



Fall Prevention Kit Resource Guide

www.kstrauma.org

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Introduction

The Fall Prevention Resource Guide is a listing of Fall prevention programs and resources. This guide is designed for health care providers and individuals interested in learning about fall prevention. The guide also includes facts about falls in Kansas, the reasons people fall, and additional resources for potential partners.

This Fall Prevention Resource Guide is a project of the Kansas Trauma Program with special acknowledgement to Jeanette Shipley and Dan Robinson for their work composing this document.

Why Falls?

Falls pose a serious health risk to our older adults in Kansas. Falls are the leading cause of injury death among older adults and the most common cause of nonfatal injuries seen in emergency departments (CDC2006). One out of every three people age 65 or older falls each year.

Falls are also a major threat to the independence and quality of life for our older adults. Among Kansas' seniors who were hospitalized for a fall-related injury in 2006, 41.3% were discharged to either a skilled nursing home, a nursing home, or a rehabilitation center (Kansas Trauma Registry). For more information on how falls affect Kansans, please visit the Trauma Program newsletter, Impact: http://www.kstrauma.org/download/Newsletter_spring2009.pdf

Falls are not an inevitable consequence of aging. Falls are preventable!

Health Departments, Home Health Visitors, Physician Offices, EMS, Emergency Department staff, Social Workers, civic organization leaders and others that provide services to older adults play a key role in keeping older adults healthy and maintaining their quality of life by providing fall prevention education.

Strategies to prevent falls include:

- Exercises that improve strength, balance, and flexibility
- Health assessments and medication reviews
- Home modifications that reduce fall hazards

Disclaimer

The information in this publication is for informational purposes only. Kansas Department of Health and Environment and its subsidiary organizations assume no liability for any inaccurate, delayed or incomplete information, nor for any actions taken in reliance thereon. The information contained about each individual resource has been supplied through public information resources. It is not guaranteed any such resource will be available, but at the time of this publication (August 2009), all were in existence under the identity listed. The programs and organizations listed herein are presented for informational purposes only and are not endorsed by the Kansas Department of Health and Environment or its subsidiary organizations.

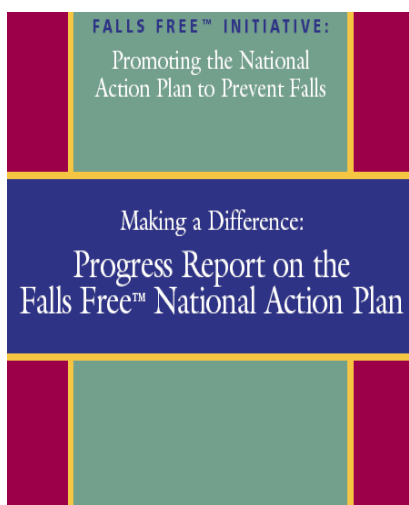
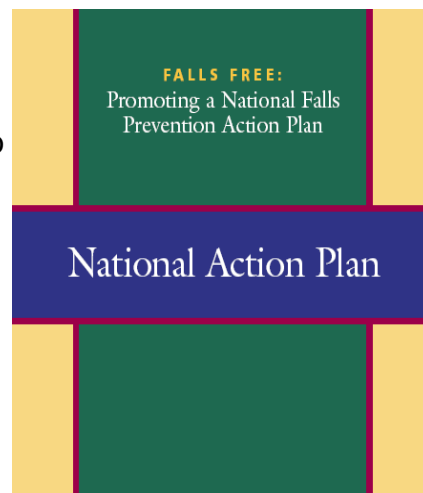
National Action Plan

Falls Free National Action Plan

The Falls Free National Action Plan is a product of The National Council on Aging (NCOA) with support from the Archstone Foundation and the Home Safety Council. The plan is a response to the increasing concerns related to falls and fall-related injuries among the aging population, and to address the challenges and barriers related to a national falls prevention initiative.

The plan is composed of thirty-six strategies which are products of the input from the Falls Free Summit participants. The strategies are divided within the following categories: physical mobility, medications management, home safety, environment safety in the community, and cross-cutting issues.

Follow the link to view the entire plan: http://www.healthyagingprograms.org/resources/FallsFree_NationalActionPlan_Final.pdf



Making a Difference: Progress Report on the Falls Free™ National Action Plan

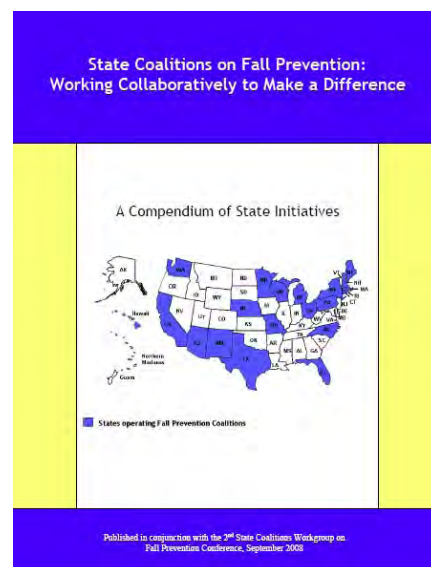
The progress report assesses the advancement of the thirty-six strategies in the Falls Free National Action Plan. The report contains valuable resources throughout the document on fall prevention information produced from the efforts of the National Action Plan.

Follow the link to view the entire report: http://www.healthyagingprograms.org/resources/NCOA_18-Month_%20Falls_%20Report-1sided.pdf

State Coalitions on Fall Prevention: A Compendium of Initiatives

A product of the State Coalitions on Fall Prevention Workgroup with support from the Home Safety Council and Archstone Foundation, the compendium lists tools, resources, strategies, and lessons learned from the experience of states implementing fall prevention programs. Contact fallsfree@ncoa.org for more information on coalition building in your state.

Follow the link to view the entire compendium: <http://www.healthyagingprograms.org/resources/State%20coalition%20workgroup%20history%2012-08.pdf>



Fall Prevention Programs (Available for a fee)

Watch Your Step

Watch Your Step! Being Safe and Sensible at Home is a training program originally developed by the Nursing Committee of the American Trauma Society's Pennsylvania Division for implementation by health departments, clinicians, and all other health care providers.

