

Integrated Fall Prevention CLINICAL PRACTICE MODEL

All members of the community, including individuals, organizations and government departments that work with older adults have a role to play to reduce falls and fall-related injury. The following model outlines evidence-informed strategies to guide decision-making along the health continuum.

The HEALTH CONTINUUM categories are found across the top of the table provided below. The RECOMMENDED STRATEGIES rows are listed vertically on the left side of the table.

Select the appropriate HEALTH CONTINUUM category and fall prevention goal, then move down the column vertically to identify evidence-informed strategies and resources to guide decision-making.

RECOMMENDED STRATEGIES

HEALTH CONTINUUM					
	Healthy Active Aging (Low Risk)	Starting to Feel Unsteady (At Risk)	Increased Risk (At Risk)	Vulnerable (Ongoing Risk)	Frail (High Risk)
Goals for fall prevention across the continuum	Promote preventative measures to reduce the likelihood of a fall		Assess and treat individuals who have balance problems or who have fallen (or had a near-fall) to restore function and prevent injurious falls	Support individuals who have fallen and suffered injury or trauma to improve function and reduce the risk of injurious falls	
Awareness Raising: Raise awareness of fall risk and modifiable risk factors <i>(Select all that apply)</i>	<ul style="list-style-type: none"> Review falls.centralhealthline.ca for: Education modules (for client, health-care provider, personal support worker, doctor) Ministry-funded fall prevention classes 	<ul style="list-style-type: none"> Review falls.centralhealthline.ca for: Education modules (for client, health-care provider, personal support worker, doctor) Ministry-funded fall prevention classes 	<ul style="list-style-type: none"> Review falls.centralhealthline.ca for: Education modules (for client, health-care provider, personal support worker, doctor) Ministry-funded fall prevention classes 	<ul style="list-style-type: none"> Review falls.centralhealthline.ca for: Education modules (for client, health-care provider, personal support worker, doctor) 	<ul style="list-style-type: none"> Review falls.centralhealthline.ca for: Education modules (for client, health-care provider, personal support worker, doctor)
Screen and Assess: • Screen for fall risk • Assess for modifiable risk factors <i>(Select all that apply)</i>	<ul style="list-style-type: none"> Fall Risk Self-Assessment Tool Fall Risk Screening Tool for Clinicians Fall Prevention Resource for Adults 65+ and Caregivers Fracture Risk Assessment (including Bone Mineral Density Test) 	<ul style="list-style-type: none"> Fall Risk Self-Assessment Tool Fall Risk Screening Tool for Clinicians Fall Prevention Resource for Adults 65+ and Caregivers Fracture Risk Assessment (including Bone Mineral Density Test) Resident Assessment Instrument (RAI), as appropriate 	<ul style="list-style-type: none"> Fall Risk Self-Assessment Tool Fall Risk Screening Tool for Clinicians Fall Prevention Resource for Adults 65+ and Caregivers Fracture Risk Assessment (including Bone Mineral Density Test) Resident Assessment Instrument (RAI), as appropriate 	<ul style="list-style-type: none"> Fall Risk Screening Tool for Clinicians Fall Prevention Resource for Adults 65+ and Caregivers Fracture Risk Assessment (including Bone Mineral Density Test) Resident Assessment Instrument (RAI), as appropriate 	<ul style="list-style-type: none"> Fall Risk Screening Tool for Clinicians Fall Prevention Resource for Adults 65+ and Caregivers Fracture Risk Assessment (including Bone Mineral Density Test) Resident Assessment Instrument (RAI), as appropriate
Intervene: Use recommended evidence-informed strategies. <i>(Select all that apply)</i>	<ul style="list-style-type: none"> Education on fall risk, prevention and interventions Build organizational capacity Advocate for policy and legislation related to fall prevention Launch community-wide campaigns Re-orient services for adults 65+ Review Which Exercise Program is Best for Me? Refer for strength and balance exercise (community exercise or Ministry-funded exercise and fall prevention class) 	<ul style="list-style-type: none"> Education on fall risk, prevention and interventions Build organizational capacity Advocate for policy and legislation related to fall prevention Launch community-wide campaigns Re-orient services for adults 65+ Review Which Exercise Program is Best for Me? Refer for strength and balance exercise (community exercise or Ministry-funded exercise and fall prevention class) 	<ul style="list-style-type: none"> Education on fall risk, prevention and interventions Build organizational capacity Advocate for policy and legislation related to fall prevention Launch community-wide campaigns Re-orient services for adults 65+ Review Which Exercise Program is Best for Me? Refer for strength and balance exercise (community exercise or Ministry-funded exercise and fall prevention class) 	<ul style="list-style-type: none"> Education on fall risk, prevention and interventions Build organizational capacity Individualized interventions based on a multifactorial assessment Review Which Exercise Program is Best for Me? 	