

Falls Assessment in Older Adults

Learning Objectives:

Evaluate intrinsic and extrinsic contributors to falls, including:

- Medications and substance use or withdrawal
- Gait instability and balance disorders
- Sensory deficits and environmental hazards
- Acute medical illnesses or deterioration of chronic conditions

Conduct a Comprehensive Assessment of the Fall

- Assess for injuries resulting from the fall and underlying causes.
- Evaluate changes in functional status and risk of recurrent falls.
- Document gait status on all ambulatory fallers.

Develop a Safe and Coordinated Disposition Plan

- Communicate with the patient's care circle, including attempts to reach the primary care provider.
- Coordinate appropriate follow-up care and services focused on fall prevention.
- Consider frailty and functional vulnerability when planning disposition.