The program is geared toward older persons living in all types of homes. It offers interventions that can reduce the incidence and severity of falls, including geriatric medical assessment to improve any physical impairments, proper use of medications, modifying behavioral habits, removing safety hazards in the home and appropriate exercise. The program is designed as an habitual process.

Watch Your Step is a slide presentation that contains suggested narrative and four handout materials: About Accident Prevention and Older People, Watch Your Step: A Safety Checklist, An Awareness Review (pre/post quiz), and Identifying Your Risk for Falls. Options for program presentations and follow up are also provided, while components may be changed to suit the audience being addressed. Handout materials are available in quantity from the American Trauma Society.

Cost of kit: \$225.00

Contact: 1-800-556-7890 or 301-574-4300

Email: info@amtrauma.org



Remembering When

Remembering When: A Fire and Fall Prevention Program for Older Adults, was developed by NFPA (National Fire Protection Association) and the Centers for Disease Control and Prevention (CDC) to help older adults live safely at home as long as possible.

Remembering When is centered around 16 key safety messages (eight fire prevention and eight fall prevention) developed by experts from national and local safety organizations as well as through focus group testing in the high-fire-risk states of AK, AR, and MS, as well as in Cleveland and Atlanta.

Remembering When was designed for implementation by a coalition comprising of the local fire department, service clubs, social and religious organizations, retirement communities, and others. Coalition members can decide how to best approach the local senior population either through group presentations, home visits, and/or smoke alarm installation and fall intervention programs.

Cost of kit: \$65.00

Contact: 1-800-344-3555 or 1-617-770-3000

Website: www.nfpa.org



The Injury and Disability Program at the Kansas Department of Health and Environment has seven kits available to loan for your fall prevention program. Contact Lori Haskett at 785-296-8163 or lhaskett@kdheks.gov

Fall Prevention Programs (Available for a fee)

Stand Strong for Life: A Fall Prevention Program

The Emergency Nurses Association's Stand Strong for Life program has been developed to provide health care professionals with the information they need to prevent falls among older adults in their communities. This evidence-based program includes a health care professional and a community-based module and two Power Point presentations to use as self-study guide and/or to educate peers. The community-based module targets community-dwelling older adults who are at medium or high risk for falls. The goals of the Stand Strong for Life program is to ultimately decrease the number of falls and the severity of fall-related injury among older adults. Both modules, Power Point presentations, and brochures are included on a single CD ROM.

Cost of kit: \$50.00

Contact: 800-243-8362

Website: www.ena.org



FallProof!

FallProof is a comprehensive balance and mobility training program designed by researchers at California State University, Fullerton. It offers a field tested, practical manual that blends the latest theory into practical applications.

The manual is a resource for physical activity instructors and health care professionals working with older adults in physical activity settings. It can also help professionals assess and design programs to improve mobility and balance.

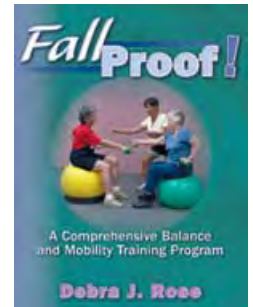
Price for the manual: \$56.00

Follow the link to view more information on FallProof!:

<http://www.exrx.net/Store/HK/Fallproof.html>

The author of the manual, Dr. Rose, is a director at the Center for Successful Aging.

<http://hdcs.fullerton.edu/csa/default.htm> Both Dr. Rose and Dr. Jones have extensively researched fall prevention methods.



Falls Risk Assessment and Interventions: A Guide for Clinicians

The fall risk assessment and intervention program, developed by the Connecticut Collaboration for Fall Prevention based at Yale University School of Medicine, is designed for physicians to identify and treat the risk factors that lead to falls. The program examines the widespread problem of falls from a multifactorial view which includes: gait abnormalities, multiple medications, postural hypotension, and environmental hazards. The Starter Kit includes 100 Trifold brochures, 100 Medication brochures, 100 Postural Hypotension Brochures, and one Clinician Workbook. The items in the Starter Kit can also be purchased separately through the website.

Cost of the Starter Kit: \$215.00

For Contact information and ordering please visit: www.fallprevention.org



Fall Prevention Programs (Available for a fee)

Matter of Balance

A Matter of Balance addresses the fear of falling some seniors experience while offering strategies to alleviate that fear. The program also provides information on how to safely increase physical activity levels in seniors. It is based upon research conducted by the Roybal Center for Enhancement of Late-Life Function at Boston University.

The Matter of Balance products include a 140-page facilitator manual and a 17-minute video entitled "Fear of Falling." Both the Matter of Balance manual and videotape provide step-by-step implementation guide for practitioners and providers in both clinical and community settings.

Price of manual and videotape is \$159.00

Price of manual separately is \$59.00

Price of videotape is \$119.95

Distributed through:

TERRA NOVA FILMS

Phone: 800-779-8491

Fax: 773-881-3368

Website: www.terranova.org

Email: tnf@terranova.org

More information and video clips of the Matter of Balance video at:

<http://www.bu.edu/hdr/products/balance/index.html>

For information on an existing Matter of Balance program modified to use volunteer lay leaders as facilitators instead of health care professionals, follow the link to MaineHealth, an integrated healthcare system, http://www.mainehealth.org/mh_body.cfm?id=432, which includes class examples, participant comments, and information on training.

Exercise: It's never Too Late

A companion video to a Matter of Balance, this video teaches the valuable benefits of an active life while emphasizing that exercise is not only lifting weights and jogging.

Price of video is \$49.95 and can be ordered through the Health and Disability Research Institute at Boston University

Make checks payable to "Trustees of Boston University" and mail to the following address:

Boston University Medical Campus

School of Public Health

Health and Disability Research Institute

580 Harrison Avenue

4th Floor

Boston, MA 02118

View video clips of Exercise: It's Never Too Late at:

<http://www.bu.edu/hdr/products/exercise/index.html>

Project Enhance



Project Enhance administers two community based health programs for older adults: Enhance Fitness and Enhance Wellness.

