

### **Influencing Policy & Legislation**

- Support statewide legislation to establish programs and appropriate funds to address falls in the elderly
- Encourage state and local governments to promote policies and programs that help reduce the incidence and risk of falls among older adults
- Support legislation to incorporate fall prevention guidelines into state and local planning documents that affect housing, transportation, parks, recreational facilities, and other public facilities
- Support legislation relating to osteoporosis prevention

### **Changing Organizational Practices**

- Support changes to the Texas Trauma Registry System to improve available data on falls
- Work with hospitals and geriatric healthcare providers to implement the CDC Stopping Elderly Accidents, Deaths & Injuries (STEADI) Tool Kit

### **Fostering Coalitions & Networks**

- Participate in local coalitions (i.e., Area Agency on Aging, church groups, etc.).
- Promote multidisciplinary RAC membership including recruitment of community members

### **Educating Providers**

- Educate nursing home staff of fall risk factors and prevention strategies
- Coordinate education of fall prevention strategies (home safety, medication review, eye exams, and exercise) to primary care physicians
- Educate healthcare providers about the the CDC Stopping Elderly Accidents, Deaths & Injuries (STEADI) Tool Kit

### **Promoting Community Education**

- Participate in Fall Prevention Week with organized community activities and outreach
- Promote raising awareness of who is at risk for falls within families and the community
- Host a local medication pharmacy review

### **Strengthening Individual Knowledge & Skills**

- Utilize social media to educate individuals and families ways to prevent falls among older adults
- Partner with local Tai Chi programs focusing on elderly exercise

[www.ncsl.org/issues-research/health/elderly-falls-prevention-legislation-and-statutes.aspx](http://www.ncsl.org/issues-research/health/elderly-falls-prevention-legislation-and-statutes.aspx)

[www.cdc.gov/HomeandRecreationalSafety/Falls/](http://www.cdc.gov/HomeandRecreationalSafety/Falls/)

[www.mainehealth.org](http://www.mainehealth.org)