<ul style="list-style-type: none"> Education on fall risk, prevention and interventions Build organizational capacity Individualized interventions based on a multifactorial assessment Review Which Exercise Program is Best for Me?
Key Partners in Preventing Falls: Everyone has a role to play in preventing falls across the health continuum. <i>(Select all that apply)</i>	<ul style="list-style-type: none"> Clients and caregivers Public Health Municipal Parks & Recreation Primary Care (Family Health Team) Home and Community Care (Ministry funded exercise and fall prevention classes) Private Rehab Services Paramedic Services / Community Paramedics Community organizations serving older adults 	<ul style="list-style-type: none"> Clients and caregivers Public Health Primary Care (Family Health Team) Home and Community care Public/Private Rehab Services Paramedic Services / Community Paramedics Community organizations serving older adults Occupational Therapist 	<ul style="list-style-type: none"> Clients and caregivers Primary Care (Family Health Team) Home and Community Care Public/Private Rehab Services Paramedic Services / Community Paramedics Community organizations serving older adults Occupational Therapist Geriatric Outreach Assessment Team Geriatric Emergency Management Geriatric Clinic Assisted living 	<ul style="list-style-type: none"> Clients and caregivers Primary Care (Family Health Team) Home and Community Care Public/Private Rehab Services Paramedic Services / Community Paramedics Community organizations serving older adults Occupational Therapist Geriatric Outreach Assessment Team Geriatric Emergency Management Geriatric Clinic Assisted living Geriatric Day Hospital Geriatric In-patient Consult Team Health Links Long-term care 	<ul style="list-style-type: none"> Clients and caregivers Primary Care (Family Health Team) Paramedic Services / Community Paramedics Community organizations serving older adults Assisted living Geriatric Day Hospitals / Programs (North York General) Geriatric In-patient services Hospital (i.e. Physical Medicine and Rehab, Geriatric Rehabilitation Unit, etc.) Health Links Long-term care
Recommended Resources	<p>General</p> <ul style="list-style-type: none"> Fall Risk Screening Tool for Clinicians: https://www.york.ca/media/118461/download?attachment Fall Prevention Resource for Older Adults 65+ and Caregivers: https://www.york.ca/media/118456/download?attachment Which Exercise Program is Best for Me?: https://www.york.ca/media/118466/download?attachment <p>Older adults, caregivers and clinicians</p> <ul style="list-style-type: none"> Fall Prevention Resources Central Healthline: www.falls.centralhealthline.ca Fall Risk Self-Assessment Tool: https://www.york.ca/resource/fall-risk-self-assessment-staying-independent Your Guide to Fall Prevention: https://www.york.ca/resource/your-guide-falls-prevention Ontario Society of Occupational Therapists: https://otontario.ca/ or http://www.osot.on.ca/ Ontario.ca/seniors: https://www.ontario.ca/page/information-seniors or A Guide to Programs and Services for Seniors: https://www.ontario.ca/page/guide-programs-and-services-seniors/ 		<p>Clinicians</p> <ul style="list-style-type: none"> FRAX Fracture Risk Assessment Tool: https://osteoporosis.ca/frax/ CAROC Fracture Risk Assessment Tool: https://osteoporosis.ca/caroc/ Osteoporosis Custom Form: An osteoporosis and falls assessment tool: https://osteostategy.on.ca/osteoporosis-assessment-form-3-2/ Mini-Cog: screening for cognitive impairment in older adults: https://alz.org/professionals/health-systems-clinicians/cognitive-assessment Beers Criteria: http://files.hgsitebuilder.com/hostgator257222/file/ags_2019_beers_pocket_printable_rh.pdf Snellen Eye Test: https://www.aao.org/image/snellen-chart-2 Preventing Falls and Reducing Injury from Falls (2017): Registered Nurses' Association of Ontario's Best Practice Guidelines: https://rnao.ca/sites/rnao-ca/files/bpg/FALL_PREVENTION_WEB_1207-17.pdf Timed Up & Go: https://www.cdc.gov/Steady/pdf/TUG_Test-print.pdf Falls Efficacy Scale-I or Short FES-I Fear about falling assessment: https://sites.manchester.ac.uk/fes-i/ 		

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