**Fall Prevention Project Webinar - References Sheet:**

This reference guide is in order of the slides from the webinar series. Each section is separated by each slide and includes every link, study, or resource mentioned or referenced in the slide.

**Slide 2 - Introductions:**

* Yolo Healthy Aging Alliance Team Website: https://www.yolohealthyaging.org/meet-the-team
  + Amal Syed: [amsyed@ucdavis.edu](mailto:amsyed@ucdavis.edu)
  + Dr. Sheila Allen: sheila.allen@yolohealthyaging.org
* Fit Deb Training Website: http://fitdeb.blogspot.com/
  + Deborah Eernisse: [fitdebtraining@gmail.com](mailto:fitdebtraining@gmail.com)

**Slide 3 - Why is Fall Prevention important?:**

* Yolo Healthy Aging Mission: <https://www.yolohealthyaging.org/about>
* Center for Disease Control, Facts about Falls: <https://www.cdc.gov/falls/facts.html>

**Slide 4 - Why is Fall Prevention important?:**

* Center for Disease Control, Cost of Older Adult Falls: <https://www.cdc.gov/falls/data/fall-cost.html>

**Slide 5 - Overcome your “Fall-ophobia”:**

* National Council on Aging, 10 Myths About Older Adult Falls: <https://www.ncoa.org/article/debunking-the-myths-of-older-adult-falls>
* Deshpande N, Metter EJ, Lauretani F, Bandinelli S, Ferrucci L. Interpreting fear of falling in the elderly: what do we need to consider?. J Geriatr Phys Ther. 2009;32(3):91-96. - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2954585/>

**Slide 7 - Check In with your healthcare provider:**

* Resnick B, Nahm ES, Zhu S, et al. The impact of osteoporosis, falls, fear of falling, and efficacy expectations on exercise among community-dwelling older adults. Orthop Nurs. 2014;33(5):277-288. - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4170528/>
* Takashi Asada, Tetsuhiko Kariya, Toru Kinoshita, Akio Asaka, Saburo Morikawa, Mitsuru Yoshioka, Tatsuyuki Kakuma, Predictors of Fall-related Injuries among Community-dwelling Elderly People with Dementia, Age and Ageing - <https://academic.oup.com/ageing/article/25/1/22/35778?login=true>

**Slide 8 - Avoid Multitasking:**

* Trombetti A, Hars M, Herrmann FR, Kressig RW, Ferrari S, Rizzoli R. Effect of Music-Based Multitask Training on Gait, Balance, and Fall Risk in Elderly People: A Randomized Controlled Trial. Arch Intern Med. 2011;171(6):525–533 - <https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/226932>

**Slide 9 - Vitamin Deficiencies:**

* NewScientist, “Elderly falls linked to vitamin deficiency”: <https://www.newscientist.com/article/dn4433-elderly-falls-linked-to-vitamin-deficiency/#:~:text=An%20unexpected%20risk%20factor%20for,that%20supplements%20reduced%20their%20number>.
* Prevention of falls in older people living in the community: <https://www.bmj.com/content/353/bmj.i1419/rr-9>
* M Kyla Shea, PhD, Stephen B Kritchevsky, PhD, Richard F Loeser, MD, Sarah L Booth, PhD, Vitamin K Status and Mobility Limitation and Disability in Older Adults: The Health, Aging, and Body Composition Study, The Journals of Gerontology: <https://academic.oup.com/biomedgerontology/article/75/4/792/5485918?login=true>

**Slide 10 - Vision Problems:**

* Saftari LN, Kwon OS. Ageing vision and falls: a review. J Physiol Anthropol. 2018;37(1):11. Published 2018 Apr 23. - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5913798/#:~:text=The%20study%20found%20that%20visual,glaucoma%20were%20associated%20with%20falls>.
* Center for Disease Control, Vision Impairment and Older Adult Falls: <https://www.cdc.gov/visionhealth/resources/features/vision-loss-falls.html>
* Common Vision Problems that Cause Senior Falls: <https://www.caringseniorservice.com/blog/common-vision-problems-that-cause-falls>

**Slide 11 and 12 - Check your Medications, Medications Linked to Falls:**

* CDC, Medicines Risk Fact Sheet: <https://www.cdc.gov/transportationsafety/older_adult_drivers/meds_fs/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fmotorvehiclesafety%2Folder_adult_drivers%2Fmeds_fs%2Findex.html>

**Slide 13 - Orthostatic Hypotension:**

* Mol A, Bui Hoang PTS, Sharmin S, Reijnierse EM, van Wezel RJA, Meskers CGM, Maier AB. Orthostatic Hypotension and Falls in Older Adults: A Systematic Review and Meta-analysis. J Am Med Dir Assoc. 2019 May;20(5):589-597.e5. - <https://pubmed.ncbi.nlm.nih.gov/30583909/>
* Mayo Clinic, Orthostatic Hypotension: <https://www.mayoclinic.org/diseases-conditions/orthostatic-hypotension/symptoms-causes/syc-20352548>

**Slide 14 and 15 - Environmental Assessment and Trip Hazards:**

* CDC Check for Safety: A Home Fall Prevention Checklist! - <https://www.cdc.gov/steadi/pdf/check_for_safety_brochure-a.pdf>

**Slide 16 and 17 - Bathroom Safety Tips:**

* Belvedere Home Care - Safety For Seniors: Preventing Falls in the Bathroom: <https://belvederehealthservices.com/belvedere-home-care/blog/safety-seniors-preventing-falls-bathroom#:~:text=Most%20falls%20occur%20while%20seniors,themselves%20when%20in%20the%20bathroom>.

