

Mather LifeWays Institute on Aging

SAFE-TI Falls Reduction

Train-the-Trainer Workshops

Older adults, regardless of living setting are at risk for falls and associated injuries. It has been estimated that 30% of community-dwelling older adults fall at least one time per year. The problem is even more pronounced in nursing homes, with 50% of residents falling annually and the consequences more likely to be a serious injury such as a laceration, fracture, or the need for hospital care (JAGS, 2001).

Program Description:

This program is designed to provide nursing home communities the knowledge and tools needed to implement a comprehensive approach to implementing fall reduction programs. This approach includes a one day “train-the-trainer” educational session that provides a hands-on approach to using the program toolkit.

Unique features of this program not common in other programs include:

- A focus on developing exercise programs designed to improve gait and balance
- Instruments designed to assess fall risk and other factors that contribute to falls
- Resident involvement in risk assessment
- Plans for interventions based on risk level
- Tools for tracking QI data related to falls

Ideal Participants:

- nursing managers
- staff development coordinators
- activity directors
- other appropriate front-line staff

Assisted and Independent Living and CCRCs

Cost: \$250/person which includes the one-day workshop, training toolkit, breakfast, and snacks.

Training Calendar:

March 18, 2010 Belleville, IL 8:30 a.m. - 4:30 p.m.

Registration: Contact Louise Lyons at LLyons@matherlifeways.com or (847) 492.7433.

Illinois Nursing Homes

Cost: Free. A grant from the Illinois Department of Public Health (IDPH) supports costs of the train-the-trainer workshop and materials for two persons from your community. Participating nursing homes are required to implement the program and participate in the evaluation.

Training Calendar:

March 18, 2010 Belleville, IL 8:30 a.m. - 4:30 p.m.

Registration: Contact Kim Deng at kdeng@matherlifeways.com or (847) 492.6775.

SAFE-TI Training Locations: Workshops are held at either the Belleville Diocese, 2620 Lebanon Ave, Belleville, IL 62221 or at Mather LifeWays, 1603 Orrington Avenue, 17th floor Training Room, Evanston, IL.