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.cdc.gov/HomeandRecreationalSafety/Falls/

www.mainehealth.org