

**OVERLAKE HOSPITAL MEDICAL CENTER
FALLS PREVENTION PROGRAM**

Purpose: To increase awareness and promote safety of fall risk awareness and how to decrease that risk for people we serve at Overlake Hospital Medical Center and for the Eastside community.

Description of Services:

1. Community

- Hospital newsletters both for the community and staff feature periodic articles on fall prevention.
- Senior Care offers the following resources to help reduce the risk of falls at home, and to increase independence.
 - Free Safe at Home Poster (identifies common fall hazards in the home)
 - Overlake Lifeline (personal emergency response button)
 - Walking Program (Monday, Wednesday and Friday mornings at Bellevue Square – free)
 - Balance class (offered by Connections Fitness)
 - Enhance Wellness program (personalized goal-setting and coaching with a Senior Care nurse)
- Senior Care Community Case Management provided for patients over 65 years of age with increased fall risk and other chronic problems (includes home safety assessments and referrals as needed).
- Senior Care Clinics provide falls risk assessment during clinic visits with appropriate referrals if needed.
- Contact: Debbie Anderson, MSW; debbie.anderson@overlakehospital.org

2. Outpatient Rehabilitation

- Fall prevention classes on balance and strengthening through Senior Fitness program.
- Licensed Physical Therapists can prescribe exercises and therapy to improve balance and strength, and recommend gait assistive devices as needed.
- Licensed Occupational Therapists can perform a home safety assessment if a family member is having difficulty, or feeling unsafe with activities at home.
- Contact: Holly Harrison, PT; holly.harrison@overlakehospital.org

3. Hospital Based

- Fall Prevention Program (fall risk assessment at point of entry, 'Fall Prevention Rounds,' with follow up planning for safety).
- Patient/family education pieces available (*Safe at Home* poster, *Don't Let Fear of Falls Get You Down* and *Falls Prevention Program* flyers).
- Contact: Irene Peters, CNS; irene.peters@overlakehospital.org

Successful Outcomes/Measurement

- Hospital Based Fall Prevention Program goal of reducing falls by 50% has been met and is being maintained.

Barriers to Success

- Patient/Family awareness and ownership of fall risk and prevention.
- Transition/communication between levels of care.
- Multi-factorial causes of falls.

