

# Fall Prevention Clinic

**Available in Palm Beach County through the Health Care District and FAU College of Medicine**

Falls are the main cause of traumatic injuries in Palm Beach County, particularly among older adults, with thousands visiting the emergency department each year. Individuals who have experienced a fall or are at risk of falling can now consult a specialist for falls in addition to their primary care physician.

Individuals may schedule a one-time appointment with a board-certified geriatric physician for a physical exam, fall risk assessment, guidance, and treatment.

## What to Expect During a Fall Prevention Clinic Appointment:

- ✓ **Comprehensive Medical History Review:**  
Evaluation of previous falls, both chronic and acute medical conditions, and related injuries.
- ✓ **Medication Review:**  
Assessment and identification of medications that may contribute to dizziness or sedation.
- ✓ **Gait and Balance Assessment:**  
Utilization of validated assessment tools, such as the Timed Up and Go (TUG) test.
- ✓ **Physical Examination:**  
Thorough evaluation of vision, musculoskeletal integrity, cardiovascular status, and neurological functioning.
- ✓ **Functional Assessment:**  
Appraisal of the patient's ability to perform both basic and instrumental activities of daily living.
- ✓ **Environmental Assessment:**  
Identification of potential hazards within the home environment.

## Fall Prevention Clinic Appointment Checklist:

- ☐ Schedule your one-time appointment (held once a month)
- ☐ Meet with a board-certified geriatric physician
- ☐ Receive a physical examination
- ☐ Get your fall risks assessed
- ☐ Receive guidance and treatment recommendations
- ☐ After your visit, your primary care physician receives a full report
- ☐ Review the recommended care plan and next steps with your doctor

**After the visit, the specialists send a comprehensive report to the patient's primary care physician, including recommendations for further care and a treatment plan.**





Health  
Care  
District  
OF PALM BEACH COUNTY

# FALL PREVENTION CLINIC



## Potential interventions may include:

- ✓ **Medication optimization**, including deprescribing agents associated with increased fall risk.
- ✓ **Home modifications**, facilitated by occupational therapy, such as installation of grab bars, improved lighting, and appropriate bathroom fixtures.
- ✓ **Nutritional support**, with an emphasis on adequate vitamin D and calcium intake.
- ✓ **Vision care**, including screening and management of impairments.
- ✓ **Podiatric interventions**, including foot care and recommendations for suitable footwear, with referrals to podiatry as indicated.
- ✓ **Patient and caregiver education** focused on fall prevention strategies.
- ✓ Implementation of **structured exercise programs** to improve strength, mobility, and balance, such as Tai Chi.

## How to make an appointment:

Referrals to the **Fall Prevention Clinic** can be made by **primary care providers, emergency department physicians, EMS providers**, or patients themselves for those who have fallen or are at risk.

The clinic is held monthly at the **Health Care District's Delray Beach Community Health Center, 200 Congress Park Dr, Suite 100, Delray Beach, FL 33445**, from 1:00 p.m. to 5:00 p.m. Assessments are grant-funded and free of charge.

**To schedule an appointment, dial 561-642-1000, follow the instructions to connect with the primary care clinic, and then ask for the Falls Clinic.**