



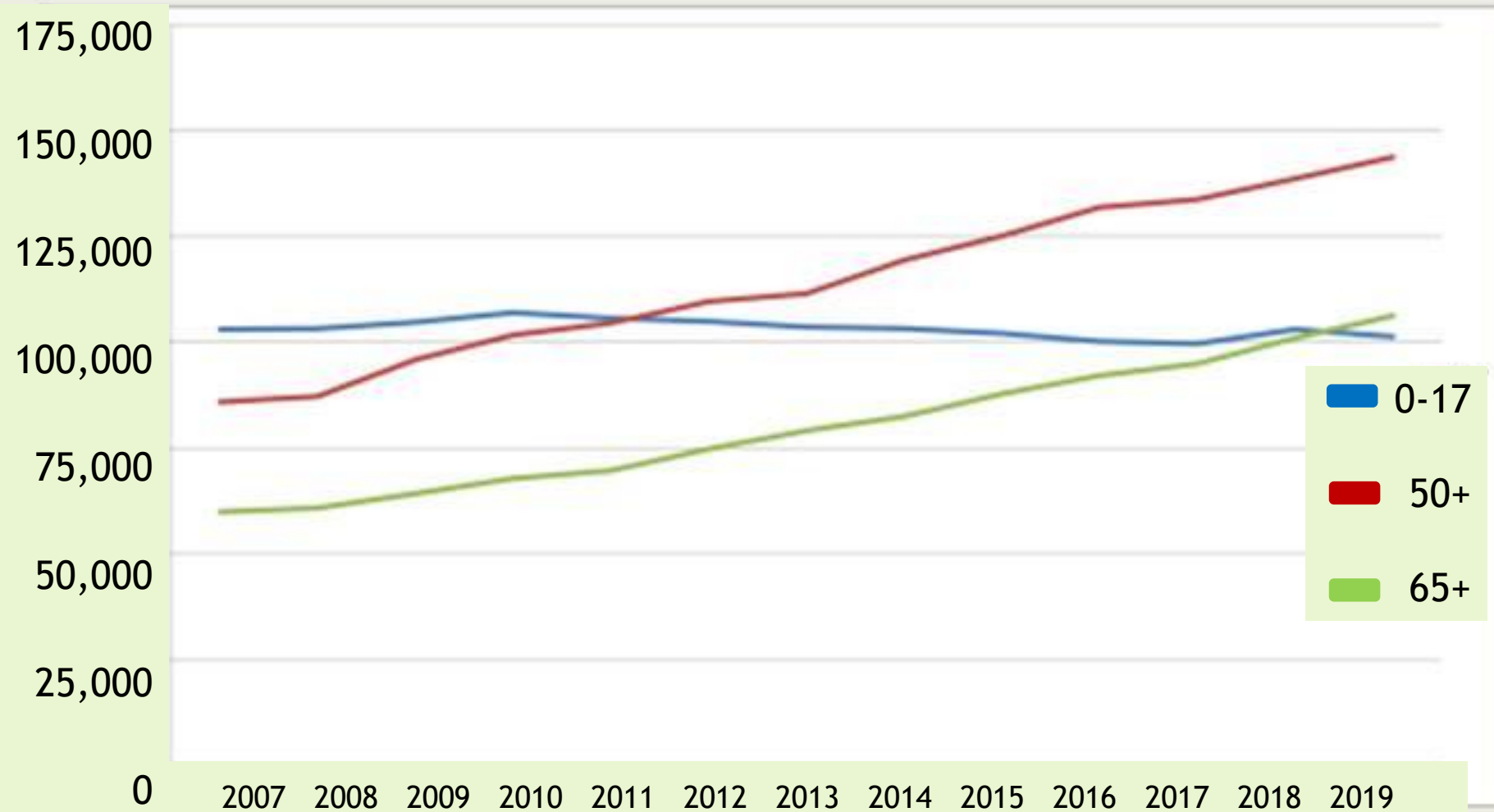
Petaluma People Services Center



# Fall Prevention Toolkit

Join the movement to spread the word that  
falls are preventable!!

# Sonoma County Population Growth



# Background on Sonoma County's Demographics

Sonoma County's older adult population is made up of approximately 134,000 people over the age of 60, and expected to grow. The top concerns related to aging include remaining independent, understanding services and benefits, having access to appropriate health care, **reducing the risk of having accidents at home**, having enough money to live on, and transportation.

