

## FALLS PREVENTION FOR OLDER ADULTS: RESOURCE GUIDE

This is a supplemental resource guide to the webinar hosted on February 13, 2019, **Falls Prevention for Older Adults**. This guide is intended for providers and health plans who are interested in enhancing their understanding of falls prevention for older adults. The webinar recording, slides, and transcript can be found on the Resources for Integrated Care website:

[https://www.resourcesforintegratedcare.com/GeriatricCompetentCare/2019\\_GCC\\_Webinar/Falls\\_Prevention\\_for\\_Older\\_Adults](https://www.resourcesforintegratedcare.com/GeriatricCompetentCare/2019_GCC_Webinar/Falls_Prevention_for_Older_Adults)

Please note that some of the resources listed below may have an associated cost.

### NATIONAL COUNCIL ON AGING RESOURCES

The **National Falls Prevention Resource Center**, funded by the Administration on Aging in the Administration for Community Living, supports the implementation and dissemination of evidence-based falls prevention programs and strategies across the nation. The National Falls Prevention Resource Center serves as a national clearinghouse of tools and best practices.

<https://www.ncoa.org/center-for-healthy-aging/falls-resource-center/>

Visit the National Falls Prevention Resource Center's webpage to learn about **evidence-based falls prevention programs** to reduce the risk of falls among older adults. The webpage includes descriptions of the evidence-based programs with links to more information.

<https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults-2/>

The National Falls Prevention Resource Center provides a **State Falls Prevention Coalition Contacts sheet**. This resource provides contact information for falls prevention coalition leads within each state. They can provide information on falls prevention programs near you and in your state.

<https://www.ncoa.org/resources/list-of-state-falls-prevention-coalitions/>

In order to support the implementation and dissemination of evidence-based falls prevention programs and strategies across the nation, the Administration on Aging awarded grants to state and tribal grantees. The **Falls Prevention Grantee Profiles** contain updates on their activities.

<https://www.ncoa.org/center-for-healthy-aging/falls-resource-center/falls-prevention-grantees-falls-resource-center/falls-prevention-grantee-profiles/>

## STRIDE RESOURCES

**Strategies to Reduce Injuries and Develop Confidence in Elders (STRIDE)** is an ongoing clinical study evaluating individually tailored interventions to prevent fall-related injuries. The study makes information and resources available through their website. Results of the STRIDE study are expected in spring 2020.

<http://www.stride-study.org/>

The STRIDE **clinical instrument** page includes falls care program pre-visit questionnaires, a risk assessment, score sheets, and more.

<http://www.stride-study.org/clinical-instruments/>

The STRIDE **clinical protocols page** includes documents detailing protocols and recommendations for various topics including medication, postural hypotension, and home safety.

<http://www.stride-study.org/clinical-protocols/>

## ADDITIONAL RESOURCES

The Center for Disease Control and Prevention's **Compendium of Effective Fall Interventions** provides a range of evidence-based, effective interventions, including exercise, home modification, and clinical strategies to help reduce falls for older adults who live in the community.

[https://www.cdc.gov/homeandrecreationalafety/pdf/falls/cdc\\_falls\\_compendium-2015-a.pdf](https://www.cdc.gov/homeandrecreationalafety/pdf/falls/cdc_falls_compendium-2015-a.pdf)

The Assessing Care of Vulnerable Elders (**ACOVE**)-3 **quality indicators** apply to care provided to vulnerable older adults at the health system, health plan, or medical group level. ACOVE-3 can be used to identify care areas in need of improvement and plan for enhancements based on scientific evidence. ACOVE-3 covers all four domains of care: screening and prevention, diagnosis, treatment, and follow-up and continuity.

<https://www.rand.org/health-care/projects/acove/acove3.html>

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*The Medicare-Medicaid Coordination Office (MMCO) in the Centers for Medicare & Medicaid Services (CMS) seeks to help beneficiaries dually eligible for Medicare and Medicaid have access to seamless, high-quality health care that includes the full range of covered services in both programs. This resource guide is intended to support health plans and providers in integrating and coordinating care for dually eligible beneficiaries. It does not convey current or anticipated health plan or provider requirements. For additional information, please go to <https://www.resourcesforintegratedcare.com/>.*