

# King County Public Health Emergency Medical Services

One Step Ahead - Fall Prevention







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# One Step Ahead

- Why this is important
- Who we serve
- How you refer clients
- What we do at a home visit



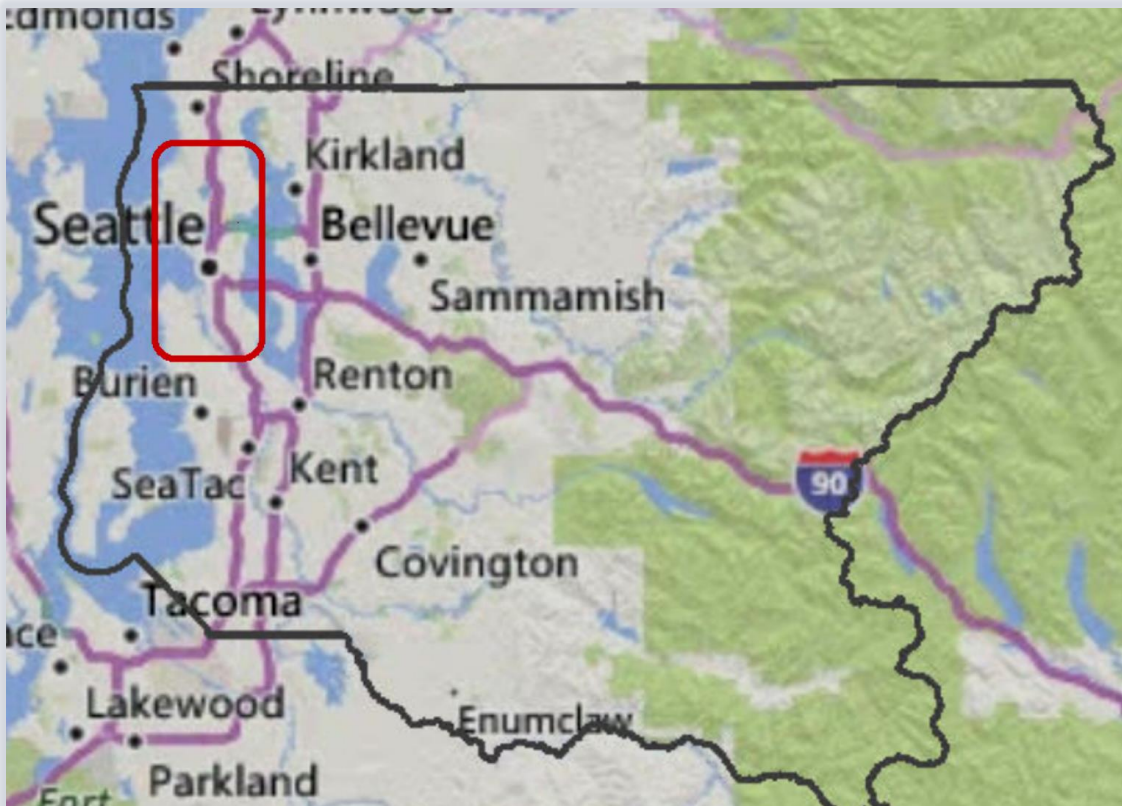
# Why Fall Prevention is so important



# Who We Serve

To enroll in this free program, client must be

- A **resident of King County** (excluding Seattle)
- **50 years of age or older** and **ambulatory**
- Have **fallen within the past 6 months** and **called 9-1-1**
- These services are not available to residents of assisted living, nursing homes, adult family homes or on hospice services.



## Referral Form

### One Step Ahead – Fall Prevention Program

Please email this form to: [fallprevention.ems@kingcounty.gov](mailto:fallprevention.ems@kingcounty.gov)

For more information: (206) 263-8544

[www.kingcounty.gov/ems/falls](http://www.kingcounty.gov/ems/falls)

Thank you for your referral. Our Program Fall Prevention Specialist will contact you to confirm that the referral has been received and contact the client directly. Please discuss the intent of this referral with your client.