Enhance Fitness, designed by physical therapy experts, combines three key components of fitness: strength training, flexibility, and cardiovascular conditioning.

Enhance Wellness utilizes a coach (usually a nurse or social worker) to help seniors reach their health goals.

Enhance Fitness price for license: \$3000 (visit the expenses site for more information on cost: http://www.projectenhance.org/admin_ef_expenses.html)

For resources on grant writing for the Enhance programs and more information on evidence-based health programs, please visit http://www.projectenhance.org/admin_ef_resources.html

CDC Fall Prevention Resources

Center for Disease Control and Prevention Center

Resources available from the Center for Disease Control and Prevention Center:

All the resources displayed below can be found on the CDC's prevent falls web site: <http://www.cdc.gov/ncipc/duip/preventadultfalls.htm>



Fact Sheets

Falls Among Older Adults: An Overview

This fact sheet gives an overview of the problem of falls among older adults in the United States. You will also find prevention tips and links to resources developed by CDC.

<http://www.cdc.gov/ncipc/factsheets/adultfalls.htm>

Costs of Falls Among Older Adults

This fact sheet describes the costs of falls among older adults - more than \$19 billion annually – and includes information on how these costs are calculated and distributed.

<http://www.cdc.gov/ncipc/factsheets/fallcost.htm>

Hip Fractures Among Older Adults

More than 90% of hip fractures among adults 65 and older are the result of a fall. This sheet provides information on the number of hip fractures, groups at risk, and prevention tips.

<http://www.cdc.gov/ncipc/factsheets/adulthipfx.htm>

Falls in Nursing Homes

Falls are more common in nursing homes than in the overall community. You can learn about the extent of falls in nursing homes, their causes, and some prevention strategies.

<http://www.cdc.gov/ncipc/factsheets/nursing.htm>

CDC Fall Prevention Activities

This page highlights CDC-sponsored projects aimed at preventing falls among older adults.

<http://www.cdc.gov/ncipc/duip/FallsPreventionActivity.htm>

CDC Fall Prevention Resources

CDC Resources Continued:

Brochures

Two brochures developed by the CDC and redesigned in partnership with the CDC Foundation and MetLife Foundation, provide steps that older adults and those who care for them can take to reduce the risk of falls and related injuries. Both are available in English, Spanish, and Chinese.

What YOU Can Do to Prevent Falls

Highlights four key strategies for preventing falls

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/fallsmaterial.html>

Check for Safety A Home Fall Prevention Checklist for Older Adults

Lists things to check for and fix in the home to reduce the risk of falls.

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/fallsmaterial.html>

Posters

Four posters were developed in partnership with the CDC Foundation and MetLife Foundation. Each highlights one of four key strategies for preventing older adult falls. All are available in English, Spanish, and Chinese.

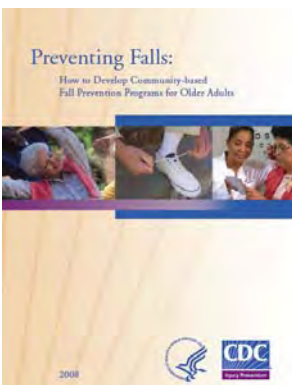
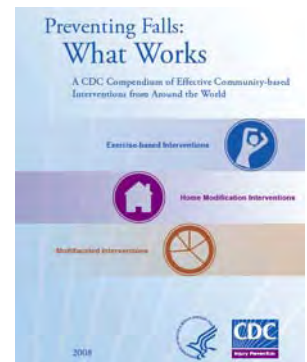
<http://www.cdc.gov/HomeandRecreationalSafety/Falls/fallsmaterial.html>

Resources for Practitioners and Community-Based Organizations

Preventing Falls: What Works A CDC Compendium of Effective Community-based Interventions from Around the World

This compendium is designed for public health practitioners and community-based organizations. It describes 14 scientifically tested and proven interventions.

http://www.cdc.gov/ncipc/preventingfalls/CDCCompendium_030508.pdf



Preventing Falls: How to Develop Community-based Fall Prevention Programs for Older Adults

This "how to" guide is designed for community-based organizations who are interested in developing their own effective fall prevention programs.

http://www.cdc.gov/ncipc/preventingfalls/CDC_Guide.pdf

Figures and Maps: <http://www.cdc.gov/ncipc/duip/adultfallsfig-maps.htm>

Figures and maps depict statistics about fall-related deaths and injuries. See trends in fall-related death and nonfatal injury rates and compare death rates by sex and by state.

Podcasts: <http://www.cdc.gov/ncipc/duip/podcast/>

Downloadable podcasts from CDC's Injury Center are available on topics including older adult fall prevention, poisoning prevention, teen driving safety and Injury Center research findings, programs and activities.

Resources to Develop Fall Prevention Programs (Available at no cost)

Fall Prevention Center of Excellence

The Fall Prevention Center's mission is to identify best practices in fall prevention and to help communities offer fall prevention programs to older people who are at risk of falling. The web site offers many resources for service providers, individuals, families, researchers, and educators. Resources are compiled from various agencies such as the CDC, the NCPS (National Center of Patient Safety), and the Center for Healthy Aging. The Fall Prevention Center of Excellence is also a good resource for articles, other agencies interested in fall prevention, and related topics.



Web Site: <http://www.stopfalls.org/index.shtml>

Safe Steps

This Home Safety Council's Safe Steps curriculum, which will be distributed free of charge to 5,000 older adult activity centers nationwide, includes an instructional video, educational wall poster, and activities that can help track medications, exercise and assess overall home safety.

The national program promotes preventative low cost solutions and simple behavioral changes to enhance personal safety and independence. The Home Safety Council and the Safe Steps program advocate:

- An Active Lifestyle – Including physical activity in one's daily routine helps to maintain balance, strength, and flexibility.
- Medication Tracking – Consulting with your doctor or pharmacist annually to review all medications (both prescription and over-the-counter) and diet plans can help to reduce the risks of dizziness, weakness, and other side effects.
- Home Modifications – Simple home improvements to reduce the risk of falls include installation of grab bars in bathtubs and shower stalls in the bathroom, removal of throw rugs (or securing them with adhesive tape), installing handrails on both sides of all stairways and using proper lighting around stairs and pathways.

