

St. Mark's Church

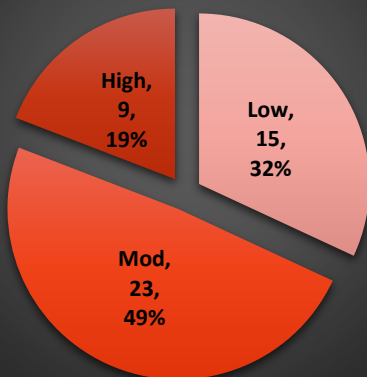
June 29, 2018

10:00am -1:00pm

Fall Risk Level

Participant were assigned a fall risk level based on the [CDC STEADI Algorithm](#). Of 47 participants, 2/3 were considered moderate to high risk of having a fall.

Identified Fall Risk Level



Thank you to all SBM Departments who participated!

- Carol M. Baldwin Breast Care Center
- Women's Pelvic Health Center
- Vascular and Heart Center
- Radiology
- Physical Therapy



Senior Health & Wellness Expo

Balance Screen Results



Legislator Anker with our SHTM Physical Therapy faculty and Students

Balance Screen Process

1. Participants answer short questionnaire:

- ▶ 40 females, 7 males
- ▶ Average age 78 years
- ▶ Fall in past year: 11 answered "Yes"
- ▶ Feel unsteady when walking: 22 answered "Yes"
- ▶ Worry about falling: 38 answered "Yes"

2. Participants receive balance screens (click each assessment for more info)

- ▶ [Timed Up and Go \(TUG\)](#)
- ▶ [30 Second Chair Stand](#)
- ▶ [4-Stage Balance Test](#)

3. Participants receive information about [Free Balance and Fall Prevention programs in Suffolk County](#)

For more information, please contact [Kristi Ladowski, MPH](#) at 631-444-8385