

Preventing Falls at Home

(For Home Health Aides and Home Attendants)

Satellite Conference and Live Webcast

Wednesday, February 6, 2008 • 2:00-4:00 p.m. (Central Time)

3:00-5:00 p.m. (Eastern) • 1:00-3:00 p.m. (Mountain) • 12:00-2:00 p.m. (Pacific)

Falls have been the second leading cause of unintentional death in America since the early nineteenth century. In 2003, more than 13,700 people 65 years or older died of fall-related injuries. Another 1.8 million were treated in emergency departments for nonfatal injuries related to falls. The total direct cost for falls among older adults in 2000 was about \$19 billion. Given the growing population of this age group, this cost is expected to reach \$43.8 billion by 2020. Among people 65 years and older, falls are the leading cause of injury deaths and the most common cause of nonfatal injuries and hospital admissions for trauma. Each year in the United States, nearly one third of older adults experience a fall.

The causes of falls are known as risk factors. Although no single risk factor causes all falls, the greater the number of risk factors to which an individual is exposed, the greater the probability of a fall and the more likely the results of the fall will threaten the person's independence. Many of these risk factors are preventable. As obvious as it may sound, a lack of knowledge about risk factors and how to prevent them contributes to many falls. Some people believe that falls are a normal part of aging, and as such are not preventable. Lack of knowledge leads to lack of preventive action, resulting in falls.

Program Objectives:

1. Name three factors that contribute to falls in and around the home.
2. Describe five interventions that can minimize the risk of falls.
3. Describe the process for managing an unexpected fall in the home and the process for reporting a fall according to Alabama Dept. of Public Health policy.

Faculty:

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Conference Details:

Target Audience: Home Health Aides and Home Attendants

Registration: www.adph.org/alphntn

Cost: There is no cost to view.

Contact Hours: None.

Satellite Technical Information: This program will be a live satellite broadcast on both Ku & C bands.

Webcast Information: Register at www.adph.org/alphntn. To view webcast, you need RealPlayer. Test your computer before the day of the program from the "test connection" link at www.adph.org/alphntn. On the day of the program, go to www.adph.org/alphntn. Click on the "view webcast" link.

Conference Materials: Posted on our website approximately one week before the program for registered participants.

Questions For Faculty: Fax or email those questions and a response will be given during the program.

Email: alphntnquestions@adph.state.al.us

Fax: 888-737-1972.

Conference Details Questions: 334-206-5618 or send email to alphntn@adph.state.al.us.