Additionally, the Home Safety Council recommends wearing sturdy shoes with thin non slip soles as well as keeping stairways and walkways clear of clutter. The curriculum is intended for distribution through activity and senior centers.

Cost: FREE

Contact: 202-330-4900

Email: info@homesafetycouncil.org

Website: <http://www.homesafetycouncil.org/index.asp>



NCPS Fall Prevention Toolkit

A product of The National Center of Patient Safety, The Falls Toolkit is designed to aid facilities in developing a comprehensive falls prevention program. The toolkit not only addresses the needs of a facility starting a fall prevention program but also addresses improving existing fall prevention programs.

The toolkit includes The Falls Toolkit Notebook (which is the source of program information) media tools, educational tools, web sites, and other useful tools facilities can use in developing or improving a fall prevention program.

Price: Free - Only need to print the material.



Follow the link for program material:

<http://www.va.gov/ncps/SafetyTopics/fallstoolkit/index.html#notebook>

HEROS©

The Health, Education, Research and Outreach for Seniors (HEROS©) program developed by Temple University focuses on awareness for both health care professionals and consumers. The program offers brochures, checklists, and manuals which can be printed from the site. Most of the materials are offered in several languages.

The HEROS© training manual is intended to assist health professional trainers and health professional trainees with knowledge and skills to provide a quick fall risk screen to community dwelling older adults, knowledge about intervention programs that have been shown to be effective, and materials to develop educational programs for community dwelling older adults

The materials aimed at the consumers are checklists and other resources for fall prevention and aging.

Price: Free - However, the authors ask to include copyright information and the developer's names when printing.

Follow the link for more information and program materials:

http://www.temple.edu/older_adult/index.html



Falls in Older Adults: Management in Primary Practice

This program is designed as a primary practice toolkit for health care practitioners to help manage high risk patients in primary practice.

The site includes forms for evaluating patients as well as the Get Up and Go Test. It also contains numerous patient handouts including general information on falls, how to decrease the risk of falls, and a guide to help patients after a fall.

Price: Free - However, if the copyright on the tool does not belong to the Practicing Physician Education (PPE) project, special permission from the owner will have to be obtained before photocopying.

Follow the link for program material:

<http://www.americangeriatrics.org/education/falls.shtml>



Stand Up & Be Strong! Falls Prevention

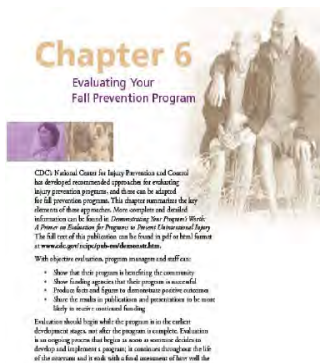
Stand Up & Be Strong! consists of an easy-to-replicate model for assessing the risk of falls in older adults. After participating in a 30-second screening test, elderly participants learn their risk of falling and leave with a few simple exercises that can easily be performed in their home or long-term care facility.

Stand Up & Be Strong! uses a "train the trainer" model, which allows physical therapists to train other health care professionals and community members to assess falls risk in their own communities and facilities, rather than relying on health care providers to provide assessments.

Materials which include brochures, manuals, presentations, and handouts are free to download and print. The authors only ask for the credits to remain on the printed materials.

<http://www.mnapta.org/subs.html>

Evaluating and Sustaining Programs



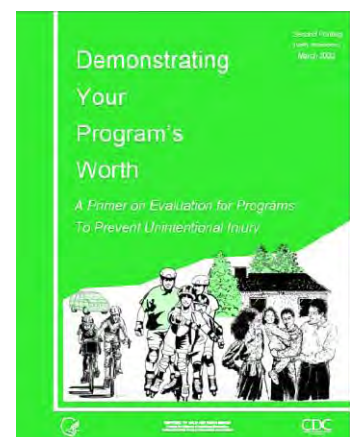
Chapter 6 (Evaluating your fall prevention program) in the CDC resource manual Preventing Falls: How to Develop Community-based Fall Prevention Program for Older Adults.

http://www.cdc.gov/ncipc/preventingfalls/CDC%20Guide_030508.pdf

Demonstrating your Program's Worth: A Primer on Evaluation for programs To Prevent Unintentional Injury

This book shows program managers how to demonstrate the value of their work to the public, to their peers, to funding agencies, and to the people they serve.

<http://www.cdc.gov/ncipc/pub-res/demonstr.htm>



Evaluating and Sustaining Programs



Chapter 8 (Sustaining your fall prevention program) in the CDC resource manual Preventing Falls: How to Develop Community-based fall prevention programs for Older Adults

http://www.cdc.gov/ncipc/preventingfalls/CDC%20Guide_030508.pdf

RE-AIM is a systematic method for researchers, practitioners, and policy makers to evaluate health behavior interventions. It can also be used to estimate the potential impact of interventions on public health.



<http://www.re-aim.org/>

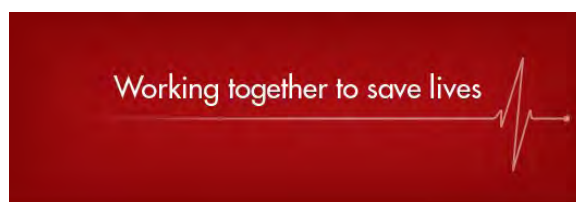
The Health Canada/Veterans Affairs Canada Falls Prevention Initiative funded a number of fall prevention projects and found that the projects that were sustained at the end of the Initiative were those with strong community partnerships, strong leadership, and additional financial support (Health Canada/Veterans Affairs Canada Falls Prevention Initiative. Sustainability of community-based falls prevention programs. Community Health Research Unit, University of Ottawa, 2004.)

