



FALL PREVENTION RESOURCES

KEEP THIS LIST HANDY



FALL PREVENTION TRAINING

Commonwealth of Virginia Learning Center

- DBHDS- Falls and Individuals with Intellectual and Developmental Disabilities 2021
- DBHDS – Risk Awareness Tool Instructions 2020

<https://covlc.virginia.gov>

Live and Virtual Training

- Wheelchair Transitions
- Mobile Rehab Engineering Team Services, DME and AT - What You Need to Know
- Falls

Check OIH Training Schedule

ROOT CAUSE ANALYSIS (RCA) TRAINING

DBHDS Office of Licensing
RCA training

[https://dbhds.virginia.gov/assets/doc/QMD/OL/root-cause-analysis-training-\(november-2020\).pdf](https://dbhds.virginia.gov/assets/doc/QMD/OL/root-cause-analysis-training-(november-2020).pdf)

VCU Partnership for People with Disabilities RCA training

Link: <https://livingwell.partnership.vcu.edu/module-5/>

NEW! DBHDS Quality Improvement Video Training Series

https://youtu.be/_USrGaiyXro OR

<https://www.youtube.com/c/VirginiaDBHDS>

HEALTH AND SAFETY ALERTS

- Fall Prevention, September 2019
- Fall First Aid, September 2019

<https://dbhds.virginia.gov/office-of-integrated-health/safety-alerts-archive>

OTHER EDUCATIONAL RESOURCES

- Falls PowerPoint Slides
- First Aid for Falls PowerPoint Slides

<https://dbhds.virginia.gov/office-of-integrated-health# - Select Educational Resources>

- **NEW!** "Movement for Better Health" YouTube Video:

<https://youtu.be/0d07zy6gg8Q>

- Designed for individuals and families.
- Discusses why it's important for people to stay active and strong to help reduce the risk of falling; reviews fitness options; and asks if the individual would be interested in trying each activity! Be sure to use the accompanying activity checklist!

- **NEW!** Virginia Arthritis and Fall Prevention Coalition

- Vision: All Virginians will have access to arthritis and falls prevention interventions and resources to help them live independently and safely.

<https://www.vdh.virginia.gov/arthritis/virginia-arthritis-coalition/>

CONTACT THE OFFICE OF INTEGRATED HEALTH

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<https://dbhds.virginia.gov/office-of-integrated-health/>