Sonoma County Human Services Department, *Area Plan, 2020-2024*

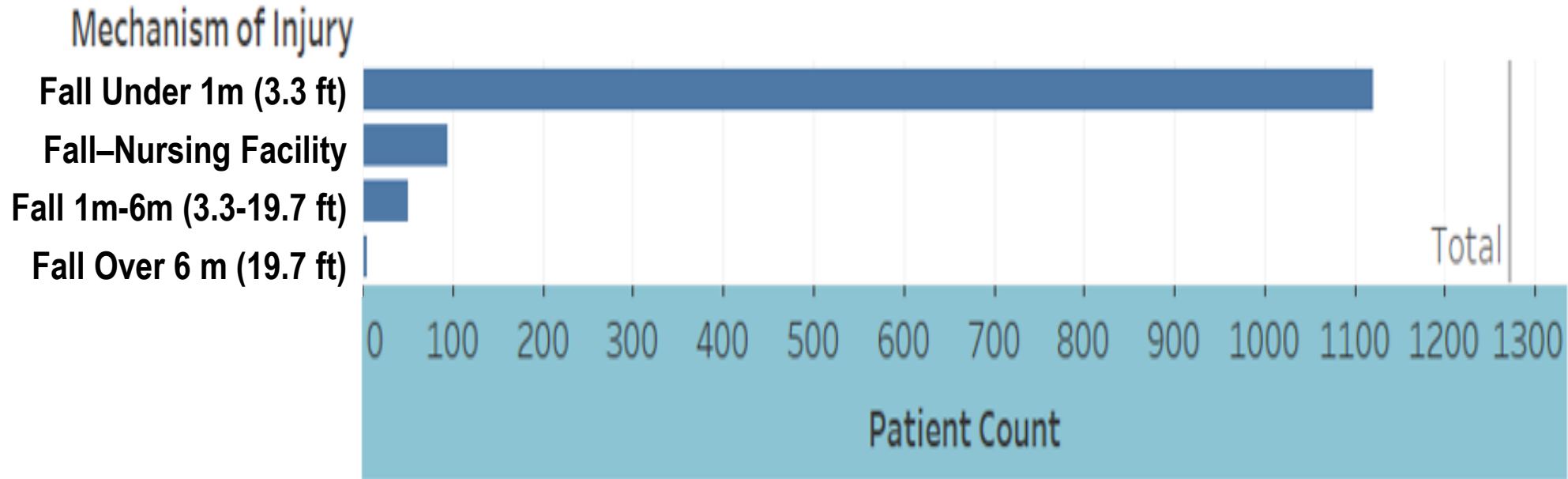
# #1 Reason for Trauma Activation Among Adults 65+ in Sonoma County

## Injury from Falls

Source: Santa Rosa Memorial Hospital  
(May, 2021)

