



Defying Gravity

Fall Prevention Program



The Goal

Ensure that older adults attain and maintain the highest level of motor control to ensure good balance and mitigate the risk of falls. The Defying Gravity Falls/Balance Program supports the resident and ancillary health professionals to identify factors that affect functional performance and strategies to reduce falls.

This 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.

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
- Can be implemented across all post-acute settings and led by non-healthcare professionals

Key Elements

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

Advocacy Tenants

- Develop staff to identify risk factors impacting balance and to refer 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



Questions? Please reach out to: info@healthpro-heritage.com