



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Community Fall Prevention Project for the Elderly 2017-2018**

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**Introduction**

The Community Fall Prevention Program for Elderly aimed to arouse elderly and public awareness on fall prevention. Through health education, home visit assessment, fall risk assessment, walking aids assessment, home rehabilitation service, fall prevention concept embedded in public. The program involved various health care professional inputs to enhance the program.

**Objectives**

(1) To educate elderly, careers and community about preventing elderly from fall; (2) To reinforce the knowledge of elders in preventing falls by training ambassador volunteers; (3) To assess eligibility for use of walking aids and to provide professional advice to the elderly through the inspection of walking aids and educate elders on the proper use of aids; (4) To promote preventative exercise to enhance balance and endurance so as to prevent fall; (5) To conduct a fall assessment for elderly to find elders with potential fall risk with proper referral; (6) To establish a one-stop service intervention system for assessment, treatment, diagnosis and rehabilitation by community service and healthcare systems cooperation.

**Methodology**

Series of activities were conducted. (1) Fall prevention Ambassador had trained on knowledge, fall risk assessment methods, three-meter walk test. They will perform preliminary home safety and fall risk assessment and refer professional team follow-up if in needs. (2) Health education for elders, career and community residents to explain causes and consequences of falls and prevention methods from different professional perspectives such as Chinese medicine, western medicine, physiotherapists and occupational therapists. (3) Anti-fall fitness promotion by

physiotherapists assessed and provided professional advice on the proper use of aids, to ensure the aids safety, and educate elderly on importance of regular walking aids checking. (4) Assessment station at SSP elderly centers to conduct the potential fall assessment and referral (5) Provide rehabilitation team home services on home facilities improvement, medical counseling, individual counseling and mentoring for elderly people who have a potential risk of fall (6) Increase awareness on fall prevention with steady gait and strength muscle exercise demonstration, health booths and fall prevention talk in fall prevention promotion day.

### **Result**

(1)150 Ambassador Volunteers were trained; (2) 100 home visits were performed; (3) 800 elderly attended health talk; (4) 300 walking aids were inspected with aids accessory changed; (5) 200 fall assessments were done; (6) 100 home rehabilitation services were provided; (7) 200 elderly joined the fall prevention promotion day.