

# Occupational Therapy Toolkit

## Falls Risk Assessment and Prevention Strategies

### **Risk Factors:**

History of falls  
Fear of falling  
Home safety hazards  
Chronic conditions  
Depression  
Cognitive impairment  
Dizziness  
Not physically active  
Balance and gait deficit  
Uses a mobility device  
Impaired ADL and IADL's  
Take 4 or more medications  
Take high-risk medications (psychotropic, cardiovascular meds, diuretics, antidepressants, anti-anxiety, hypnotics)  
Visual deficit  
Foot problems  
Risk taking behaviors

### **Assessments:**

1. Timed Get Up and Go, [www.chcr.brown.edu](http://www.chcr.brown.edu)
2. Functional Reach, [www.chcr.brown.edu](http://www.chcr.brown.edu)
3. Geriatric Depression Scale, [www.stanford.edu](http://www.stanford.edu)
4. Mini Mental States Examination [www.minimental.com](http://www.minimental.com)
5. Potentially Inappropriate Medications for the Elderly According to the Revised Beers Criteria, [www.dcri.duke.edu](http://www.dcri.duke.edu)

### **Occupational Therapy Intervention:**

Determine what factors put patient at risk for falling, including analysis of prior falls.

Educate regarding falls risk and prevention strategies.

Train ADL, IADL, work and leisure and functional mobility tasks with emphasis on safety, balance confidence and falls prevention.

Recommend use of hip protectors as appropriate.

Provide UE therapeutic exercises to improve fitness level.

Provide functional balance activities to increase balance confidence

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## **Falls Risk Assessment and Prevention Strategies**

Assess home safety and functional safety and provide environmental modifications and adaptations

Assist patient in modifying risk-taking behaviors

### **Patient Education:**

1. "Don't Let a Fall Get Your Down" Booklet
2. Upper Body Stretching and Strengthening Exercises
3. Using Your Walker Safely
4. Home Safety and Functional Safety Assessment

### **Therapist Resources:**

1. Fall History Questionnaire