**Slide 19 - Body and Muscle Weakness:**

* American Family Physician, Muscle Weakness as a Risk Factor for Falls in the Elderly: <https://www.aafp.org/afp/2005/0501/p1791.html>
* Moreland JD, Richardson JA, Goldsmith CH, Clase CM. Muscle weakness and falls in older adults: a systematic review and meta-analysis. J Am Geriatr Soc. 2004 Jul;52(7):1121-9 - <https://pubmed.ncbi.nlm.nih.gov/15209650/>

**Slide 22 - What to do immediately after falling:**

* Performance Health - What to do right after you fall: https://www.performancehealth.com/articles/what-to-do-right-after-you-fall

**Slide 23, 24, 25 - Things caregivers should do:**

* National Council on Aging, Falls Prevention Conversation Guide for Caregivers: <https://www.ncoa.org/article/falls-prevention-conversation-guide-for-caregivers>
* National Council on Aging, 6 Fall Prevention Steps to Help Your Loved Ones: <https://www.ncoa.org/article/6-falls-prevention-steps-to-help-your-older-loved-ones>

**Slide 26 - Medical Alert Systems:**

* 10 Best Medical Alerts of 2021: https://www.consumersadvocate.org/medical-alerts/a/best-medical-alerts?pd=true&keyword=medical%20fall%20alert%20systems&gca\_campaignid=176363822&gca\_adgroupid=52610612526&gca\_matchtype=e&gca\_network=g&gca\_device=c&gca\_adposition=&gca\_loc\_interest\_ms=&gca\_loc\_physical\_ms=9032543&gclid=CjwKCAjwvMqDBhB8EiwA2iSmPOG1dtEiukHcXIh8dJ12Ur76XPEhjGHWs4saZinlZyamLkQDdjveUBoCe4gQAvD\_BwE
* Medical Guardian System: https://www.medicalguardian.com/help-me-choose/?aid=2022&subid=medical+fall+alert+systems&subid2=6520c4c1154e58b7537294c8af044707-1618199753986797-548313\_\_1619423521\_55548
* Bay Alarm Medical System: https://www.bayalarmmedical.com/free-quote/?affiliate\_id=133989&utm\_source=ConsumersAdvocate&utm\_medium=desktop&utm\_term=medical+fall+alert+systems&caclid=6520c4c1154e58b7537294c8af044707-1618199753986797-548313\_\_1619423523\_554113
* MobileHelp: <https://offers.mobilehelp.com/consumeradvocate/?&sub_id=6520c4c1154e58b7537294c8af044707-1618199753986797-548313__1619423526_54857>

**Slide 27 - Fall Detection Systems:**

* MyNotifi: <https://www.mynotifi.com/product/category&path=74>
* Apple Watch Series 4: <https://support.apple.com/en-us/HT208944>

**Slide 28 - Noise-Making Devices:**

* Birdie Personal Safety Alarm: <https://www.shesbirdie.com/products/birdie-alarm-all-colors?variant=32366483669080>

**Slide 29 - Resources for Free Medical Equipment:**

* Davis Senior Center Medical Equipment Closet: <https://www.cityofdavis.org/city-hall/parks-and-community-services/senior-services/information-assistance/assistance-programs>
* Knight’s Landing One Health Clinic: https://knightslandingonehealth.com/

**Slide 30 - Resources for Home Modifications:**

* Medicare/Medicaid Packages: <https://www.payingforseniorcare.com/home-modifications/how-to-pay-for-home-mods>
* SAH, SHA & HISA Grants: Home Modification Help for Veterans: <https://www.payingforseniorcare.com/home-modifications/veterans-sah-sha-hisa-grants#sah>
* Habitat for Humanity: <https://abilitytools.org/resources/home-modifications.php>
* Davis Odd Fellows Senior: <http://davislodge.org/>
  + 1(530) 753-4551
* Woodland Kiwanis Handy Helpers: https://www.woodlandkiwanis.com/
  + (530) 661-2000

**Slide 31 - Resources for Free Healthcare:**

* UC Davis Student Run Clinics and partner clinics: <https://health.ucdavis.edu/mdprogram/studentlife/clinics/>
* Knights Landing One Health Center: <https://knightslandingonehealth.com/>

**Slide 32 - Resources for Free Healthcare:**

* Communicare: <https://communicarehc.org/>
  + 1(530)-285-3201
* Winters Healthcare Medical Clinic: <https://www.wintershealth.org/>
  + 1(530)-795-4377