Sustainability was most likely if fall prevention projects:

- addressed sustainability in the initial planning stages of projects
- had key champions to show leadership
- involved a wide range of stakeholders, including local officials, service groups, universities, provincial and national organizations, and particularly seniors
- focused on specific project components rather than entire programs (e.g., resources, partnerships and volunteer networks)
- secured funding for a project coordinator
- integrated falls projects into the broader goals of the organization

http://www.phac-aspc.gc.ca/seniors-aines/pubs/seniors_falls/chapter5_e.htm

Material found in the 2008 Fall Prevention Resource Guide (Ontario. Mississauga Halton Local Health Integration Network).



Additional Resources and Web Sites



Stay Active & Independent for Life (SAIL) is a guide intended to provide older adults information on remaining active which can lead to a more independent life.

<http://www.doh.wa.gov/hsqa/emstrauma/injury/pubs/SAILguide.pdf>

Emory University School of Medicine offers educational materials that are a result of an internal peer review process. These materials are intended for use in developing educational products for trainees and/or self-instruction.



http://medicine.emory.edu/divisions/geriatrics/education/edu_resources/modules/module14.cfm



Stand Up Right – Stay Upright! was an Australian initiative aimed at reducing the overall incidence of falls and falls related injuries among people aged 65 or more who resided in the community by:

- improving early identification of individuals at risk
- providing better integrated multidisciplinary interventions for older clients with complex care needs
- increasing awareness of falls and interventions among stakeholders

The site contains a number of publications that provide an overview of the initiative. It also contains other useful articles and resources related to the initiative.

<http://www.ruralhealth.utas.edu.au/falls/index.htm>

Active Independent Aging: A Community Guide for Falls Prevention and Active Living

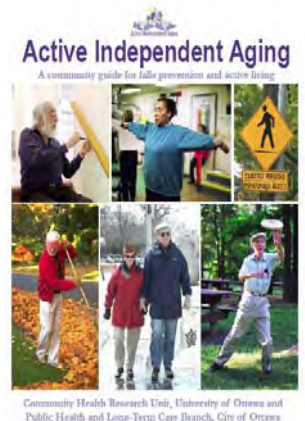
Aside from the extensive Active Independent Aging Guide with Resources (which can be downloaded from the introduction page - look on the left side below the “In this section” box.), this Canadian site offers various tools and resources that encourages active living among older adults.

<http://www.falls-chutes.com/guide/english/intro/index.html>

Guide: <http://www.falls-chutes.com/guide/english/intro/pdf/AIAGuideText.pdf>

Resources:

<http://www.falls-chutes.com/guide/english/intro/pdf/AIAGuideResources.pdf>



The center for Healthy Aging assists community-based organizations serving older adults to develop and implement evidence-based health promotion and disease prevention programs.

The fall prevention section of the Healthy Aging site contains the National Falls Free™ Action Plan and many other resources.

Cycle through the topics on the left and choose “falls” under each topic to view all the resources available through this web site.

<http://www.healthyagingprograms.com/index.asp>

The Resource tab: <http://www.healthyagingprograms.com/content.asp?sectionid=69>

Additional Resources and Web Sites



The National Institute on Aging (NIA) has released a new exercise guide for older adults addressing physical activity at various levels of health.

Follow the link to read more and download the guide:

<http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/>

The National Resource Center for Safe Aging has compiled a list of fall prevention programs within the following categories:

- Evaluated Programs
- Promising Programs
- Randomized Trials of Interventions
- Tool Kits

<http://www.safeaging.org/model/default.asp>



Tai Chi Productions was founded by Dr. Paul Lam to produce useful instructional material to improve people's health and to facilitate learning.

The web site is a helpful resource for the different forms of Tai Chi, and provides a tool to find instructors and master trainers in your area.

<http://www.taichiproductions.com/>

Home mods, a university-based and non-profit effort, is dedicated to promoting aging in place and independent living for persons of all ages and abilities. It offers training and education opportunities for professionals who wish to respond to the increasing demand for home modification services. It also serves as an information clearinghouse on home modification to equip professionals and consumers with a comprehensive inventory of resources such as a National Directory of Home Modification and Repair Resources.

<http://www.homemods.org/>



The National Safety Council page contains articles, posters, white papers, and other links devoted to fall prevention.

<http://www.nsc.org/resources/issues/fallstop.aspx>



Additional Resources and Web Sites



SeniorCarePharmacist.com™

Senior Care Pharmacist members manage and improve drug therapy and improve the quality of life for geriatric patients and other individuals residing in a variety of

environments, including nursing facilities, sub-acute care, and assisted living facilities, psychiatric hospitals, hospice programs, and in home and community-based care.

The web site offers information on senior care pharmacists, a tool to help locate a senior care pharmacist in a particular area, and other informational resources on the side effects of medications for seniors.

<http://www.seniorcarepharmacist.com/>

Visit the following link for a brochure on medication-related problems.

<http://seniorcarepharmacist.com/pdf/AtRisk.pdf>

The Medication Use Safety Training (MUST) for Seniors™ program is designed as an interactive, national initiative to promote safe and appropriate medicine use by enabling older adults to avoid medication misuse, recognize and manage common side effects, and improve medicine use knowledge, attitudes, and skills to avoid medication errors.



MUST contains material for organizations interested in offering a community based program and for families and older individuals who are concerned about safe medication use.

<http://www.mustforseniors.org/index.jsp>

Related Web sites:

Kansas Department of Aging: <http://www.agingkansas.org/>

American Association of Retired People: <http://www.aarp.org/>

National Council on Aging: <http://www.ncoa.org/>

National Institute on Aging: <http://www.nia.nih.gov/>

National Osteoporosis Foundation: <http://www.nof.org/>

National Resource Center for Safe Aging: <http://www.safeaging.org/>

National Safety Council: <http://www.nsc.org/>

US Administration on Aging: <http://www.aoa.dhhs.gov/>

Potential Partners

Potential partners are organizations that are already engaged in programs, which are either relevant or beneficial for falls intervention, or organizations that target the same demographics who are most at risk of experiencing a fall.

As part of the Governor's Healthy Kansas Initiative, the Kansas Department on Aging has implemented an exercise program targeted for seniors over the age of 60 called STEPS.

