



Fall Prevention Resources

Keep this list handy!



Fall Prevention Training

Commonwealth of Virginia Learning Center (COVLC) <https://covlc.virginia.gov>

- DBHDS-OIH-HSN: Falls and Individuals with Intellectual and Developmental Disabilities 2021

Live and Virtual Training from the DBHDS Office of Integrated Health

- Falls & Individuals w/ Developmental Disabilities
- Wheelchair Transitions
- Mobile Rehab Engineering Team Services, DME and AT - What You Need to Know

Check the OIH Training Schedule at <https://dbhds.virginia.gov/office-of-integrated-health/> → Educational Resources → Training Schedules

Root Cause Analysis (RCA) Training and Resources

To help understand why falls happen!

DBHDS Quality Improvement Video Series

<https://www.youtube.com/playlist?list=PLmFe443VQ9xUxxc85z--thJUFCjjKrTfL>

DBHDS Office of Licensing RCA Training

[https://dbhds.virginia.gov/assets/doc/QMD/OL/root-cause-analysis-training-\(november-2020\).pdf](https://dbhds.virginia.gov/assets/doc/QMD/OL/root-cause-analysis-training-(november-2020).pdf)

VCU Partnership for People with Disabilities RCA training

<https://livingwell.partnership.vcu.edu/module-5/>

Other Educational Resources

Health and Safety Alerts and Newsletters from the DBHDS Office of Integrated Health

- [Fall Prevention \(Sept. 2019\)](#)
- [Fall First Aid \(Sept. 2019\)](#)
- [Home Health and Safety \(March 2023\)](#)
- [Part I: Seizure Disorder and Epilepsy Basics \(Nov. 2024\)](#)
- ["How to Lower Fall Risk in the Home" \(March 2023\)](#)

PowerPoint Slides from the DBHDS Office of Integrated Health

- "First Aid for Falls" <https://dbhds.virginia.gov/office-of-integrated-health/#> → Educational Resources → Falls

"Movement for Better Health" Video:

- Designed for individuals and families.
- Discusses why it's important for people to stay active and strong to help reduce the risk of falling; reviews fitness options; and asks about interest in trying each activity!

- Be sure to use the activity checklist. <https://youtu.be/0d07zy6gg8Q?si=xYj0VGDjr7PS3fqY>

Virginia Arthritis and Falls Prevention Coalition

- Vision: All Virginians will have access to arthritis and falls prevention interventions and resources to help them live independently and safely.

<https://www.vdh.virginia.gov/arthritis/virginia-arthritis-coalition/>

Northern Virginia Fall Prevention Alliance

- Information about evidence-based fall prevention programs.

<https://www.novafallsprevention.com/>