

Why do the falls risk assessment?

- Seniors who have had one fall are at twice the risk of future falls.
- 90% of hip fractures are due to falls.
- 40% of long-term care admissions are fall related.

What happens after the clinic?

- A report about your own personal falls risk analysis, as well as ways to reduce your risk of falls, and fall-related injuries, will be provided to you.
- A summary of the results will be sent to the family physician.

For Health Professionals

Family doctors and other health professionals are ideally placed to identify seniors who are at greater risk for falls. Please feel free to refer your geriatric patients to the Falls Prevention Mobile Clinic.

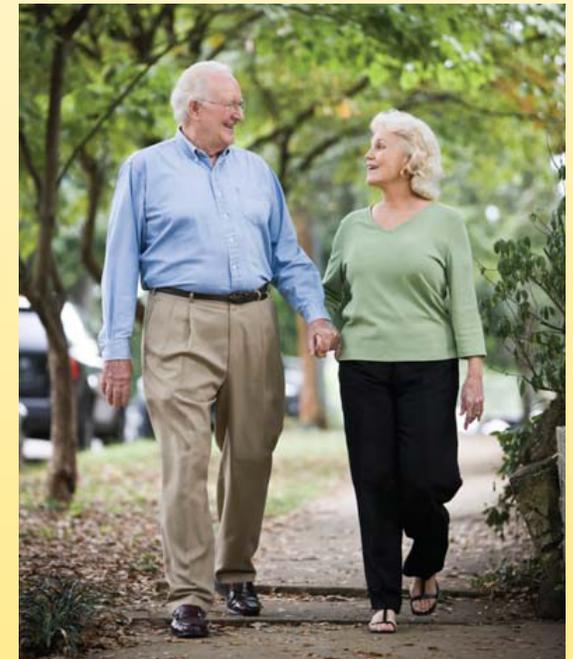
- To register or for more information, please call: [604-587-7866](tel:604-587-7866)
- To request a referral form, telephone or email us at: fallsprevention@fraserhealth.ca



Free
with
registration

Falls Prevention Mobile Clinic

Nothing is more valuable than your independence... so why risk it?



A multi-disciplinary approach to the prevention of falls and fall-related injuries

Participants will have the opportunity to sit one-on-one with various health professionals for 25-minute sessions (see diagram below). At that time, various aspects of the participant's fall risk status will be assessed and interventions will be discussed. The total time spent at the clinic will be approximately **90 minutes**.

Pharmacist Station



- Medication review with a focus on medications that may increase the risk for falls



- Bone health discussion including a Calcium and Vitamin D assessment

Kinesiologist Station



- A Falls Risk Assessment including measures of strength, balance, vision, body awareness and reaction time



- Postural Blood Pressure
- Pain Assessment
- Falls History

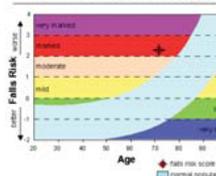
Start



Physiotherapist Station

- The results from the Falls Risk Assessment will be provided and explained.
- A personalized activity program (based on the results from the Falls Risk Assessment) will be developed.

Falls Prevention Assessment Report



Test	Z score	0	1	2
Edge Contact stability	-0.87			
Proprioception	1			
Knee extension strength	0.25			
Reaction time - hand	-1.55			
Score on Romberg eyes open	-1.67			

Summary Station

- Vision Screening Test
- Action planning and referrals to community resources
- Provision of a summary of recommendations

Finish

