

May 19, 2011

She Fell But She Got Up!

Wednesday, May 25 is **National Senior Health & Fitness Day**, but if seniors are afraid of falling they may also be afraid to get physical. [Read](#) this week's *Wednesday Wisdom* where Deb Bertrand discusses her own struggle with falls and the insight she gained into the risks facing our older patients. Use Deb's tips and prevent your patients' trips.



Fitness and Falls: Free Tools to Use

This year's National Senior Health & Fitness Day theme is "Make Fitness a Goal for Life!" Here are some **helpful tools** from our **Resource Library** that you can use to help your patients avoid falls so they can stay fit – or get fit!



[My Falls-Free Plan: A Sample Individual Falls Risk Assessment](#)

[Fall Prevention Medication Review Checklist](#)

[Improve Your Balance in 10 Minutes a Day](#)

[Catch Yourself and Falls and Vision Loss](#) (fact sheets from the Fall Prevention Center of Excellence)

Click on the names above to download, or visit our [tools page](#) to find many more (select 'Physical Function' in the 'All Topics' drop-down menu).

May Survey Winner!

This month's tool survey winner is Sharon Snider, Director of Nason Hospital Home Health Agency in Roaring Spring, PA.

Congratulations Sharon! Our next drawing will be on **Friday, June 17th**. Share your thoughts about one of the [tools](#) in our Resource Library by filling out [this quick survey](#). For each tool you review, you'll get another entry into our drawing for a **\$50 Amex giftcard**.



Free E-Presentations

Watch CHAMP e-presentations anytime! Each one is developed and narrated by an expert on the topic. Take a look today!

[Considerations in Geriatric Medication Management](#)

[The Model for Improvement: Small Tests of Change and Using PDSA Cycles to Drive Improvement](#)

[Clinical Coaching with CHAMP Tools](#)



New Course: Helping Patients Adhere

The new **Helping Patients Adhere** one-unit course helps you understand why patients have difficulty adhering to their medications or other treatment regimens. You'll also **learn evidence-based strategies** to help patients change. Click on the course name to learn more and register.

New! [Helping Patients Adhere](#)
\$49 (\$35*)/ participant

Special Promo: Buy One, Get One Free - If you register for the *Helping Patients Adhere* course **before June 1**, you can pick a colleague to take the course for free! Register today and we'll tell how to redeem your gift.

More E-Learning Activities

Click on the course name to learn more and register.

[Developing Strong Home Care Teams](#)
\$49 (\$35*)/ participant

[Improving Communication with Physicians](#)
\$49 (\$35*)/ participant

[Best Practice Activities](#)
\$10 per activity or sign-up for all three for just \$25

** This rate applies to member agencies of: California Association for Health Services at Home, Georgia Association for Home Health Agencies, Home Care Alliance of Massachusetts, Home Care Association of Florida, Home Care Association of New Hampshire, Home Care Association of New York State, Home Care Association of Washington, HomeCare Association of Arkansas, MHA: An Association of Montana Health Care Providers, New Mexico Association for Home and Hospice Care, Pennsylvania Homecare Association, and Rhode Island Partnership for Home Care*

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