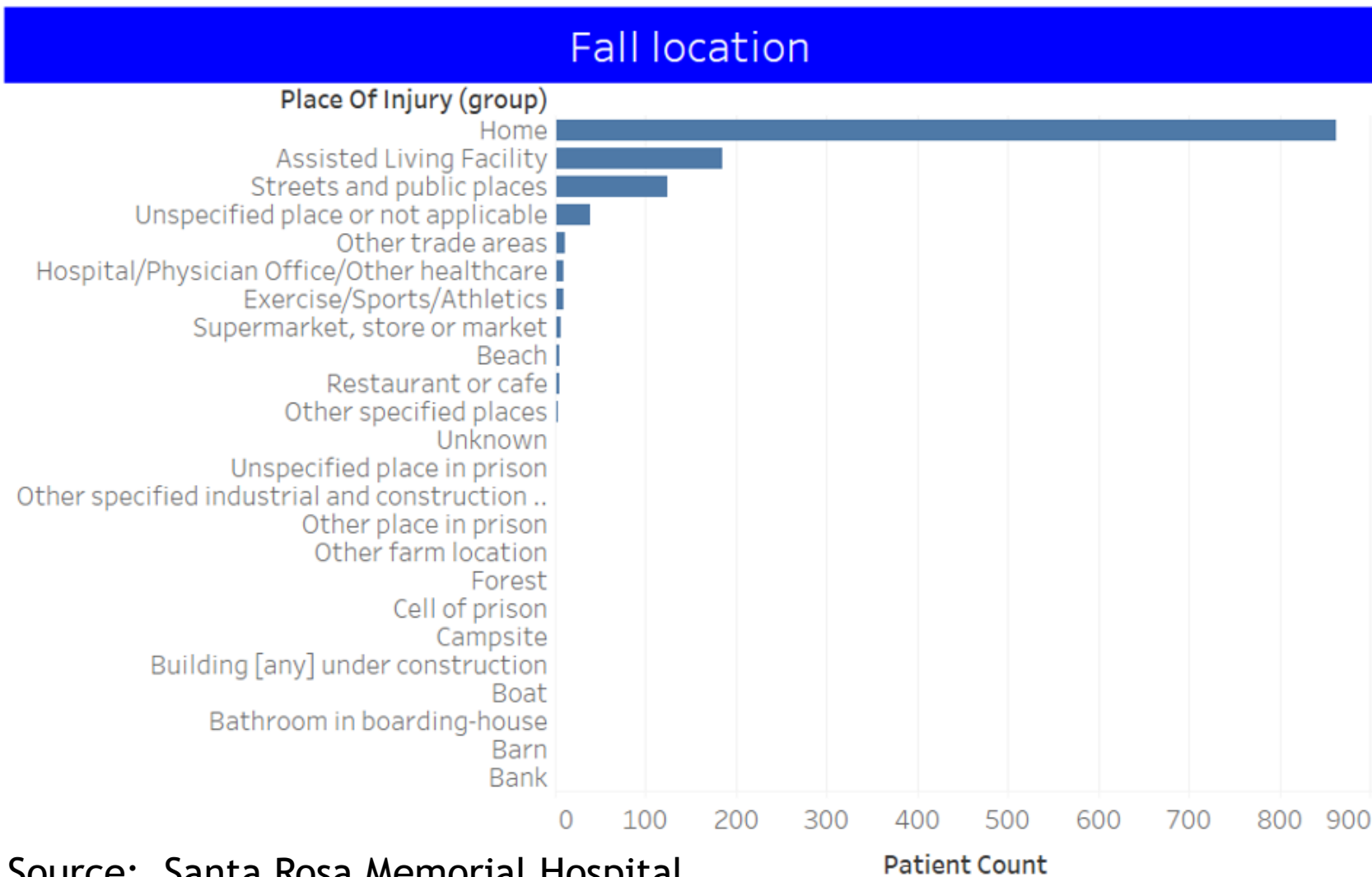
# Geriatric Fall Injury Data

(Emergency Department Visits, 1/2020-2/2021)



Source: Santa Rosa Memorial Hospital  
(May, 2021)

