Improve balance and mobility in older adults through a multidimensional approach

**Audiences:** Reference for exercise specialists, physical therapists, occupational therapists, and recreational therapists working with older adults in community-based centers or rehabilitation settings. Text for upper-undergraduate, graduate, and certification courses in balance and mobility training, assessment, and programming for older adults.

The second edition of *FallProof! A Comprehensive Balance and Mobility Training Program* is a practical guide to implementing a multidimensional balance and mobility training program to address the increasing incidence of falls among older adults. Now packaged with a DVD, this edition is a research-based resource with a range of balance and mobility assessments and detailed instructions on implementing the FallProof! program.

The second edition contains everything that made the original edition so popular and the FallProof! program so widely recognized and well received. Written by Dr. Debra Rose, foremost expert in balance disorders and programming, this book continues to be the only text to address the multiple dimensions that contribute to balance and mobility.

The FallProof! program is customizable for individual clients, with exercise progressions for early, middle, and late class modules. In addition, the program offers the following benefits:

- **Flexibility.** Program participants can engage in group activities that take into account their individual abilities so that the program is not too easy or too difficult for them.
- **Guidance.** Safe and easy ways of presenting each of the program’s exercise components are illustrated, addressing issues ranging from safety concerns to the best ways to provide feedback to participants.

**Supplemental materials.** Reproducible health, assessment, and program-related questionnaires help instructors gather crucial information for effective programming.

**Results.** The FallProof! program has been proven to reduce the risk of falling in participants who’ve completed one or more rotations of the program.

The second edition of *FallProof!* contains significant content updates and new references and features for both professionals and students, including a section on prioritizing screening and assessment tests, scheduling subsequent tests, and organizing testing in a group environment. Access the information and explore subjects in greater depth.

The bound-in DVD makes the information in the text applicable to real situations. It shows how to administer screening and assessment tests, demonstrates selected exercise progressions for the major program modules, and provides a sample FallProof! class session in action.

This comprehensive manual is used in the only authorized FallProof! certification program and is a must for anyone in the field developing balance and mobility programs for at-risk older adults.

Available in January 2010!
About the Author

Debra Rose, PhD, is a professor in the division of kinesiology and health science and director of the Center for Successful Aging at California State University at Fullerton. She also serves as codirector of the Fall Prevention Center of Excellence at the University of Southern California. Her primary research focus is on the enhancement of mobility and the prevention of falls in later years.

Dr. Rose is nationally and internationally recognized for her work in assessment and programming for fall risk reduction. Her research in fall risk reduction in the elderly has been published in numerous peer-reviewed publications, including the Journal of the American Geriatric Society, Archives of Physical Medicine and Rehabilitation, Neurology Report, and the Journal of Aging and Physical Activity. She was an expert contributor to the Global Report on Falls Prevention in Older Age published by the World Health Organization in 2007.