

## Fall Prevention Resources

### Center for Disease Control & Prevention (CDC) Resources

[Important Facts about Falls](#)

[Cost of Falls among Older Adults](#)

[Hip Fractures among Older Adults](#)

#### **STEADI Tool Kit Materials:**

[Check for Safety](#)

[What You Can Do to Prevent Falls](#)

[Stay Independent](#)

[STEADI Materials for Healthcare Providers](#)

[Algorithm for Fall Risk](#)

[Risk Factors for Falls](#)

[Fall Risk Checklist](#)

[Medications Linked to Falls](#)

[Chair Rise Exercise](#)

#### *Functional Assessments:*

[Timed Up & Go \(TUG\) Test](#)

[4-Stage Balance Test](#)

[30-Second Chair Test](#)

[Osteopathic Blood Pressure](#)

### **Articles**

*“An Overlooked Demographic?”* by Megan Baldrige – Provider Magazine ([Link](#))

*“Assessing Pain & Falls Risk in Residents with Cognitive Impairment: Associated Problems with Overlooked Assessment”* by Allison Burfield, RN, MSN, PhD and James Cooper, RPh, PhD, BCPS – Annals of Long Term Care, Volume 22 – Issue 5 – May 2014 ([Link](#))

*“Falling into Place: A Practical Approach to Interdisciplinary Education on Falls Prevention in Long-Term Care”* by Alice Bonner, RN, GNP, FAANP – Annals of Long Term Care, Volume 14, Number 6, June 2006 ([Link](#))

## **Checklists and Forms**

[Checklist of Nonverbal indicators of Chronic Pain by Elderly Residents](#)

[Fall Risk Assessment Guidelines](#)

### **Washington Health Care Association Resources:**

[Document Library](#)

[Tinetti Assessment Tool](#)

[Fall Risk Assessment](#)

[Fall Investigation Questionnaire](#)

[Falls Management Investigation – Post Fall Tool](#)

[Falls Management – Post Fall Assessment Tool](#)

[Interdisciplinary Post Fall Assessment](#)

## **Fall Management Programs**

[Fall Management Guidelines – Health Care Association of New Jersey](#)

[Falls Prevention and Management – Long Term Care Resource Kit](#)