



A Community-based Fall Risk Awareness and Screening Program

Falls among older adults are a major public health problem that can often be prevented. Early screening is one of the easiest and most effective ways to identify individuals at increased risk and refer them to healthcare and community programs to help improve their safety.

BUILDING BETTER BALANCE OVERVIEW

Building Better Balance is a program focused on raising awareness and conducting basic fall risk screenings for community-dwelling older adults. The program is based on evidence-based fall risk screening and healthcare recommendations. Participants are provided with healthcare and community resources for addressing their fall risk and a copy of their screening results to share with their primary care provider.

Building Better Balance is designed to be offered in various community locations; such as senior and community centers, housing complexes, churches, and congregate meal sites by a team of certified *Building Better Balance* Coaches and Screeners.

Building Better Balance is a basic fall risk screening program. Older adults who are at an increased risk for falls are referred to their primary care provider for an individualized, comprehensive assessment of their fall risk. On average, each participant's screening takes about 10-15 minutes.

Building Better Balance can be implemented in any community. However, it is ideally suited for areas with limited resources and where more comprehensive screening services are not readily available.

Building Better Balance is an excellent gateway program to introduce older adults to evidence-based fall prevention programs and other community programs. Older adult can sign-up for programs immediately after their screening if opportunities are available.

BUILDING BETTER BALANCE GOALS

- Increase awareness among older adults and providers of the problem of falls and opportunities for fall prevention
- Connect older adults with health care and community resources, including evidence-based fall prevention programs
- Encourage meaningful discussion of fall risk between older adults and their primary care providers
- Extend the reach and sustainability of fall risk screening utilizing a standardized, evidence-based process

BUILDING BETTER BALANCE TRAINING

Building Better Balance Coaches and Screeners are certified through a standardized training process involving workshop and hands-on learning. Because *Building Better Balance* is delivered in teams of one coach and several screeners, we encourage seeking out others in your community who may be interested in becoming certified. Other communities have found *Building Better Balance* to be a great opportunity for inter-agency collaboration around fall prevention.

For more information about the *Building Better Balance* program, please contact Lori Schrod, PT, PhD at laschrod@gmail.com