



Senior Provider Information Network

Portland Metro Area

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Presents

“Changing Behavior to Prevent Falls – Engaging Older Adults in Fall Prevention”

Janie Campbell

Date:

Monday, February 23rd, 2009

Time:

3:00-5:00 p.m.

Location:

Avamere of Bethany
16360 NW Avamere Ct
Portland, OR 97229

Phone:

503-690-2402

--1.0 CEU applied for from Board of Examiners of Nursing Home Administrators--

If you plan to attend, let us know at “RSVP Now!” on the SPIN website*

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(This is important for speakers copying handouts and facilities preparing refreshments!)

Please join Janie Campbell as she discusses how to change behavior to prevent falls in older adults. We all share a concern about the seriousness of falls among older adults. Consider these startling facts: 1. One in three people living in the community over the age of 65 will suffer a fall in the next 12 months. 2. Falls are recurrent – 50% of those who fall, will fall again in the next 12 months. 3. Falls are serious events that have negative consequences on health and quality of life.

The good thing is that **falls can be prevented**. A research group from Yale University led by Dr. Mary Tinetti reduced falls by 30% by intervening on multiple risk factors at the same time. They were one of the first groups to demonstrate that falls happen because multiple body systems have been compromised as a result of life style choices and aging. The objective of the inservice is to share their approach to falls, interventions and techniques used to engage older adults in their own fall prevention.

SPEAKER: Janie is originally from Salt Lake City, Utah moving to Oregon in 1975. She has a 20+ year career in healthcare and is currently a Senior Territory Manager with Philips Lifeline. She is a past board member of Mid Willamette Valley Senior Citizens Council, Eldercare Coalition of Yamhill County and NED’s Place (adult day care facility) and is currently a board member of the Oregon Gerontology Association and chairs the OGA Education Committee.

Please Forward and/or Post This Invitation for Others Who May be Interested