# Sonoma Co. Geriatric Fall Injury Data

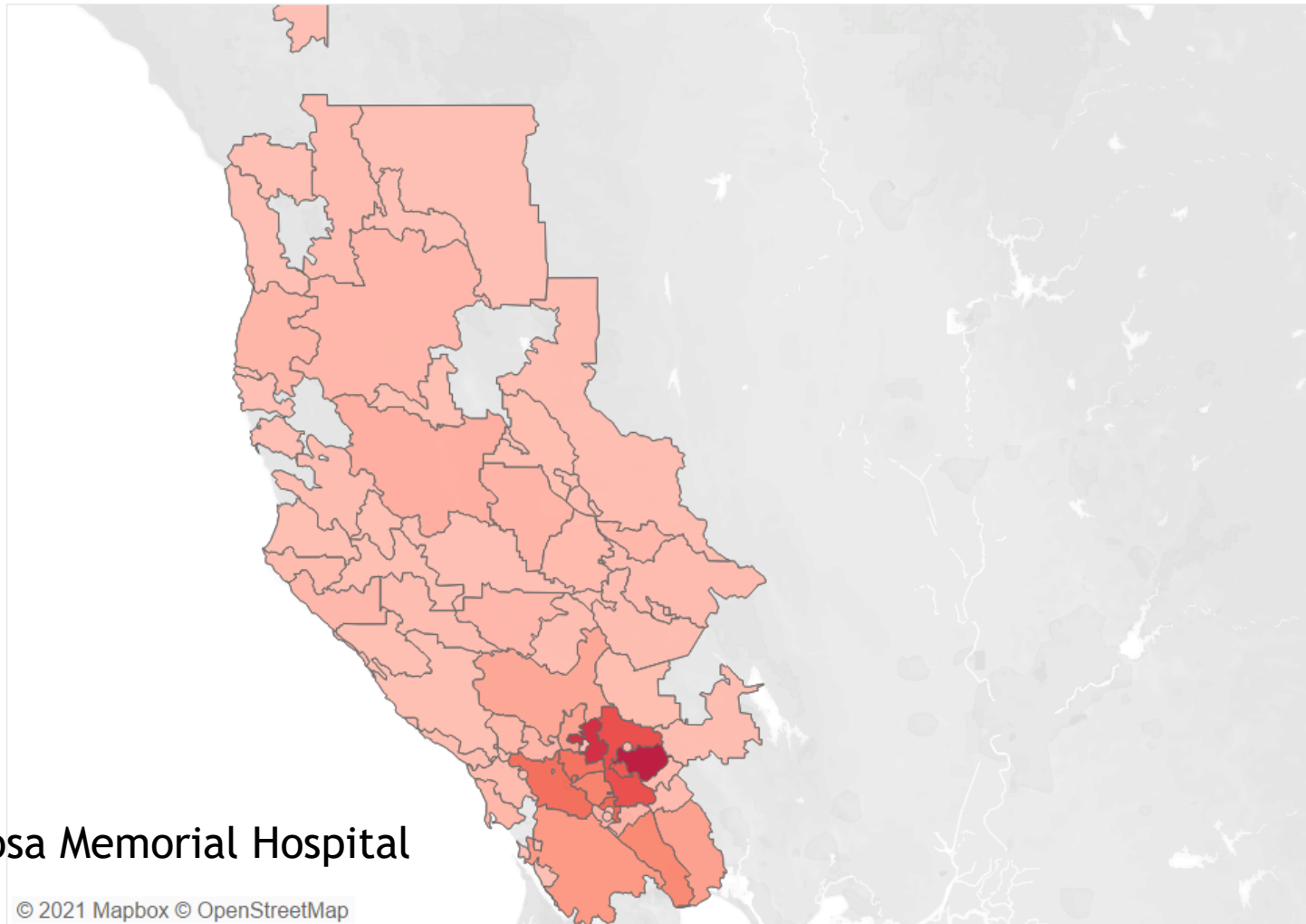


Source: Santa Rosa Memorial Hospital  
(May, 2021)

