



San Diego Fall Prevention Task Force



Toolkit

www.SanDiegoFallPrevention.org



San Diego County statistics show that one-third of your patients over 65 will fall this year. Many won't tell you about it. But they will suffer from the fear of falling again, even if their injuries are not serious. With your intervention, these falls can be prevented. This toolkit provides resources for fall prevention that you can use in your practice, and that you can share with your patients. Also, the San Diego Fall Prevention Task Force has developed a new online resource guide to help you make referrals to local providers and community programs. Please visit: www.SanDiegoFallPrevention.org

The online guide includes specific resources and phone numbers:

- “Matter of Balance” evidence-based fall prevention classes held in sites around the county.
- Community exercise classes focused on strength and balance, such as Feeling Fit Clubs and Tai Chi.
- Home modifications.
- Medicare-certified home health agencies.
- Home care agencies.
- Physical therapists specializing in gait, balance and vestibular rehabilitation.
- Medical alert systems.

What you can do in your practice to help your patients prevent falls:

- Show our fall prevention video in your office waiting area.
- Use the Network of Care web address (www.SanDiegoFallPrevention.org).
- Call 1(800) 510-2020 to request a speaker on fall prevention for your team.
- Refer patients to physical therapy, occupational therapy, vision specialists and other providers as necessary.
- Refer patients to community programs (exercise, education, etc.).
- Call 1(800) 510-2020 for additional copies of the fall prevention materials.



AGING & INDEPENDENCE SERVICES
COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY



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