

Population-based Fall Prevention Initiatives in Sweden and the United States: Occupational Therapy Perspectives

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Introduction: Falls among older adults are a worldwide problem, increasing the risk for mortality, morbidity, disability and frailty (1). Occupational therapy expertise in fall prevention is needed because falls are a barrier to social participation and typically result from interactions between host and environmental factors. Occupational therapists often provide individualized or group-based fall prevention services to older adults, however occupational therapists also have important roles in developing, delivering and evaluating fall prevention efforts that are undertaken as part of wider public health initiatives. Population-based fall prevention interventions are multi-strategy, multi-focused programmes that share ownership of the injury problem with the whole community, experts and community members (2). **Description:** This poster will describe central features of the *Fallfritt* program of Södertälje, Sweden and the *Falls Free*TM Initiative that is being led by the US-based National Council on Aging. In addition to describing the aims of both programs and the roles of occupational therapists, funding sources and key outcomes associated with both efforts will be presented. **Conclusion:** This session will facilitate occupational therapists' emerging involvement in diverse, population-based fall prevention programs. **Practice Implications:** Occupational therapists can apply new knowledge gained through this poster to reduce the burden of falls in their communities.

1. Kannus P, Parkkari J., Koskinen S, Niemi S, Palvanen M, Järvinen M, et al. (1999). Fall-induced injuries and deaths among older adults. *Journal of the American Medical Association*, 281, 1895–1899.

2. McClure RJ, Turner C, Peel N, Spinks A, Eakin E, Hughes K. (2005). Population-based interventions for the prevention of fall-related injuries in older people. *Cochrane Database of Systematic Reviews*, 1, CD004441. DOI: 10.1002/14651858.CD004441.pub2.