



# A Roadmap to Reducing Older Adult Falls

Falls are a major threat to the health and independence of aging Oklahomans. The consequences of a fall can be devastating, resulting in serious injury or death, in addition to high medical costs. The goal of the roadmap is to increase community-based fall prevention programming statewide to reduce fall-related morbidity and mortality. Successful implementation of the roadmap will have a positive impact on the health and safety of older adults, and give them the ability to age without injury.

## Address Age-Related Social Determinants of Health

- Foster a paradigm shift to emphasize the importance of age-friendly communities and active aging.
- Develop and integrate culturally appropriate approaches to serve diverse older adult populations.
- Reduce health disparities driven by social and economic inequities.

## Engage and Support Providers and Health Systems

- Increase the number of healthcare providers, including pharmacists, utilizing the Stopping Elderly, Accidents, Deaths and Injuries (STEADI) toolkits and resources to integrate fall prevention into routine clinical practice.
- Support opportunities to increase patient engagement and integrated care.

## Increase Availability of Evidence-Based Fall Prevention Programming

- Increase the number of communities offering evidence-based fall prevention programs, such as Tai Chi: Moving for Better Balance, Stay Active and Independent for Life, and Matter of Balance and identify opportunities to reduce barriers to participation.
- Collaborate with libraries, wellness centers, faith-based organizations, nutrition sites, and local aging services (e.g., Areawide Aging Agencies, AARP, and Meals on Wheels) to offer evidence-based falls prevention programming in their community.
- Increase awareness and distribution of fall-related educational materials.
- Support innovative strategies to healthy aging through evidence-informed programs that take a lifespan approach.

## Enhance Communication to Expand Collaboration

- Identify opportunities for collaboration and networking among traditional and non-traditional partners.
- Increase awareness of and participation in Oklahoma's Older Adult Falls Prevention Coalition.

For more information, contact the Injury Prevention Service at  
**405-426-8440 • [injury@health.ok.gov](mailto:injury@health.ok.gov)**

