falls Coalition members and physical therapy students from UNM PT program; UNM Pharmacy students pending
- Conduct fall risk screenings and information/education

Four libraries:

- Central & Unser**
8081 Central Ave. NW 87121
768-4320; fall risk screenings
- Cherry Hills**
6901 Barstow NE 87111
857-8321; door count 800-1000; education/information
- Main**
501 Copper NW 87102
768-5141; door count 1500-1800; education/information
- Erna Fergusson**
3700 San Mateo NE 87110
888-8100; door count 1200; fall risk screenings



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Logistics:

- Two groups PT students (15 each) will conduct fall risk screenings
- Pharmacy students will take BP and medication review
- Coalition members can contribute to screenings of information distribution at 2 libraries
- All sites: arrive by 10 for set up and open to public 10:30-2:30



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Purpose of awareness event

- Raise awareness that falls are not a normal part of aging
- Link consumer to healthcare provider and evidence based community programming
- New outreach strategy to engage adult children of older adults




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What does a fall risk screening look like (using STEADI resources)

- Participant completes brief liability release form
- Participant completes Stay Independent: self risk assessment (or with help)
- Blood Pressure: seated for 5 minutes, then standing x 1 min (tentative)
- Screener performs 3 strength and balance tests: Timed Up and Go, 30 Second Chair Stand, Four Stage Balance Test







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After tests completed:

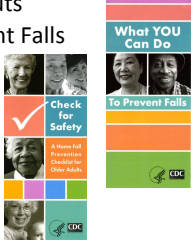
- Screener reviews Stay Independent
- Screener completes Fall Risk Checklist: useful tool to link person back to healthcare provider or encourage talk with family



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Additional Education/Handouts


- What You Can Do to Prevent Falls
- Check for Safety
 - Home safety checklist



- <http://www.cdc.gov/homeandrecreationalafety/Falls/steady/patients.html>

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- 2 libraries: screenings
- 2 libraries: information and outreach
 - Talk to all ages
 - Promote messages: “falls are not a normal part of aging”, “you can reduce your chances of falling”
 - Distribute: Stay Independent, Check for Safety, What You Can Do to Prevent Falls

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If you want to participate in the library events, observe, learn, contribute in another way.....

Contact
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