



**PREVENTION OF FALLS IN COMMUNITY-DWELLING OLDER ADULTS
CLINICAL SUMMARY OF U.S. PREVENTIVE SERVICES TASK FORCE RECOMMENDATION**

Population	Community-dwelling adults aged 65 years and older who are at increased risk for falls	Community-dwelling adults aged 65 years and older
Recommendation	Provide intervention consisting of exercise or physical therapy and/or vitamin D supplementation to prevent falls. Grade: B	Do not automatically perform an in-depth multifactorial risk assessment with comprehensive management of identified risks to prevent falls. Grade: C

Risk Assessment	Primary care clinicians can consider the following factors to identify older adults at increased risk for falls: a history of falls, a history of mobility problems, and poor performance on the timed Get-Up-and-Go test.	
Interventions	<p>Effective exercise and physical therapy interventions include group classes and at-home physiotherapy strategies and range in intensity from very low (≤ 9 hours) to high (> 75 hours).</p> <p>Benefit from vitamin D supplementation occurs by 12 months; the efficacy of treatment of shorter duration is unknown. The recommended daily allowance for vitamin D is 600 IU for adults aged 51 to 70 years and 800 IU for adults older than 70 years.</p> <p>Comprehensive multifactorial assessment and management interventions include assessment of multiple risk factors for falls and providing medical and social care to address factors identified during the assessment. In determining whether this service is appropriate in individual cases, patients and clinicians should consider the balance of benefits and harms on the basis of the circumstances of prior falls, medical comorbid conditions, and patient values.</p>	
Balance of Harms and Benefits	Exercise or physical therapy and vitamin D supplementation have a moderate benefit in preventing falls in older adults.	Multifactorial risk assessment with comprehensive management of identified risks has at least a small benefit in preventing falls in older adults.
Other Relevant USPSTF Recommendations	The USPSTF has made recommendations on screening for osteoporosis. These recommendations are available at http://www.uspreventiveservicestaskforce.org/ .	

For a summary of the evidence systematically reviewed in making this recommendation, the full recommendation statement, and supporting documents, please go to <http://www.uspreventiveservicestaskforce.org/>.