

# San Diego Fall Prevention Task Force



## About the Task Force

Established in 2004, the San Diego Fall Prevention Task Force consists of service providers and community members who are dedicated to promoting the health, safety, independence, and quality of life of older adults through fall prevention. The coalition convenes monthly to collaborate on initiatives, resources, awareness campaigns, and programs that advance its mission of reducing falls and their devastating consequences in San Diego County. Members of diverse sectors share best practices for preventing falls and receive education on evidence-based interventions and strategies that can be applied to their work with clients and patients. The Task Force also hosts a Speakers Bureau and Balance Screeners Bureau which provide free presentations and fall risk assessments to community groups.

## Meeting Details

**2nd Tuesday of the month | 1:00 pm – 2:00 pm**

2025 Meetings: 1/14, 2/11, 3/11, 4/8, 5/13, 7/8, 8/12, 10/14\*

***All meetings are on Zoom except the October meeting which will be in-person.***

***More details are below:***

***Virtual meeting link to join:*** <https://us06web.zoom.us/j/87633393359>

Meeting ID: 876 3339 3359 | Call-In Option: 1 (253) 215-8782

***\*In-person meeting (October 14):*** 5560 Overland Avenue, San Diego, CA 92123 (Rm 172)

To join our e-mail listserv, e-mail [HealthierLiving.HHSA@sdcounty.ca.gov](mailto:HealthierLiving.HHSA@sdcounty.ca.gov) or call (858) 495-5500. For more information, please visit our website [www.SanDiegoFallPrevention.org](http://www.SanDiegoFallPrevention.org)



# Speakers Bureau & Balance Screeners Bureau

## What is the Speakers Bureau?

The Speakers Bureau consists of select members of the San Diego Fall Prevention Task Force who are trained to provide fall prevention presentations in the community. Presentations sites often include libraries, senior living communities, and senior centers. Presentations can be provided in-person or virtually.

## What topics are addressed in the presentation?

The Speakers Bureau presentation highlights local and national fall statistics, common fall risk factors, effective fall reduction strategies, and available community programs.

## What is the Balance Screeners Bureau?

The Balance Screeners Bureau consists of healthcare providers and community members who are trained to conduct fall risk screenings at community events.

## Is there a cost associated with these services?

All services are provided at no cost to participating sites and community members.

## How do I request these services?

Please call (858) 495-5500 and leave a message with your name, phone number, and service requested. Your call will be returned within 1-2 business days. Alternatively, you can complete an online form at [www.surveymonkey.com/r/56LTTRR](http://www.surveymonkey.com/r/56LTTRR) to request these services.

