

Promoting Active Living (PAL): Best Practice Guidelines for Fall Prevention in Assisted Living®

Falls and related injuries are a growing problem among our rapidly aging population. With the advent of housing options such as Assisted Living Residences (ALRs), older persons are choosing to remain living in the community with chronic health and mobility problems that put them at greater risk for falling.

The Promoting Active Living (PAL) Best Practice Guidelines for Fall Prevention in Assisted Living are an evidence-based, practical tool designed to ensure our older populations continue to have the best possible quality of life, free of falls. They are designed to assist staff and residents of Assisted Living to identify and reduce falls and related risk factors.

The guidelines provide steps to assess, implement, and evaluate fall prevention strategies in Assisted Living; and feature some of the following tools:

- Fall Report Form
- Checklist and Action Plan
- Resident & Staff survey tool
- Steps to conduct group fall prevention education sessions
- DVD titled: "*Insight into Hip Fractures*"

These guidelines have been developed in British Columbia by a team led by Dr. Vicky Scott, Senior Advisor on Falls and Injury Prevention at the BC Injury Research & Prevention Unit, and the Chronic Disease/Injury Prevention and Built Environment Branch of the Ministry of Healthy Living and Sports.

All Assisted Living sites registered with the British Columbia Office for Assisted Living Registrar will receive a complimentary copy of these Guidelines. Organizations outside of British Columbia can order a copy of these guidelines online.

To order a copy, go to:

<http://www.publications.gov.bc.ca/search.aspx>

and search for "Promoting Active Living" or product code: **7610003388**

