

PPTA Falls Prevention Awareness Day 2019 Summary Report

Submitted by: Jennifer Sidelinker
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Thank you to all PPTA members who participated in Falls Prevention Awareness Day 2019! With your hard work and dedication to improving the health and safety of the older adult population, Pennsylvania's contribution to national Falls Prevention Awareness Day 2019 was impressive, with physical therapy providers contributing significantly to the effort. A conservative estimate of the total number of older Pennsylvanians and/or their caregivers reached through PPTA FPAD efforts is 1200.

We asked members to report on their activities, in order to share best practices, ideas, and contribute to state and national reporting efforts. >90% of those members reporting FPAD activities indicated that they used information/resources from the FPAD Resource Toolkit on the PPTA webpage to plan and/or execute their activities.

As a result of reporting, we know that Pennsylvania physical therapy Falls Prevention Awareness Day efforts involved over 40 physical therapy professionals and over 60 physical therapy students offering a variety of events and activities including:

- PT/PTA student education related to fall prevention/management
- Providing patient/client fall prevention education and information provided
- Providing fall prevention education and information for family caregivers of at risk older adults
- Leading physical activity/exercise programs focused on balance/strength for fall prevention
- Hosting fall risk screening events

In addition, as a result of outreach and advocacy activities, over 70 older adults were referred for physical therapy services to address fall risk.

We aim to expand and improve outreach and advocacy each year based on feedback and lessons learned. Next year, we will aim to integrate the following suggestions for continued success:

- coordinate messaging and strategy with all PPTA District Directors to enhance FPAD member awareness, participation and reporting
- expand social media messaging to enhance member awareness, participation and reporting (i.e. leverage sample social media messages provided by NCOA)
- continue to provide resource toolkit, and add additional resources based on member feedback (i.e. floor to stand transfer tips for seniors, etc)
- consider ways to increase awareness and action by PA physical therapy providers regarding connecting at risk individuals to evidence-based community programs

The first national Falls Prevention Awareness Day was observed in 2008 with 11 states coordinating events on the first day of fall. In 2019, 48 states and the District of Columbia participated in FPAD.

The effort continues to grow each year, and we hope that you will join us next year as we continue the campaign and grow the movement! If you would like more information about how you and your clinic can participate in Falls Prevention Awareness Day activities, please visit the [PPTA FPAD Resource Page](#) or [NCOA FPAD Page](#).