Agenda

• Overview
• Procedure
• Approaches
Overview

• Balance Days are conducted at community sites to screen individuals for falls risk.
  – Fall Risk Questions
  – Physical Screens
  – Falls prevention information
  – Falls prevention program demonstrations
  – Falls prevention program sign-ups
• 3-5 people to staff event
• Advertise in advance AND advertise day of- “Free Balance Screen”
• 1-2 hours time allotted
Procedure

- Set up stations
  - TUG
  - 30 second sit to stand station
  - 4-Stage Balance Test
  - Waiting area
  - Class sign-up area
  - Handout area

- Materials
  - Tape
  - Measuring tape
  - Chairs
  - Clipboard
  - Timer
  - Data Sheet
  - Scoring Sheet
  - Recommendation Sheet
  - Sign up sheet
  - Flyers/Handouts
Procedure

BALANCE DAY FALL RISK SCREEN

Name: ___________________________ Age_____

Town of Residence ___________________ Phone_____________________

Email: ______________________________________

Are you currently on our mailing list? YES NO

If “No”
Would you like to be added to the mailing list? YES NO

Have you fallen in the past year? YES NO

If “Yes”
How many times? _______

Were you injured? YES NO

Do you feel unsteady when standing or walking? YES NO

Do you worry about falling? YES NO

If you answered “No” to all three questions, stop here. Please speak with someone here about recommendations.

If you answered “Yes” to any of the questions, please continue speak with someone about physical screens.

If you have questions, please contact:

TYPE YOUR ORGANIZATION HERE

Type organization here to

Type email address here if you have one

Timed Up & Go Test:
Fall Risk?
12 seconds or greater is considered a fall risk

20 Second Chair Stand Test:
Fall Risk?
A below average score indicates a higher risk to fall

Chair Stand—Below Average Scores

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4-Step Balance Test:
Fall Risk?
Inability to hold tandem stance 10 seconds is considered a fall risk

1. Stand with your feet side by side. Time: _______ seconds

2. Place the instep of one foot so it is touching the big toe of the other (semi-tandem) Time: _______ seconds

3. Place one foot in front of the other, heel touching the toe (tandem) Time: _______ seconds

4. Stand on one foot Time: _______ seconds

Developed by the Dartmouth Centers for Health and Aging 12/23/15, based on STEADI Tool. Contact: Geriatric.ed@Dartmouth.edu, 603-653-3443
You scored at a **low fall risk** on our Falls Risk Screen.

The American Geriatrics Society Guidelines recommend you participate in regular exercise that includes balance and strengthening exercises to keep your risk low and to maintain a high level of function. Based on your fall risk screening results, we recommend you consider joining a program specifically designed to improve balance and decrease fall risk such as Tai Ji Quan: Moving for Better Balance. Please see our current programs list. We can contact you as more programs develop.

**If you have questions, please contact:**
Type Your Organization Here
(Phone Contact)
Website

You scored at a **moderate fall risk** on our Falls Risk Screen.

The American Geriatrics Society Guidelines recommend you participate in regular exercise that includes balance and strengthening exercises to lower your fall risk and to maintain a high level of function.

- Based on your falls risk screening results, we recommend you consider joining a program specifically designed to improve balance and decrease fall risk such as Tai Ji Quan: Moving for Better Balance or A Matter of Balance. Please see our current programs list. We can contact you as more programs develop.

- We recommend you share these results with your primary care provider and discuss the possibility of physical therapy. You may want to refer to the Dartmouth-Hitchcock Interdisciplinary Falls Clinic.

**If you have questions, please contact:**
Type Your Organization Here
(Phone Contact)
Website
Program Sign-up sheet
Have available at screen/presentation

ADD YOUR LOGO

Sign up for next Tai Ji Quan: Moving for Better Balance Class at YOUR LOCATION
Start Date: CLASS START    Location: CLASS LOCATION

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Approaches

• Lecture
• Brief Falls Talk
• Program Demo
• Balance Screening
Falls Talk

- Power point in tool kit for short talk- 15 minutes

- STEADI Materials: [www.cdc.gov/steadi/](http://www.cdc.gov/steadi/)
  - “What You Can Do to Prevent Falls”

- NH Falls Task Force: [www.nhfallstaskforce.org](http://www.nhfallstaskforce.org)
  - Home Safety Assessment

- Written materials/brochures about programs
  - [www.TJQMBB.org](http://www.TJQMBB.org)
  - [www.mainehealth.org/mob](http://www.mainehealth.org/mob)
Program Demo (TJQMBB)

- Encourage all to try
- Plan for ~ 15 minutes
- Safety - chairs in front - ideally face participants
- Make it fun!
- Example sequence:
  - Weight shift exercise
  - Part Wild Horse Mane Form
  - Breathing to close i.e. Ball bigger/smaller
Balance Screening

• Several stations-minimize wait
• Plan 30 minutes if in combination with talk/demo
• Could have 1-2 hour drop in (or longer) if stand alone event
• Timed Up & Go, 30 second sit to stand, 4-stage balance test
  – www.cdc.gov/steadi- Videos for providers
• Review Results with participant
  – Give the participant the Algorithm and Falls Risk Screening Result Sheet
• Send copy of “Balance Day Fall Risk Screen” to Dartmouth Centers for Health and Aging
Contact for questions regarding Balance Day Presentation

Dartmouth Centers for Health and Aging

Geriatric.ed@dartmouth.edu

603-653-3443