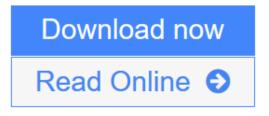


# Home Health Aide On-the-Go In-Service Lessons: Vol. 10, Issue 8: Falls Risk and Prevention

Beacon Health a division of HCPro, Laura More LCSW



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#### **OVERVIEW**

Preventing falls is a crucial part of a home health aide's job, as they are frequently with the patient in an ambulatory environment. The aide must be able to anticipate what situations might cause a fall, and what conditions the patient suffers from that might make a fall more likely. This in-service focuses on a necessary awareness of the risk factors for falls at home. Aides will learn methods to prevent falls, which includes recognizing elements in the home that may require modification or medical intervention.

#### **LESSON OBJECTIVES**

After completion of this program, the home health aide will be able to:

- List which diseases or conditions may cause falls in the elderly
- List the risks of falls
- Explain ways to prevent falls in the home

#### Contents of this lesson:

- A clearly written fact sheet
- A 10-question post-test to measure understanding of the subject matter
- An answer sheet with a place for the instructor's comments and signature
- An illustrative, homecare-specific case study
- Suggested supplemental learning activities
- An attendance log and certificate of completion

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