Falls are the leading cause of injury and death among those 65 years and older. Incorporating a fall prevention program is an important step to prevent serious consequences related to falls. Homebound older adults are among the most vulnerable population to falls. Utilization of a Stepping On fall prevention program has shown to be beneficial in homebound older adults at risk for falls.

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Among homebound older adults, how does implementing a fall prevention program decrease risk for falls?

GOAL

Implement a Fall Prevention Program
Decrease Risk of Falls
Increase in Quality of Life

Behavioral Steps Linked to Fall Prevention

CA & VIT D
Medication
Safe Mobility
Footwear
Home Hazard
Home Safety
Exercise
Vision Quality
Eye Exam

STEEPING ON PROGRAM

Medication Review
Improve Balance
Improve Strength
Safety Changes in Home

Weekly Classes
Safe footwear
Assess Vision
Community Safety

Knowledge Item | Mean Before Participation | SD Before Participation | Mean After Participation | SD after Participation
--- | --- | --- | --- | ---
Importance of Exercises and Falls | 2.79 | 1.03 | 4.75 | 0.58
Awareness of Hazards at Home | 3.01 | 1.12 | 4.67 | 0.61
Safe Footwear and Falls | 3.18 | 1.03 | 4.72 | 0.49
Applying Safety Strategies | 2.89 | 1.00 | 4.60 | 0.60
Relation of Medication and Falls | 3.03 | 1.11 | 4.64 | 0.62

Conclusion:
Implementing the Stepping On Program to homebound older adults will improve quality of life, and decrease the risk of falls.