



# Community Outreach Project

## Fall Prevention in Community-Dwelling Older Adults

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### Introduction

**Date:** April 18, 2022 @ 3:30 PM  
**Location:** Community for Positive Aging  
**Contact:** Michael Murphy, Event Manager  
**Target Audience:** Community-dwelling older adults  
**Total Attendees:** 13  
**Demographic Information:** Ages ranged from 64-81 years with an average age of 73.5 years

### Background/Content

#### Learning Objectives

- ❖ Perform self-assessment of fall risk
- ❖ Recognize common risk factor for falls
- ❖ Understand the importance of telling their medical provider if they experience a fall
- ❖ Practice an activity that decreases their fall risk
- ❖ Select an intervention to implement in their life

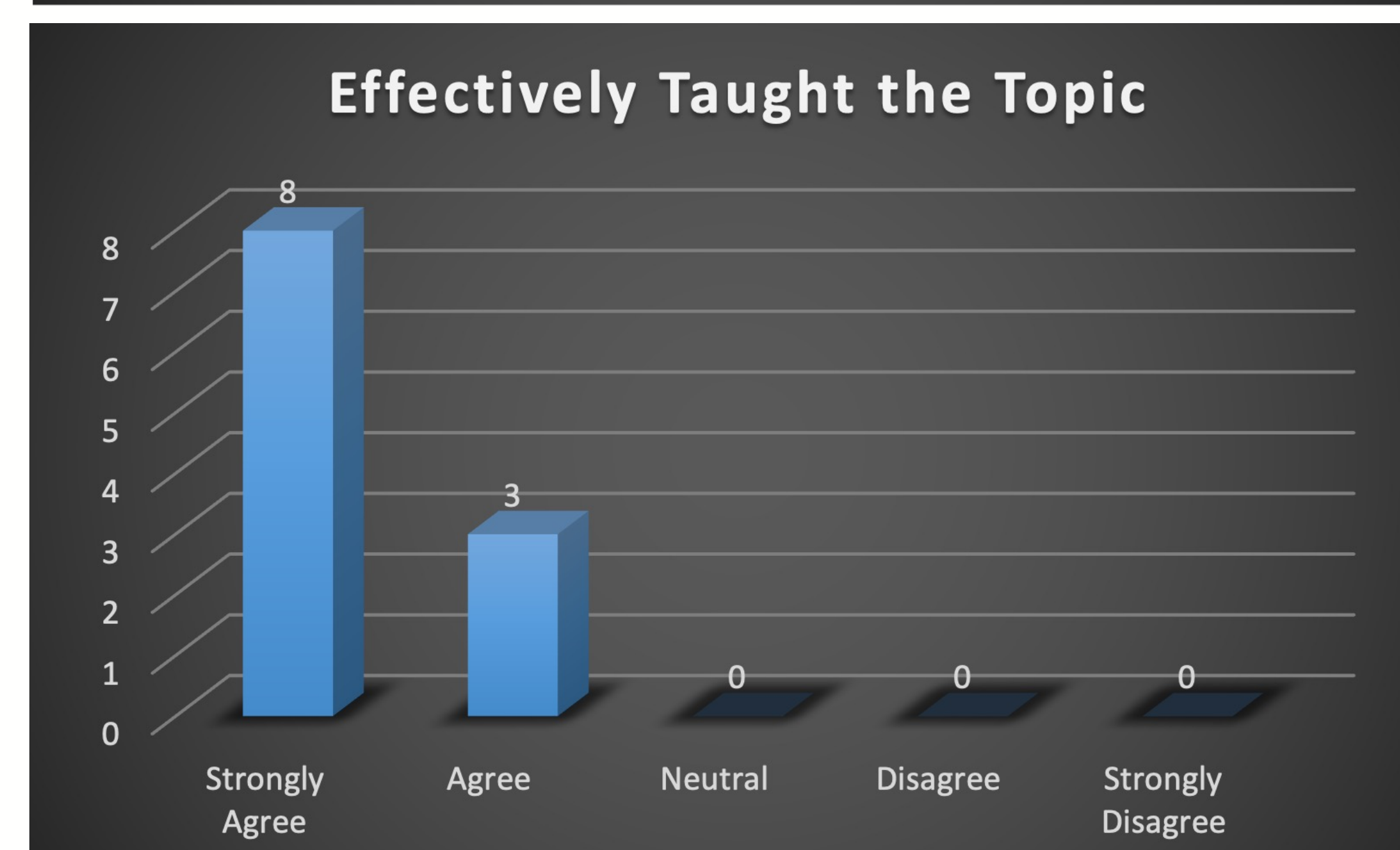
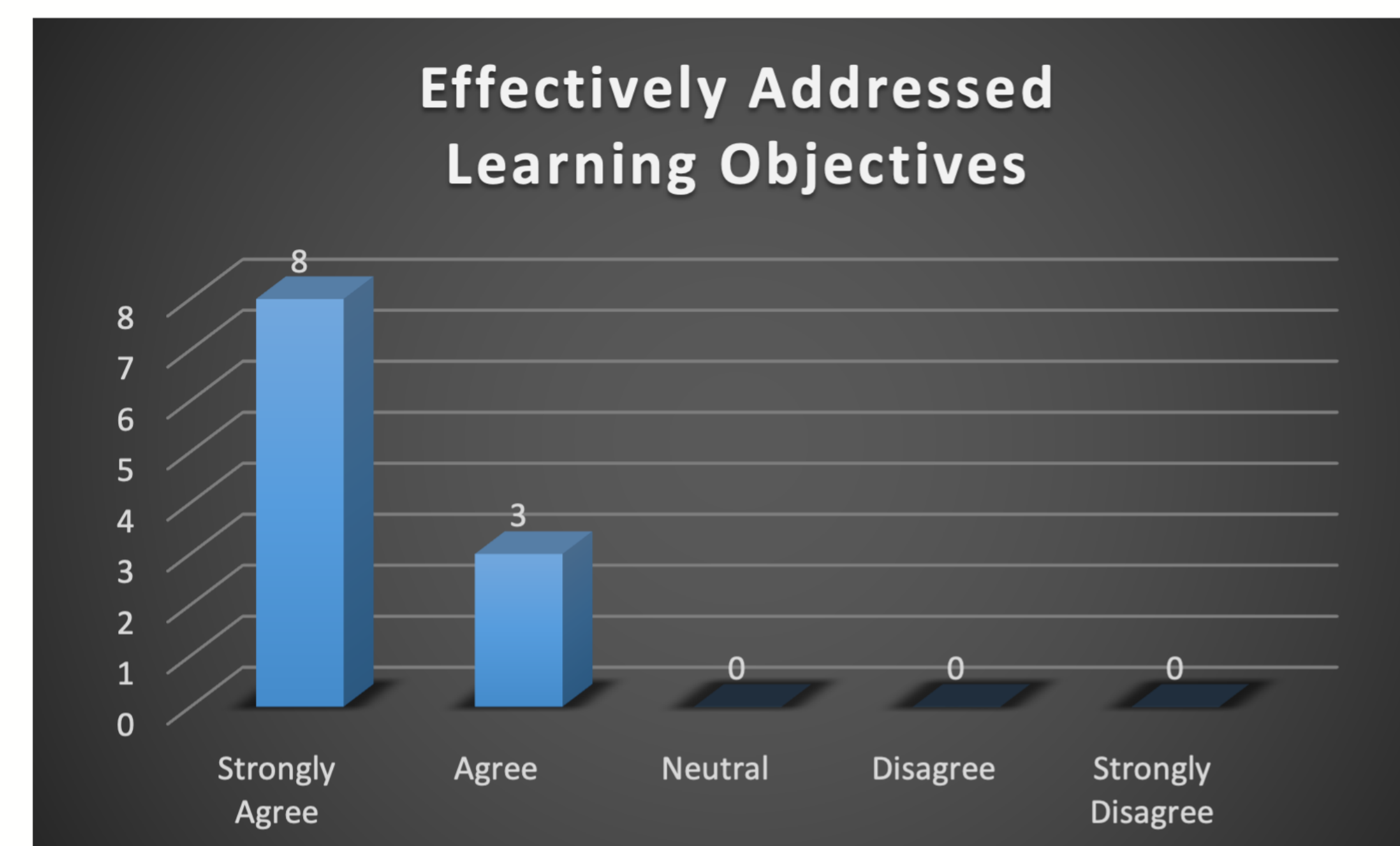
#### Main Points

