



# FALLS PREVENTION & SAFE TRANSITIONS

## Registration

SDAHO Members can participate at no cost

Non-members can participate for \$49 per session

Approved continuing education for nursing home administrators, social workers & contact hours for nursing

## PRESENTED BY:

Jeri Lundgren, President,  
Provider Resources

This four-part series will explore evidence-based programs that are proven to help older adults reduce their risk of falling. These sessions will focus on promoting safe environments with tips on fall prevention and discuss ways to ensure continuity of care and safe transitions in all care settings.

Participants that attend these sessions will learn how to implement programs and interventions to help reduce fall risks, identify and recognize exercises and environmental factors to promote safe mobility and discuss considerations when performing a falls investigation by identifying the root cause of the fall to identify the appropriate intervention. Lastly, Ms. Lundgren will discuss promoting a safe transition, admission and discharge process.

## Sessions

### JAN 17 | PART 1

*Utilizing the QAPI Process to Implement a Falls Management Program*

- Identify programs and interventions that will help reduce fall risk

### FEB 21 | PART 2

*Fall Prevention and Management*

- Identify exercises that help maintain or improve balance, agility, strength, and endurance to prevent falls

### MAR 21 | PART 3

*How to Perform a Falls Investigation*

- Describe key components to consider when investigating a fall

### APR 18 | PART 4

*Safe Transitions of Care*

- Discuss the pre-admission and admission process to ensure a safe transition