Seniors Together Enjoy Physical Success (STEPS) is modeled after the award winning, nationally recognized EnhanceFitness Program and is designed to improve the quality of life for seniors by improving mobility, strength, coordination and balance that will help them maintain their independent lifestyles.

Please view the web site for more information and to find a STEPS program in your area.

http://www.agingkansas.org/HealthyAging/STEPS/STEPS_Index.html



The Arthritis Foundation Kansas Chapter has implemented Tai Chi programs around the state. In many community fall prevention programs Tai Chi is a popular fall intervention. For more information and locations of the programs, please visit the web site.

<http://www.arthritis.org/chapters/kansas/>

Active Living Partners are dedicated to helping people make positive changes that improve their health and well being. They create innovative behavior-change programs and products for health and fitness professionals and the general public.

There are currently only three course providers in Kansas (found under the "Take a Course" tab), however, the web site offers information on becoming a partner.

Active Living Partners can assist fall prevention efforts by addressing the importance of physical activity in reducing falls.



<http://www.activeliving.info/index.cfm>



AARP

555 S Kansas, Suite 201
Topeka, KS 66603
Telephone: 1-866-448-3619 (Toll Free)
Fax: (785) 232-8259
Email: ksaarp@aarp.org
URL: <http://www.aarp.org/states/ks>

Program Description: AARP is the nation's leading organization for people age 50 and older. It serves their needs and interests through information and education, advocacy, and community services, which a network of local chapters and experienced volunteers throughout the country provides. The organization also offers members a wide range of special benefits and services, including Modern Maturity magazine and the monthly bulletin.

Local Chapters:

Northeast Region

Center City (Kansas City, Kansas)

Location: Pat Hanlon Senior Citizen Center, 1101 Ridge Ave, Kansas City, Kansas 66102-5318

Meeting Dates: 4th Thursday, 10:30 AM

Lyon County

Location: Best Western, 3021 W Highway 50, Emporia, Kansas 66801-5142

Meeting Dates: 4th Wednesday, 11:30 AM

Manhattan, Kansas

Location: Senior Center, 412 Leavenworth St., Manhattan, Kansas 66502-5923

Meeting Dates: 3rd Thursday, 9:30 AM, *Closed During:* July, August

Topeka

Location: Perkins Restaurant, 1720 Wannamaker St., Topeka, KS 66604-3813

Meeting Dates: 3rd Friday, 11:00 AM

West Wyandotte County (Kansas)

Location: White Church Christian Church, 2200 N 85th St., Kansas City, Kansas 66109-2016

Meeting Dates: 3rd Monday, 1:00 PM

North Central Region

Ottawa County

Location: Carver Court Meeting Room, 114 S Rock St., Minneapolis, KS 67467-2600
Meeting Dates: 2nd Monday, 6:00 PM, *Closed During:* August

Northwest Region

Ellis

Location: Ellis Nutritional Center, 103 W 8th & Washington, Ellis, KS 67637
Meeting Dates: 2nd Monday, 12:00 PM

Cheyenne County

Location: Senior Citizens Center, 322 W. Washington, St Francis, KS 67756
Meeting Dates: 2nd Thursday, 2:00 PM, *Closed During:* June, July, August

Hays

Location: Heritage Room, Hadley Center, 230 E 8th St., Hays, KS 67601-4147
Meeting Dates: 1st Wednesday, 11:30 AM

Trego County

Location: 413 Russell Ave., Wakeeney, KS 67672-2129
Meeting Dates: 4th Tuesday, 11:30 AM, *Closed During:* December

South Central Region

Southeast Wichita

Location: Mike's Steak House, 2131 S Broadway St, Wichita, KS 67213-3966
Meeting Dates: 3rd Wednesday, 11:00 AM

Wichita

Location: Riverside Village, 777 N Mclean Blvd., Wichita, Kansas 67203-4980
Meeting Dates: 2nd Thursday, 10:00 AM, *Closed During:* July, August

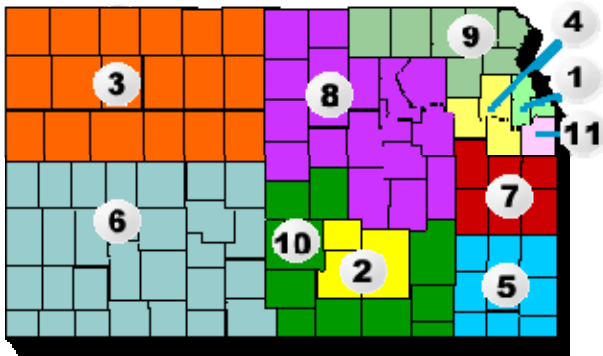
Southeast Region

Independence

Location: Independence Science and Technology Center, 125 S Penn Ave., Independence, Kansas 67301-3525
Meeting Dates: 2nd Tuesday, 1:30 PM

Southeast Crawford County

Location: Senior Citizens Center, 3003 N Joplin St., Pittsburg, Kansas 66762-2540
Meeting Dates: 2nd Wednesday, 9:30 AM



Kansas Association of Area Agencies on Aging

Older Kansan's Hotline: (Toll Free) 1-800-742-9531

Website:

<http://www.agingkansas.org/aaa/aaaindex.htm>

Program Description:

The Area Agency on Aging is a grassroots organization built to respond to the needs in their community. Each AAA manages programs and services designed to meet the needs of its particular area. Their mission is to deliver easily accessible, top-quality services to sustain healthy lifestyles and support self-sufficiency in the aging population.

Wyandotte/Leavenworth Area Agency on Aging

Wyandotte County has a long history of addressing the needs of its Senior Adults. With the passage of the Older Americans Act of 1965 by Congress, more senior services became available.

We welcome the opportunity to provide these needed services to Senior Adults, to act as an advocate for their interests, and to provide a means for Senior Adults to gain and maintain direct input into decision-making processes. In short, all our efforts are directed to insuring that Senior Adults remain vital, active participants in all facets of Wyandotte County.

