



HEALTHPRO®
HERITAGE

Defying Gravity

FALLS/BALANCE PROGRAM

The goal of therapy's involvement in a falls/balance program is to ensure that older adults attain and maintain the highest level of motor control to ensure good balance and mitigate the risk of falls. Our *Defying Gravity Falls/Balance Program* supports the resident and ancillary health professionals to identify factors that affect functional performance and strategies to reduce falls.

Our approach utilizes standardized measures to target clinical indicators, focuses on the nuances of treating these indicators, and offers solutions for meaningful programming to sustain health and wellness and mitigate falls. Because the vast majority of older adults will present with balance impairments – one of the most frequently identified risk factors of falls – a comprehensive understanding of the problem is imperative to optimize falls management.



KEY ELEMENTS

- Nuanced clinical approaches
- Cross-disciplinary training
- Outcomes driven with use of standardized measures
- Health literacy for residents and their families
- CMS validated exercise program: Debra Rose's *Fall Proof Program*

DEFYING GRAVITY:

- Uses a cross disciplinary approach to identify and assess falls, offering solution-based interventions to mitigate falls;
- Simplifies conditions associated with balance disturbance and provides a road map to understand how evaluation results guide specific treatment interventions, which ultimately impact physical functioning;
- Focuses on the six core concepts of functional balance;
- Utilizes evidence-based standardized outcome tools to identify potential risk factors;
- Validates and assists in benchmarking for CMS Quality Measures;
- Helps enhance the way we communicate residents' functional changes; and
- Can be implemented across all post-acute settings and led by non-healthcare professionals.

Program objectives include:

- Understanding the interdisciplinary roles and resident identification process involved;
- Identifying factors to be assessed and documented when implementing a fall program; and
- Understanding how to mitigate falls and the process by which nursing and therapy work together to sustain a longitudinal fall prevention program.

ADVOCACY TENANTS

Develop staff to identify risk factors impacting balance and to refer to therapy.

Take ownership and assist nursing in investigating the root cause of each fall.



Make changes to residents' intrinsic/extrinsic fall risk factors as part of skilled therapy.

Work as a team to meet client needs to allow them to continue to live in the community.