

Strategies for Reducing Falls and Improving Balance for SNF Residents

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Objectives

- 1. Recognize the prevalence of falls in skilled nursing facilities.**

Prevalence of Falls

Fall-related health care statistics

2. Identify common risk factors for falls among nursing home residents.

Balance

Strength

Endurance

Coordination

3. List resident situations that require medical or physical therapy referral.

The 360° Assessment

4. List management strategies for minimizing fall risks.

Valuing diverse approaches

Identifying rhythms & music in daily activities

5. Discuss the components of a comprehensive program that minimizes falls in nursing homes.

Using music & rhythms to assist resident movement during daily activities

Questions ???