**M-DASH South Portland – Falls Prevention Work Group**

**Falls Risk Reduction Resources**

At the last Falls Prevention Work Group meeting, we discussed a variety of resources that could be tailored to South Portland and distributed at a quarterly falls screening event (or any other fall reduction event). Attached here are several examples of some of the things we discussed (from the Community Risk Reduction Network, by way of Jess).

1. Home Safety Assessment Checklist
   1. <https://drive.google.com/file/d/1qPruAvy23SpR2PxRakBWBuemrAKrnmEQ/view?usp=sharing>
2. Fall Risk Assessment
   1. <https://drive.google.com/file/d/1F7TcgD9a2w6NI35ph8OFYeSTFD9KN8zB/view?usp=sharing>
3. Fall Risk Assessment Policy
   1. <https://drive.google.com/file/d/1TZuWTMOLkLflYD3RSE0pgtUzrdy-xZ7M/view?usp=sharing>
4. CDC Falls Materials for Healthcare Providers:
   1. <https://www.cdc.gov/steadi/materials.html>
5. CDC STEADI initiative:
   1. Coordinated approach to implementing the American and British Geriatrics Societies’ clinical practice guideline for fall prevention)
   2. Tool Kit: <https://drive.google.com/file/d/1kndsoJo2ikxmBF711b8ZMeknAnXRSC4F/view?usp=sharing>
6. Vision 20/20 Community Risk Reduction Materials Generator: Customize your own materials for Falls Prevention.
   1. <https://strategicfire.org/crrmaterialsgenerator>
7. Article on the importance of exercise in reducing risk of falls experienced by older adults. At the end are five additional interventions to reduce older adult fall injuries.
   1. <https://cfjctoday.com/2021/04/04/exercise-for-seniors-a-key-to-fall-prevention/>