<b>Date:</b>	
<b>For intervention in-home visits, clients must meet ALL of the following criteria</b>	
<input type="checkbox"/>	Residing in King County, excluding Seattle
<input type="checkbox"/>	50 years of age or older
<input type="checkbox"/>	Living independently (not in a nursing home, assisted living facility, adult family home, and Hospice)
<input type="checkbox"/>	Must be ambulatory
<input type="checkbox"/>	Client has experienced a fall within the past 6 months and called 9-1-1, or is at high risk of falling as assessed by a healthcare professional

**\*\*If you have a client that does not meet our program criteria, please continue to complete this form we will contact the client and provide them with a phone consultation\*\***

<b>Client information</b>			
<b>First and Last Name</b>			
<b>Address, City, Zip</b>			
<b>Phone</b>			
<b>Collateral contact</b>			
<b>Date of Birth</b>		<b>Gender:</b>	
<b>Client fall history and additional comments</b>			
<b>Referred by</b>			
<b>Name</b>			
<b>Agency</b>			
<b>Phone</b>		<b>Email</b>	



# CDC Self-Assessment

## Four Things You Can Do to Prevent Falls:

- 1 Speak up.**  
Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.
- 2 Keep moving.**  
Begin an exercise program to improve your leg strength and balance.
- 3 Get an annual eye exam.**  
Replace eyeglasses as needed.
- 4 Make your home safer.**  
Remove clutter and tripping hazards.

## Learn More

Contact your local community or senior center for information on exercise, fall prevention programs, and options for improving home safety, or visit:

- [go.usa.gov/xN9XA](https://go.usa.gov/xN9XA)
- [www.stopfalls.org](https://www.stopfalls.org)



1 in 4 people 65 and older falls each year.

For more information, visit [www.cdc.gov/steadi](https://www.cdc.gov/steadi)

This brochure was produced in collaboration with the following organizations: VA Greater Los Angeles Healthcare System, Geriatric Research Education & Clinical Center (GRECC), and the Fall Prevention Center of Excellence



Centers for Disease Control and Prevention  
National Center for Injury Prevention and Control

## Stay Independent

Learn more about fall prevention.



STEADI

## Check Your Risk for Falling

Circle "Yes" or "No" for each statement below			Why it matters
Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total			Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling.



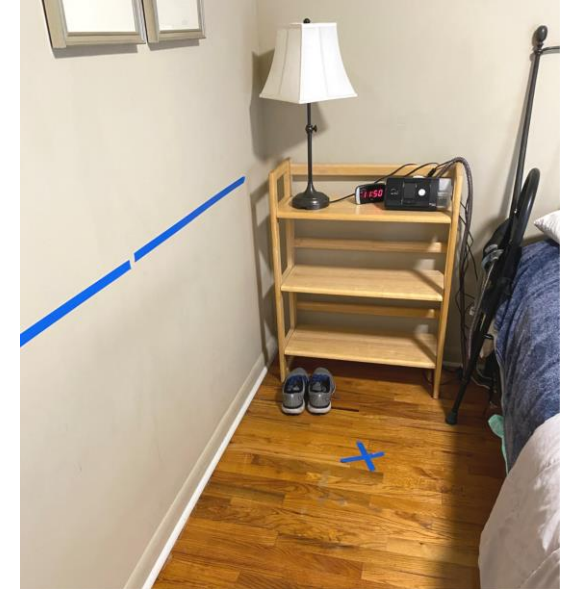
# Pillars of Fall Prevention

## Social Support, Exercise, Vision and Medication





# Making Homes Safer





# Durable Medical Equipment

What we provide	What we do not provide
Raised toilet seats	Floor to ceiling poles
Shower chairs and benches	Medical alert pendants
Toilet safety frames	Walkers, canes, scooters, wheelchairs
Tub handles	Bed alarms
Handheld shower heads	Incontinence supplies and urinals
Reacher (grabber) tools	Ramps or railings
Bed handles	Home modifications
Night lights	Installation of wall bars in rentals
Bedside commodes	Suction grab bars
Self install wall bars (16", 24" and 32")	
We partner with Rebuilding Together (Seattle and South Sound) to install up to <b>three wall bars</b> inside homes that clients own. Some exclusions apply to mobile or manufactured homes, or surfaces that require enhanced structural support.	





# Questions?

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**Web: [www.kingcounty.gov/ems/falls](http://www.kingcounty.gov/ems/falls)**

