

Free Continuing Education Credit



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Reducing the risk of falling among community-living older adults

Mary E. Tinetti, M.D.; Dorothy Baker, Ph.D, RN-CS; Margaret Gottschalk, P.T., M.S.

Overview Falls and fall injuries are among the most frequent yet preventable causes of suffering, functional decline and nursing home placement in older adults. More than one in three persons over the age of 65 will fall each year, with the likelihood increasing to one in two by the age of 80. While a fall may result in a serious injury such as a fracture, even a less serious injury such as a sprain or bruise may limit activity and lead to a spiraling decline in mobility and ability to carry out daily activities.

Healthcare professionals across disciplines share the common goal of helping older adults remain in the community and be as functional as possible. In this program, Dr. Tinetti, a leading expert in the area of fall prevention, and her esteemed colleagues, Dorothy Baker and Margaret Gottschalk at Yale University, will discuss physical and environmental risk factors that increase the chance that an older adult will fall, and they offer practical, evidence-based interventions to reduce those risks.

At the conclusion of this program, participants will be able to:

1. Discuss the prevalence, consequences and causes of falls among older adults
2. Identify factors that increase the likelihood of falls among community-living older adults
3. Identify practical, evidence-based interventions that healthcare professionals and older adults can undertake to reduce the risk of falling.

How to register

This course is accessible as an on-demand seminar on the American Society on Aging (ASA) Web Seminars website at www.asaging.org/webseminars. Simply click on the Reducing the Risk of Falling Among Community-Living Older Adults link for registration instructions.

The code to access the free course and CEU is:

lifeline03.

Questions?

Please e-mail the ASA at

webseminars@asaging.org

or call the seminar coordinator at

1-800-537-9728

ext. 9602

A reply can be expected within 48 hours of your inquiry, Monday-Friday.

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Faculty

Mary E. Tinetti, M.D., is the Gladys Phillips Crofoot Professor of Medicine and Public Health, and the Director of the Program on Aging at Yale University School of Medicine.

Dr. Tinetti is a leading expert in the area of falls. Through a series of epidemiologic and intervention studies, she was one of the first investigators to determine that older persons at risk for falling and injury could be identified, that falls and injuries were associated with a range of serious adverse outcomes, including nursing home placement and functional decline, and that multi-factorial risk-reduction strategies were both effective and cost-efficient at reducing the rate of falling. She has also published extensively on functional disability, mobility impairment, and the adverse effects of multiple medications. Her most recent area of investigation is clinical decision making in the face of multiple competing health conditions.

Over the past decade, Dr. Tinetti has created a productive multi-disciplinary research program in geriatric medicine and clinical epidemiology at the Yale School of Medicine. She has received numerous awards, including the Joseph T. Freeman Award and the Lawton Award from the Gerontological Society of America, the Irving Wright Award from the American Federation of Research, and the Greppi Prize from the Italian Gerontological and Geriatrics Society.

Dorothy Baker, Ph.D, RN-CS, is a research scientist and scholar at the Yale University School of Medicine. Dr. Baker is co-investigator and author on several research projects related to falls and aging and she works with Dr. Tinetti and Ms. Gottschalk on the Connecticut Collaboration for Fall Prevention.

Margaret Gottschalk, P.T., M.S., is a research physical therapist at the Claude D. Pepper Older Americans Independence Center, Yale University School of Medicine and a staff physical therapist at Yale-New Haven Hospital in New Haven, CT. Her clinical experience includes adult and geriatric rehabilitation. She is the coordinator for the Connecticut Collaboration for Fall Prevention and a consultant for intervention development for an Administration on Aging project regarding fall prevention in senior centers.



Mary E. Tinetti, M.D.



**Dorothy Baker,
Ph.D., RN-CS**



**Margaret Gottschalk,
P.T., M.S.**

This course is accredited for one contact hour.

ASA is an approved provider of Continuing Education Credit for a number of boards and/or professions, which are listed below. Applicants should check with their accrediting agency to make sure that Web-based courses offered by ASA will qualify for continuing education credit.

- Association of Social Work Boards
- California Board of Registered Nursing
- California Board of Behavioral Sciences
- Washington State Nurses Association, accredited as an approver by the American Nurses Credentialing Center's Commission on Accreditation. Continuing Education Units are accepted in all states except California and Iowa.
- The Commission for Case Manager Certification (CCMC)
- National Academy of Certified Care Managers
- California Board of Behavioral Sciences
- American Occupational Therapy Association: Domain of OT: Areas of Occupation, OT Process: Intervention

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