

# Falls Prevention 101 Training



SAINT LOUIS  
UNIVERSITY

**Sponsored by the SLU Family Center for Healthy Aging**

**Saint Louis University- Learning Resource Center**



**Facilitators: Debbie Blessing and Jill Fitzgerald**

**Saturday, June 7<sup>th</sup> from 8:00am-12:00pm**

**Hybrid Event (in-person and Zoom)**

**This training will help professionals learn about the basics of fall risk, mobility, and safety issues for taking care of older adults in the home. A combination of interactive content, discussion and role play will help audience members learn tips on working with patients and/or loved ones around this issue.**

**Debbie is the Executive Director for the Northeast Missouri Area Agency on Aging. She oversees 16 counties in northeast Missouri around older adult health, policy, and caregiving issues. Debbie held a prior position as the Geriatric Workforce Enhancement Program coordinator at A.T. Still University**

**Jill is an Associate Professor in Physical Therapy and Athletic Training at SLU. She works with clinical education, geriatrics, and wellness topics with patients. She also leads the PT student supervision for the SLU Geriatrics Mobile Van Unity.**

## **Agenda**

**8:00-9:00**

**Overview of falls and risks for older adults**

**9:00-10:30**

**An introduction to techniques and skills to help improve mobility for older adults**

**10:30-10:45:**

**Break**

**10:45-12:00**

**Case reviews and group discussion about addressing complex situations for falls and mobility**