

Mather LifeWays Institute on Aging

SAFE-TI: A Falls Reduction Program

(3 part webinar series)

3 session webinar series - \$250 per organization

Individual webinars - \$99 per organization

Falls are the foremost safety issue facing adults age 65 and older and the leading cause of injury-related deaths. No matter their living situation, older adults are at risk for falls and associated injuries.

Studies show that the most effective falls reduction programs are those that are proactive in educating older adults on their falls risk factors and providing practical interventions to address those risks. *SAFE-TI: A Falls Reduction Program* developed by Mather LifeWays Institute on Aging and based on research and evidence is a comprehensive falls reduction program using **Specific Assessment of Falls and Effective Therapeutic Interventions (SAFE-TI)**.

The program provides the knowledge and tools needed to implement a comprehensive approach to falls reduction in the home or in senior living communities by:

- Reducing the number of falls among older adults no matter their living situation
- Increasing health-care providers' knowledge of fall risks, fall risk assessment, and interventions to decrease fall-related injury in older adults
- Increasing older adults knowledge about their fall risks and fall prevention
- Encouraging increased physical activity levels among older adults

Webinar 1: Prone to Falls -

This webinar provides specific information on why older adults are prone to or at-risk for falling. Factors that increase older adults risk for falling are discussed. Upon completing this webinar: participants will:

- Learn the scope of the problem of falls
- Understand the consequences of falls
- Explore how the aging process and diseases seen in older adults contribute to falls
- Identify interventions to reduce the incidence of falls

Webinar 2: Tools and Assessments

This webinar introduces participants to the SAFE-TI Program toolkit components with a focus on individualized falls reduction interventions. Participants learn the falls risk assessment process to aid in evaluation. Upon completion of this webinar, participants will:

- Understand how to use the tools in the toolkit
- Complete a fall risk assessment
- Use the risk interventions to develop a plan of care

Webinar 3: Tracking and Evaluating Outcomes

Key to evaluating the success of a falls reduction program is an analysis of fall events and associated injuries. This webinar outlines the evaluation process of a falls reduction program including methods for tracking fall incidents. Upon completion of this webinar participants will be able to:

- Track fall data
- Calculate fall and injury rates
- Describe the Root Cause Analysis process
- Understand the role of the Multidisciplinary Fall Safety Committee in senior living communities

All series participants receive the SAFE-TI training guide and toolkit.

Continuing Education: 1 contact hour per webinar (3 for the series) for NHAs and SWs.