- ❖ Non-modifiable RFs: ↑ age, ♀, previous falls<sup>1</sup>
- ❖ Modifiable RFs: medications, vision, balance, gait, and foot problems, leg muscle weakness, home hazards, and certain heart and brain conditions<sup>1</sup>
- ❖ Evidence-Based Interventions: exercise regularly, wear supportive shoes with traction, fix home hazards, get annual vision checks, ask your medical provider if you take high-risk medications and whether they can be reduced or changed, and tell your medical provider if you fall<sup>1,2,3,4,5,6,7</sup>

### Discussion

- ❖ Attendees were motivated and enthusiastic! We had a lively discussion about how to incorporate fall prevention into their lives.
- ❖ An instructor who taught a movement class at the senior center attended and she likely gained several more students by describing the fall prevention strategies she teaches in her course. It was the perfect audience for her to connect with.
- ❖ The only challenge I experienced was connecting my laptop to the senior center's TV. Fortunately, I had arrived with plenty of time for troubleshooting.

#### Evaluations



### Conclusion

**Self-Assessment:** I thoroughly enjoyed presenting to this group. Participants rated me as a highly-effective educator and learned my primary teaching points.

**Strength:** Interactive presentation design, multiple activities to reinforce learning objectives

**Limitation:** Small group size

**Impact:** Most participants surveyed stated they were 'likely' or 'very likely' to change their behavior after my presentation.

### References

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