

## TOOLKIT SUMMARY

This toolkit contains materials to increase knowledge among professionals and the public about falls, factors that contribute to increased risk, and strategies that can be used by both professionals and the public to reduce fall risk. These materials are free to be used by anyone. This toolkit is the result of the collaborations of many individuals and organizations in South Dakota. Thank you to everyone who helped to make this toolkit possible.

## TOOLKIT ELEMENTS

### GOVERNOR'S PROCLAMATION

- [2019](#)
- [2020](#)

### SOUTH DAKOTA FALLS PREVENTION COALITION GOALS

- [PDF file](#)

### SOUTH DAKOTA FALLS PREVENTION COALITION BYLAWS

- [PDF file](#)

### SDSU EXTENSION FALLS PREVENTION YOUTUBE VIDEOS PLAYLIST

- Five at-home exercise to reduce fall risk videos series highlights simple exercises that can be done at home to help strengthen their body. Research shows that body weakness is a leading cause of falls.
  - » [Standing Marches video](#)
  - » [Sit to Stand Balance video](#)
  - » [Head Rotations video](#)
  - » [Single Leg Balance video](#)
  - » [Foot Tap video](#)
- Falls are not a “normal” part of getting older. Yet, falls are the leading cause of avoidable injury in South Dakota among adults age 85 and older. There are ways to reduce the risk of a fall in your family. This video will provide an overview about the impact of falls in South Dakota and ways to prevent a fall from happening to you. Visit the [SDSU Extension YouTube channel](#) to view, [‘What Can You Do to Prevent Falls?’](#)

### STEADI HANDOUTS DEVELOPED BY THE CENTERS FOR DISEASE CONTROL

- [Stay Independent: Learn More About Fall Prevention](#)
- [What YOU Can Do To Prevent Falls](#)
- [Check For Safety: A Home Fall Prevention Checklist for Older Adults](#)

## PERSONAL STORIES AND TESTIMONIALS

Experiencing a fall is a life-changing event. The Great Plains Quality Improvement website is home to personal stories of people who have fallen.

- [Distraction and a Sudden Stop: Joanne Flack's Fall Story](#)
- [A Staircase in the Dark: Kathy Otten's Fall Story](#)
- [Early Morning Wake Up Call: Lynn B. Fjellanger's Fall Story](#)

## MARKETING/AWARENESS MATERIALS

1. Article/blog that can be placed in local papers, organizational newsletters, email lists, etc. | [Word Document](#)
2. Social media campaign materials | [Word Document](#)
3. Flyers that can be shared at church or distribute through meal delivery programs. [PDF Document](#)
4. Signage that medical providers can post in their clinic that encourages anyone who has fallen to report their fall to their doctor. [PDF Document](#)

## ADDITIONAL RESOURCES

- The AGS Beers Criteria® includes lists of certain medications worth discussing with health professionals because they may not be the safest or most appropriate options for older adults. To learn more, please visit the [Geriatrics Healthcare Professionals website](#).
- Deprescribing is a website to share and exchange information about approaches to reduce the number of medications older adults are prescribe. To learn more, please visit the [Deprescribing website](#).
- Stopping Elderly Accidents, Deaths and Injuries (STEADI) is an initiative created by the Centers for Disease Control for healthcare providers who treat older adults who are at risk of falling, or may have fallen in the past. To learn more, please visit the [STEADI website](#).
- The National Council on Aging has a Falls Prevention Awareness Week toolkit available on their website. To learn more, please visit the [National Council on Aging website](#).
- Good & Healthy South Dakota, your one-stop overview of all the ways the office of Chronic Disease Prevention and Health Promotion is working to meet the needs of all South Dakotans at home, school, work, healthcare facilities, and in communities and reservations. To learn more, please visit [Good and Healthy South Dakota](#).

## LIST OF ORGANIZATIONS AFFILIATED WITH THE SOUTH DAKOTA FALLS PREVENTION WEBSITE

1. [AARP South Dakota](#)
2. [American Physical Therapy Association - South Dakota Chapter](#)
3. [Avera McKennan Hospital](#)
4. [Faulkton Area Medical Center](#)
5. [For Life Physical Therapy](#)
6. [FYZICAL Therapy & Balance Centers](#)
7. [Good Samaritan Society](#)
8. [Goodcare AtHome Rehab](#)

9. [Great Plains Quality Innovation Network](#)
10. [Health Connect of South Dakota](#)
11. [Life Physical Therapy](#)
12. [Madison Regional Health Systems](#)
13. [Monument Health](#)
14. [Rapid City Fire Department](#)
15. [Sanford Aberdeen Medical Center](#)
16. [Sanford USD Medical Center](#)
17. [Senior Companions of South Dakota](#)
18. [South Dakota Association of Healthcare Organizations](#)
19. [South Dakota Chiropractors Association](#)
20. [South Dakota Department of Health](#)
21. [South Dakota Department of Human Services](#)
22. [South Dakota Fire and Life Safety Committee](#)
23. [South Dakota State University Extension](#)
24. [South Dakota Health Care Association](#)

If you would like to participate in the South Dakota Falls Prevention Coalition, please send an email to [PreventFallsSD@gmail.com](mailto:PreventFallsSD@gmail.com).