

## St. Mark's Church

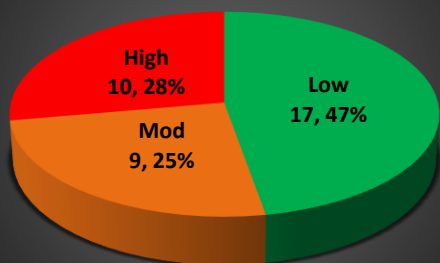
June 21, 2019

10:00am -1:00pm

### Fall Risk Level

Participants were assigned a fall risk level based on the [CDC STEADI Algorithm](#). Of 38 participants, 55% were considered moderate to high risk of having a fall.

### Identified Fall Risk Level



Thank you to all SBM Departments who participated!

- [Physical Therapy](#)
- [Trauma Center](#)
- [Carol M. Baldwin Breast Care Center](#)
- [Mobile Mammography Van](#)
- [Women's Pelvic Health Center](#)
- [Heart Institute](#)
- [Vascular Center](#)
- [GYN/OB](#)
- [Neurology](#)

# 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:

- ▶ 33 females, 5 males
- ▶ Average age 78 years
- ▶ Fall in past year: 20 answered "Yes"
- ▶ Feel unsteady when walking: 22 answered "Yes"
- ▶ Worry about falling: 30 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