



Consistent with the  
**American Geriatric Society**  
clinical practice guidelines for prevention  
of falls in older adults



## fallriskscreening & conditioning PROGRAM

### The Resource Center's **Fall Risk Screening & Conditioning Program**

- Determine if you are at risk to fall
- Identify the factors that put you at risk
- Modify the risk factors
- Improve mobility
- Maintain independence



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### Q&A

**Q:** Does TRC only provide services to people with developmental disabilities?

**A:** No, our health services are available to everyone.

**Q:** What if I'm not sure I need therapy, does TRC offer free screenings?

**A:** Yes we do!

**Q:** Do I need to pay out of pocket for therapy?

**A:** We will work with your health insurance company in accordance with their policies.

For more information, visit  
[www.resourcecenter.org](http://www.resourcecenter.org)

The Clinical Advantage <sup>TM</sup>



## Facts

For older adults, falls are one of the greatest causes of serious health problems. Nearly 25% of patients over the age of 65 with hip fractures die within six months. 25% lose significant function, and 50% experience a decrease in mobility. Modifying the factors that lead to falls will increase mobility and confidence, both critical to maintaining a more independent lifestyle.

Both the incidence of falls and the severity of fall-related complications rise steadily after age 60. In the United States, one in three people age 65 years and older fall each year. After age 75, the rates are even higher.

### What are the major causes of falls?

The most common cause of falls include weak muscles, unstable balance, dizziness, vision problems, side effects from medications, and environmental hazards.

### How serious are falls?

Fall can result in hip fractures, head injuries, and even death. Falls are the leading cause of injury deaths among people 65 years and older. More than 40% of people hospitalized from a hip fracture do not return home and are not capable of living independently.

### How can I reduce my risk for falling?

Studies show that balance training, gait, strength and flexibility training not only improve mobility, but also help reduce the risk of falling.

## Program Overview

Three areas proven important in assessing your risk of falling will be addressed in this program.

### Lower Body Strength

Strength is a critical factor for a rapid response to a balance disturbance. Testing will identify weakness and, if necessary, exercise will significantly improve lower body strength.

### Balance

Normal balance is controlled by a complex combination of visual, muscular, and neurologic systems. Together, these factors keep us from falling when we encounter an unexpected disturbance. Testing and appropriate exercise will improve an individual's ability to remain upright under challenging conditions.

### Aerobic Endurance

Older adults typically display a slower walking speed. Steps are also shorter and vary in length. These are all factors related to falls. Independence is directly related to walking speed. Testing and exercise helps you learn how to walk more safely and confidently.

Entrance is on the basis of a balance screening or a doctor's referral based on increased risk due to age, history, medication changes, muscle changes, degenerative joint disease, post arthroplasty, or osteoporosis

## Program Details

We offer a structured program that consists of eight visits over a four-week period. The patient is evaluated for specific risk factors known to contribute to falling and decreased mobility.

### Visit 1: Evaluation

- Self-Assessment of general health
- Blood pressure and heart rate
- Lower body strength
- Balance test
- Aerobic endurance test

### Visit 2: Review Results & Recommended Exercise Programs

The test results from the evaluation are reviewed with you. We will advise if you are at risk of falling due to physical limitation such as strength and/or balance. If the cause is physical, we will plan an exercise program just for you. We will also help you identify and eliminate environmental factors that you may find at home or in your community.

### Visit 3-7: Interventions

#### In-Clinic Exercise

- Exercise targeted to improve strength, balance, walking speed, step length, flexibility, and cardiovascular fitness

#### Home Exercise

- Instruction for simple exercises that can be done at home will be suggested.

### Visit 8: Re-Evaluation

A report is provided to you and your referring physician summarizing the effect of the four week program. Your physician may recommend continued structured exercise to address specific problems.



TRC's Fall Risk Screening & Conditioning Program is part of the TRC STARS Healthcare Plan, designed to support all aspects of your life.