

# Falls in Older People

## Risk Factors, Strategies for Prevention and Implications for Practice

This third edition of a trusted resource brings together the latest literature across multiple fields to facilitate the understanding and prevention of falls in older adults. Thoroughly revised by a multidisciplinary team of authors, it features a new three-part structure covering epidemiology and risk factors for falls, strategies for prevention and implications for practice. The book reviews and incorporates new research in an additional thirteen chapters covering the biomechanics of balance and falling, fall risk screening and assessment with new technologies, volitional and reactive step training, cognitive-motor interventions, fall injury prevention, promoting uptake and adherence to fall prevention programs and translating fall prevention research into practice. This edition is an invaluable update for clinicians, physiotherapists, occupational therapists, nurses, researchers, and all those working in community, hospital and residential or rehabilitation aged care settings.



## Falls in Older People

**Risk Factors, Strategies for Prevention  
and Implications for Practice**

Third Edition

Edited by Stephen R. Lord, Catherine Sherrington  
and Vasi Naganathan

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Medicine

### TITLE INFORMATION

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## KEY FEATURES

- Reviews and incorporates new research to provide best clinical practice and assists in the education of students as well as continuing professional development for current health professionals
- Devotes an entire new section to interpretation and implications for practice, including important chapters on strategies to promote uptake and adherence to fall prevention programs and translating fall prevention research into practice
- Features up-to-date coverage of new technologies for fall prevention, critically reviewing emerging evidence for the roles of wearable sensors and smart devices for fall risk detection and assessment, exergames and apps for delivering exercise interventions and smart floor for preventing fall injuries.

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