

Fall Levels

HOW THE TRAUMA SYSTEM CAN REDUCE FALLS

As falls continue to constitute the majority of trauma cases in Kansas, trauma providers are looking for injury prevention strategies to help Kansans stay balanced.

*Data Source: KDHE, Trauma Registry

57%

of 2016-2018
trauma visits
were falls

60%

of falls occur
in the home

28%

of falls result
in hip injuries

High Level – Where to Start

- CDC – STEADI Program (cdc.gov)
- Stepping-On (www.kdheks.gov)
- A Matter of Balance (mainehealth.org)
- Falling Less in Kansas (www.kdheks.gov)
- Enhance®Fitness (www.projectenhance.org)
(www.toolsforbetterhealthks.org)

**Pick a
Program**

**Apply for
Funding**

- The Trauma Regions provide funding for fall prevention initiatives that includes:
 - Hosting a Stepping-on Course
 - Hosting an Enhance®Fitness program
 - Purchase Falling-Less in Kansas Curriculum
 - Hosting educational sessions for medical providers on how-to:
 - Conduct a fall-risk assessment
 - Create a mobility plan
 - Available referral resources
 - Training for EMS to conduct Home Assessments

Trauma Funding

Ground Level – What We Need

Trauma Region Collaboration Spaces

- Collaborate with your local Trauma Program Manager, Health Department, and EMS to provide assessment training and/or host classes!
- Distribute fliers for upcoming classes to the hospital, health department, EMS, senior centers, churches, grocery stores, etc. Utilize social media to reach caregivers. #FallPrevention
- Include local transportation services or coordinate a car pool to help folks attend programs!

Evidence-based Programs