



# FALL PREVENTION PROGRAM



## Problem

- One in four Americans aged 65+ falls each year.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.
- Many people who fall, even if they're not injured, become afraid of falling. This fear may cause a person to cut down on their everyday activities.

*EasyLiving recognizes the importance of fall prevention and has developed training, oversight, and procedures to help reduce the chance of injury.*

*According to the CDC, healthcare providers, like EasyLiving, can help cut down a person's risk of a fall by reducing the fall risk factors.*

## Solution

### Step 1 – Needs Assessment & Home Safety Inspection

EasyLiving does a complimentary and personalized needs assessment and home inspection to ensure safety and reduced risk of a repeat fall.

#### **Home Inspection Includes:**

- Hygiene – transfer benches, chairs, hand held shower head need to be accessed
- Grab Bars – properly installed in all high-risk areas
- Transfers – are we properly prepared?
- Toileting – procedures and proximity for ease of use
- Entrances & Pathways – getting in/out and reducing trip hazards

### Step 2 – Caregiver Training

Our caregivers, or "Care Partners" as we like to call them, is carefully chosen based on our needs assessment with care compassion. EasyLiving will coordinate a training session with the client, caregiver, and therapist. This keeps consistency in transfers and exercise while providing a chance to regain a level of independence.

### Step 3 – RN Supervision & Monitor Progress\*

Once home, a formalized RN Plan of Care is developed and monitored via supervisory visits and remote patient monitoring technology. This helps track compliance and progress via documentation to ensure we are providing the best services possible!

\*Services must be provided for a minimum of 30 days to have RN assessment waived

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<https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>