# Sonoma Co. Geriatric Fall Injury Data



## Location of Geriatric Falls by Zip

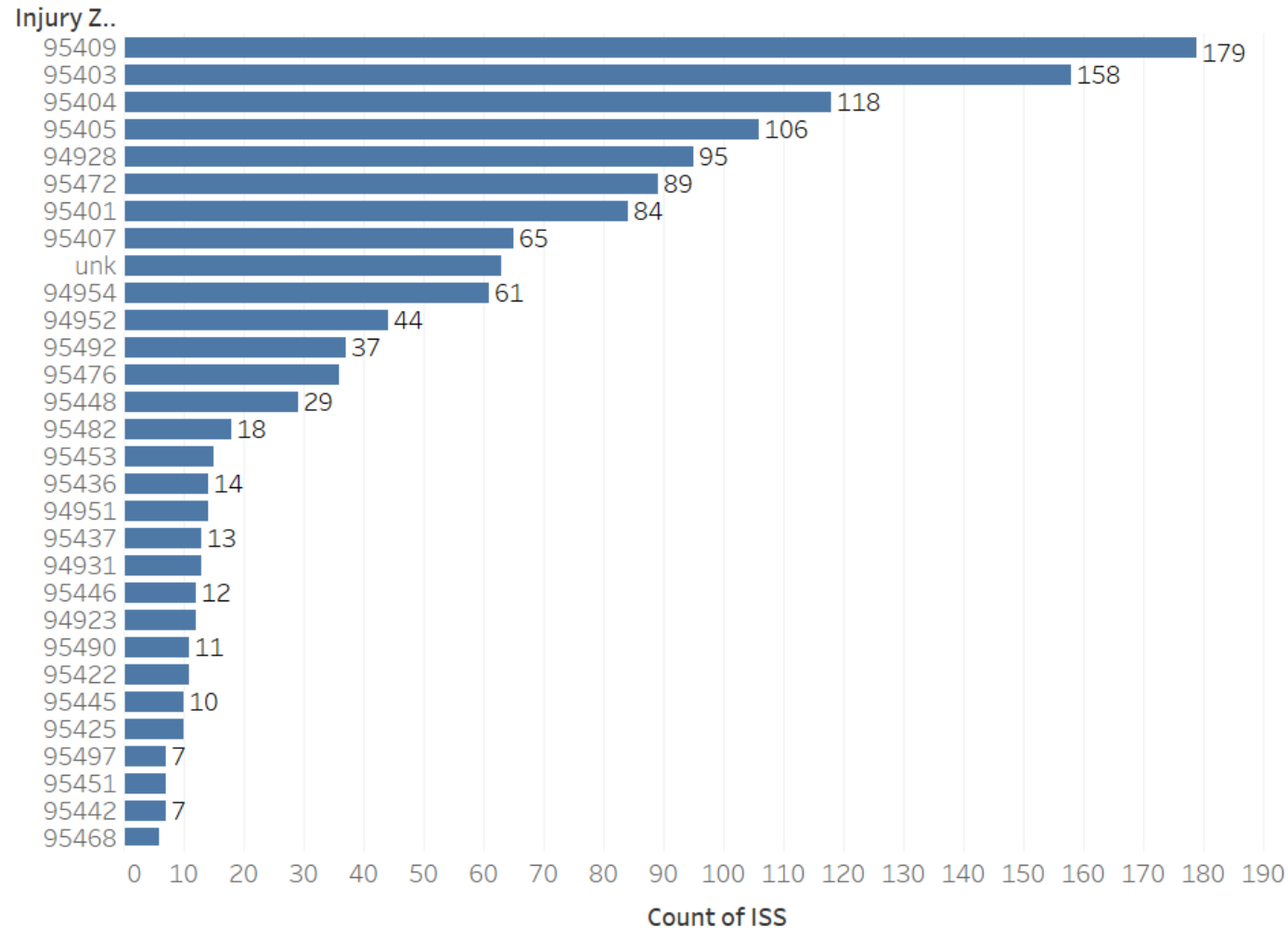


Source: Santa Rosa Memorial Hospital  
(May, 2021)

# Sonoma Co. Geriatric Fall Injury Data



## Zip frequency



Source: Santa Rosa  
Memorial Hospital  
(May, 2021)



# Sonoma County Fall Prevention Toolkit



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

**Fall Prevention &  
Better Balance**



**Dignity @ Home Fall Prevention Program**



# A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

- ▶ An award-winning, evidence-based course where older adults learn to practice and adopt strategies to reduce fall risk.
- ▶ Delivered face-to-face in eight 2-hour weekly sessions.
- ▶ Between 8-12 people may register for the course, with each receiving a handbook and support from 2 trained coaches (lay-leaders).

## **Fall Prevention & Better Balance**

- ▶ A new program offering practical information, tips and techniques to help older adults navigate their lives safely and effectively.
- ▶ Delivered virtually in real-time in five 1-hour weekly sessions.
- ▶ Between 6-12 people may register for the Zoom course, with each receiving a handout booklet and support from 2 trained coaches (lay-leaders).



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- ▶ A national award-winning balance and mobility program that uses a multidimensional approach to assessment and treatment of balance-related problems.
- ▶ Proven to be effective in reducing fall-risk among older adults identified at moderate-to-high risk for falls.
- ▶ Delivered in weekly, 1.25-hour sessions by a physical therapist who is a FallProof Certified Balance & Mobility Specialist.

# Dignity @ Home Fall Prevention Program

- ▶ A time-limited initiative that enables eligible older adults & adults with disabilities to increase awareness and empowerment to live fully and without fear.
- ▶ Encourages countywide collaboration between government, health centers, advocates & CBOs.
- ▶ Entails: 1) Eligibility Identification; 2) Home Environment Assessment; 3) Fall Prevention Education & Referral; 4) DME Purchases & Home Modification; 5) Follow-Up.



**Human Services Department**  
COUNTY OF SONOMA

# Area Agency on Aging Information & Assistance

- ▶ Provides person-centered assistance to older adults and people with disabilities, and to their families, friends, caregivers, advocates and other representatives
- ▶ Services are offered in English and Spanish, 9:00am to 4:00pm Monday through Friday

Call us: (707) 565-INFO (4636) \* Email us: [565INFO@schsd.org](mailto:565INFO@schsd.org) \*

Chat with us: Coming soon!

- ▶ **I&A social workers provide:**

- ❖ Accurate, objective and useful information on a wide variety of topics, services, resources and planning needs
- ❖ Info. about eligibility criteria & support navigating public benefit programs
- ❖ A follow-up call to inquire if needs were met or if additional assistance is required
- ❖ Individuals calling about Fall Prevention receive resources to classes, home modification programs and/or referrals to care management programs for further assessment of needs and related interventions

# Become a Matter of Balance MOB Coach!

Training is either a full 8-hour day or split in two 4-hour training sessions. Below are the broad necessary skills set:

- Good communication and interpersonal skills
- An authentic interest in elders
- Enthusiasm and dependability
- An ability to facilitate discussion groups
- Ability to perform and instruct low-intensity exercises
- Some clerical skills
- Ability to carry 20 pounds



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# Host a Matter of Balance (MOB) and/or Fall Prevention & Better Balance (FPBB) Course!

## Host requirements:

- Accessible location
- Quiet space that accommodates up to 12 people to comfortably perform chair-exercises & participate in discussion
- Audiovisual equipment for viewing videos
- Participate in program promotion (fliers provided)
- Serve as Zoom host (FPBB only)
- Agree to COVID safety protocols for F2F courses



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# For More Information, Contact:



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Petaluma People Services Center

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Questions?

Thank you!