1300 North 78th Street, Suite #100
 Kansas City, Kansas 66112-1540
 (913) 573-8531
 1-888-661-1444
 FAX: (913) 573-8577

E-mail: JanWilliams@wycokck.org

Website: http://www.wycokck.org/dept.aspx?id=6354&menu_id=1036

Central Plains Area Agency on Aging

The Central Plains Area Agency on Aging is one of eleven Area Agencies on Aging in Kansas. Central Plains Area Agency on Aging consists of Butler, Harvey, and Sedgwick Counties. This tri-county area has the largest population of older persons in the state: approximately 83,000 individuals aged 60 and over.

Central Plains Area Agency on Aging
2622 W. Central, Suite 500
Wichita, Kansas 67203-3725
Information & Assistance (316) 660-7298 or (800) 367-7298
Fax: (316) 383-7757
E-mail: info-sc@cpaaa.org
Website: [http:// www.cpaaa.org](http://www.cpaaa.org)

Northwest Kansas Area Agency on Aging

The Northwest Kansas Area Agency on Aging is part of a national network of agencies created in 1973 by the Older Americans Act. It is a private, non-profit organization with the responsibility for administering Older American Act programs in 18 counties in Northwest Kansas which include: Cheyenne, Decatur, Ellis, Gove, Graham, Logan, Norton, Osborne, Phillips, Rawlins, Rooks, Russell, Sheridan, Sherman, Smith, Thomas, Trego, and Wallace counties.

Northwest Kansas Area Agency on Aging, Inc.
510 W 29th Street, Suite B
Hays, Kansas 67601-3703
Phone: 785-628-8204
Toll Free 800-432-7422
Fax 785-628-6096
E-mail: nwkaaa@hotmail.com
Website: <http://www.nwkaaa.com>

Jayhawk Area Agency on Aging

The Mission and Goals of Jayhawk Area Agency on Aging is to identify the needs of those citizens who are 60 years of age and older. The Area Agency develops and implements a plan for satisfying those needs on a priority basis and affirmatively seeks to change those conditions that either directly or indirectly pose barriers for those who wish to live independently in the community and to participate in a full and meaningful life.

The Jayhawk Area Agency on Aging is a non-profit organization funded under the Older Americans Act, from Health and Human Services, the Administration on Aging, the Kansas Department on Aging, and local units of government, including the user of mill levy funds.

Jayhawk Area Agency on Aging
2910 SW Topeka Blvd
Topeka, Kansas 66611
Phone: 785-235-1367
Toll Free 1-800-798-1366
Fax: 785-235-2443
Website: <http://www.jhawkaaa.org>

Southeast Kansas Area Agency on Aging, Inc.

The general purpose of the Southeast Kansas Area Agency on Aging is to assess the needs of persons 60 years of age or older and plan the delivery of priority service programs.

The agency serves as a single point of entry to determine eligibility for various programs administered by the Southeast Kansas Area Agency on Aging. Serving: Allen, Bourbon, Cherokee, Crawford, Labette, Montgomery, Neosho, Wilson, and Woodson counties.

Southeast Kansas Area Agency on Aging
P.O. Box J, 1 W. Ash
Chanute, Kansas 66720
Phone: 620-431-2980
Toll Free: 1-800-794-2440
Fax: 620-431-2988
E-mail: sekaaa@hotmail.com
Website: <http://www.sekaaa.com>

Southwest Kansas Area Agency on Aging, Inc.

The Southwest Kansas Area Agency on Aging is a planning, coordinating, and funding agency for services to anyone aged 60 and older living in southwest Kansas. Serving Barber, Barton, Clark, Comanche, Edwards, Finney, Ford, Grant, Gray, Greeley, Hamilton, Haskell, Hodgeman, Kearny, Kiowa, Lane, Meade, Morton, Ness, Pawnee, Pratt, Rush, Scott, Seward, Stafford, Stanton, Stevens, and Wichita counties.

Southwest Kansas Area Agency on Aging
240 San Jose Drive
P.O. Box 1636
Dodge City, Kansas 67801
Phone: 620-225-8230
Fax: 620-225-8240
Older Kansan's Hotline 800-742-9531
E-mail: swkaaa@hotmail.com
Website: <http://www.swkaaa.org>

East Central Kansas Area Agency on Aging

The East Central Kansas Area on Aging is a non-profit corporation which receives funds from the federal, state, and local governments, client fees, and private resources. It was founded in 1973 and has had a successful history of meeting the needs of the rural elderly in Anderson, Coffey, Franklin, Linn, Miami, and Osage counties. The Area Agency is responsible for providing and coordinating services for persons age 60 and over.

By offering individual choices, the Area Agency on Aging assists Older Kansas, age 60 and over, to remain independent in their own homes with needed services for physical, social, and/or financial limitations by providing information, assistance, and services to enhance quality of life, a safe living environment, and to prevent premature residence in a nursing facility.

East Central Kansas Area Agency on Aging
132 South Main
Ottawa, Kansas 66067
Phone: 785-242-7200
Toll-free: 800-633-5621
Fax: 785-242-7202

E-mail: eckaaa@eckaaa.state.ks.us

North Central-Flint Hills Area Agency on Aging

The North Central-Flint Hills Area Agency on Aging works in partnership with local senior citizens, county aging organizations, and state and federal agencies to plan, coordinate, and sponsor a wide variety of programs and services to keep older Kansans active, healthy, and independent.

The North Central-Flint Hills Area Agency on Aging is a private, non-profit organization serving Kansans over 60 in 18 counties. They work closely with County Councils on Aging, local community leaders, and senior centers to meet the needs of older Kansans and their families. They provide programs and services that help older Kansans live active and independent lives.

North Central-Flint Hills AAA
401 Houston
Manhattan, Kansas 66502
Kansas Toll-Free: 1-800-432-2703
In Manhattan Kansas: 785-766-9294
Kansas TDD Relay: 1-800-766-3777
Fax: 785-766-9479
E-mail ncfhaaa@ncfhaaa.com
Website: <http://www.ncfhaaa.com>

Northeast Kansas Area Agency on Aging

The foremost goal at the Northeast Kansas Area Agency on Aging is to help you maintain living in your own home and be independent for as long as possible. They can provide a variety of information and referral, as requested, to help in many ways. When living at home is no longer possible, they want to make the transition to some form of assisted care as easy as possible. The Northeast Area Agency on Aging serves Atchinson, Brown, Doniphan, Jackson, Marshall, Nemaha, and Washington Counties in Kansas.

