

Webinar Resources: May 15, 2024 - The Unrecognized Significant Morbidity of Falls: Predictable and Preventable

BC Guidelines/Services

- [Fall Prevention: Risk Assessment and Management for Community-Dwelling Older Adults](#) (BCGuidelines.ca)
- [Fall Prevention Programs/Services](#) (Pathways BC)

Online Course:

- [e-Learning - Falls: Predictable & Preventable](#) (UBC CPD)

Assessment Videos

- [The 30-Second Chair Stand Test](#) (CDC)
- [The Timed Up and Go \(TUG\) Test](#) (CDC)
- [The 4-Stage Balance Test](#) (CDC)

Assessment Resources

- [The Staying Independent Checklist: 12 Questions](#) (Government of BC)
- [Evaluating Patients for Fall Risk](#) (Government of BC)
- [Falls Guideline Algorithm](#) (World Falls Guidelines)

Prevention & Wellness

- [Preventing Falls as You Age](#) (HealthLinkBC)
- [Lifetime Prevention Schedule Practice Guide](#) (Government of BC)
- [Primary Care Fall Prevention - Home Activity Program](#) (Finding Balance BC)
- [Elder Wellness](#) (First Nations Health Authority)
- [Exercises](#) (Finding Balance BC)
- [Staying Independent Brochure](#) (Government of BC)