

FALLS PREVENTION



Occupational therapists are **effective in preventing falls and injuries**. This is an important first step in reducing hospital admissions; maintaining independence for older and high-risk individuals; and enabling these individuals to remain in their homes and communities for longer.

- Occupational therapists provide fall prevention education, equipment, and strategies. These interventions may include modifying a patient's home environment, providing adaptive equipment such as a walker or cane to improve balance, educating patients and families about safer ways to complete activities, and introducing safety tools such as fall detection devices.
- Occupational therapists work collaboratively with patients, family members, caregivers, and other health professionals to ensure there are safety plans in place. This ensures that everyone involved in a patient's care is on the same page in terms of how to best support them.

LEARN MORE!

Fact Sheet: [Occupational Therapy and Fall Prevention](#)
[Prevent Falls with Home Modifications](#)

Occupational therapy (OT) practitioners are a natural fit for primary care teams because they offer a valuable, multi-scope skill set that is unique and cost-effective. As rehabilitation and health promotion experts, OTs can help improve client participation in daily activities, encourage healthy lifestyle choices, support mental health, foster self-management of chronic conditions, and identify those who need care prior to crisis or hospitalization.

To learn more, contact Tanya Fawkes, Regional Director CAOT-BC, at tfawkes@caot.ca



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