Northeast Area Agency on Aging
526 Oregon St.
Hiawatha, Kansas 66434
Phone: 785-742-7152
Toll Free: 1-800-883-2549
Fax: 785-742-7154
E-mail: nekaaa@hotmail.com
Website: <http://www.nekaaa.com>

South Central Kansas Area Agency on Aging

The South Central Kansas Area Agency on Aging (SCKAAA) is a planning, coordinating, and funding agency for services to anyone age 60 and older living in south central Kansas.

SCKAAA is represented by hundreds of volunteers working together with staff from both the Central Office in Arkansas City and the ten County Units to improve the quality of life for older Kansans.

South Central Kansas Area Agency on Aging (SCKAAA)
304 S. Summit- P.O. Box 1122

Arkansas City, Kansas 67005
Phone: 620-442-0268
Fax: 620-442-0296
E-mail sckaaa@yahoo.com
Website: <http://sckaaa.org>

Johnson County Area Agency on Aging

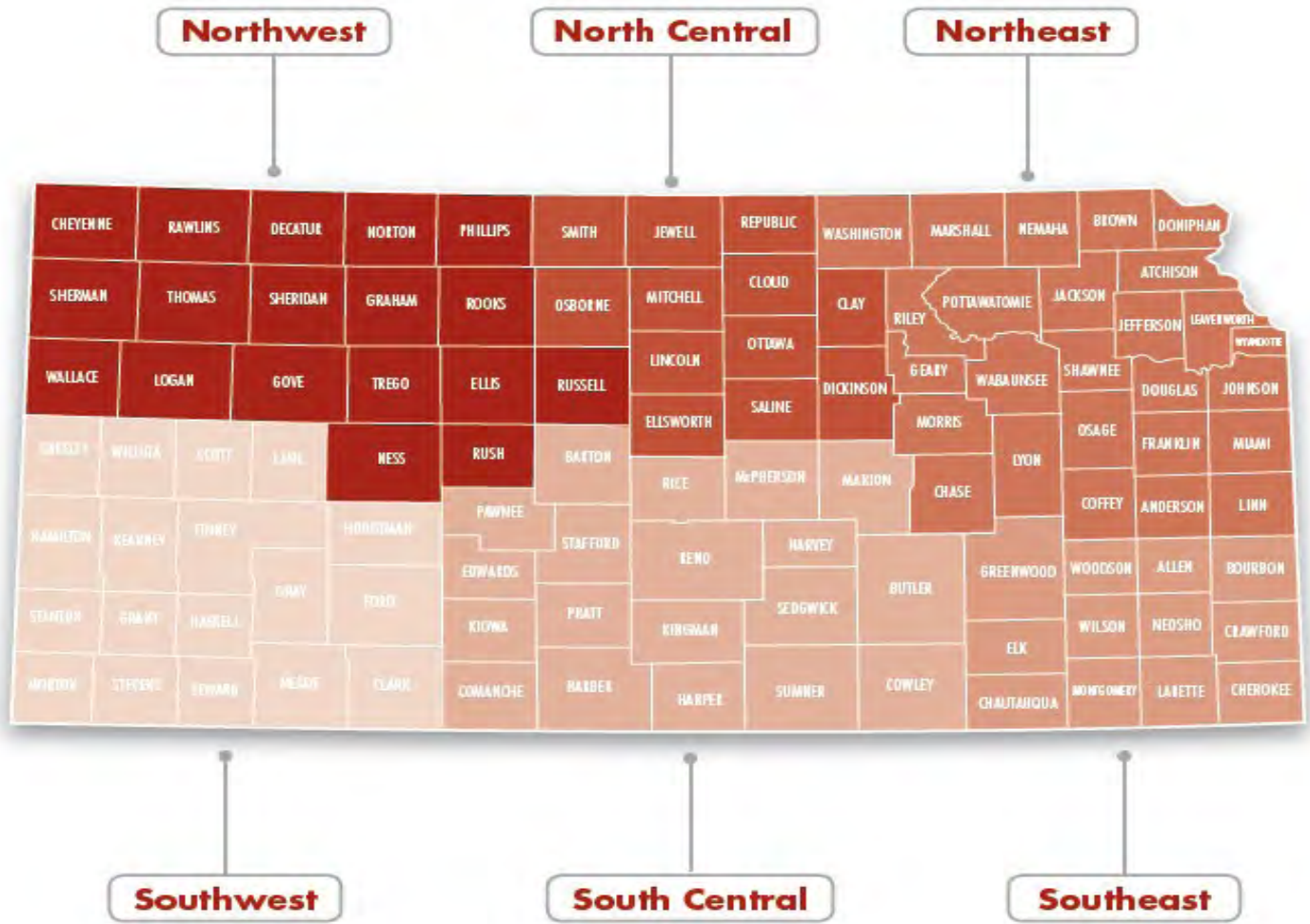
The Johnson County Area Agency on Aging is part of Johnson County Human Services and Aging, and is responsible for planning and implementing services for persons 60 years of age and older in Johnson County, Kansas. The goal of the Johnson County Area Agency on Aging is to provide a wide range of services that help older adults maintain independence and dignity in their own homes and in the community.

Johnson County Area Agency on Aging
11875 S. Sunset, Suite 1300
Olathe, Kansas 66061
Main Phone: 913-715-8861
Toll-Free: (888) 214-4404
Fax: 913-715-8825
TTY: 913-894-8822

Website: <http://humanservices-aging.jocogov.org/aging/aging.shtml>

The Kansas Regional Trauma Councils

Potential partners in fall prevention.



The six regional Trauma Councils provide regional leadership in injury prevention and invite your participation.

For more information on the trauma regional council's injury prevention efforts, or on how to get involved, contact the State Trauma Office at 785-296-3180 or visit the Kansas Trauma web site at www.kstrauma.org.





Our Vision: “Healthy Kansans living in safe and sustainable environments.”