



## Piedmont Triad Falls Prevention Coalition - Falls Prevention Awareness Week 2021 Toolkit

Welcome to Falls Prevention Awareness Week 2021 (September 20<sup>th</sup> - 24<sup>th</sup> 2021)! The Piedmont Triad Falls Prevention Coalition is excited to be collaborating on another great week of events. See below for helpful resources for getting involved in Falls Prevention Awareness week 2021.

### EDUCATIONAL MATERIALS, RESOURCES, SOCIAL MEDIA CAMPAIGNS

1. [NCOA Falls Prevention Awareness Week Toolkit](#) – complete with TONS of great, ready to go resources, infographics, flyers, and material that you can distribute directly provided by the NCOA. They also have stated organizations can add their logos directly onto these materials to co-brand.
2. **Facebook LIVE events via [PTRC AAA](#)**

### Balance/Falls Risk Screening “FLASH MOB” Materials

3. **In-person/Virtual Screening “flash mob” concept** – we encourage members to engage in our week long falls risk screening “FLASH MOB” event, where we hope to have screenings take place all over the state via all different sectors of our membership. We encourage use of the CDC STEADI materials including their Evidence-based Fall Risk Screening tests, all of which is linked below. We have also created standardized flyers that you may copy and edit, and encourage use of the hashtag listed below to share pictures and videos from your event in action!
  - a. **Screening materials** –
    - i. [CDC STEADI Toolkit](#)
      1. [Functional Assessments](#)
        - a. [30 second STS](#)
        - b. [4 STBT](#)
        - c. [TUG](#)
      2. [Patient & caregiver resources](#)
    - ii. [Flyer template](#) (please make a COPY of one of the existing pages before editing a page, do not edit a page already created!)
    - iii. **Follow up resources** - Remember to have information regarding follow up programs or recommendations (local programs vs. referral to PT/OT, etc)

1. [CLICK HERE for flyers for all available WSSU Programs](#)
2. [Piedmont Triad Regional Council – AAA website](#)
3. [NC Healthy Aging Site – Programs Page](#)
4. [STEADI Patient & caregiver resources](#)

**b. Virtual Screening**

- i. [Powerpoint reviewing virtual screening process, considerations, etc.](#)