

Balance and Fall Prevention Professional Credential Requirements

Below is a summary of the requirements to become a Credentialed Balance and Fall Prevention Professional. *Individuals who do not want to seek this advanced professional credential may complete the individual courses (in sequence) and receive continuing education hours.*

Pre-Course Work

- Completion of preparatory work prior to arrival. Participants will receive an information packet by email with instructions 1 month prior to the course.
 - Preparatory work includes readings, learning activities, and self-practice of selected standardized tests and measures.
- A skills check (tests and measures) will be administered on the Friday late afternoon/evening before the start of course 1.
 - Participants must register for a skills check time slot in advance and are advised to do so prior to making travel arrangements.

Course 1:

- Successful completion of course 1, including performance on the skills check is required.

Portfolio (to be completed between courses 1 and 2):

- A credential portfolio will form the basis for several learning activities during course 2 and will be comprised of the following components:
 - Development of a comprehensive case study based on a current patient/client
 - A community asset and gap analysis for evidence-based fall prevention programs, physical activity programs, and other fall prevention resources and services
 - Completion of the online Otago Exercise Program training. Participants will incur a charge of \$49 for completion. Individuals who have already completed the training may present their certificate in lieu of re-training.
- Completed portfolios will be submitted electronically several weeks in advance of course 2.
- Detailed portfolio instructions will be provided during course 1.

Course 2:

- Successful completion of course 2 includes proficient performance on a skills check.

Comprehensive Final Online Exam:

- Successful completion of a comprehensive exam (material from courses 1 and 2) within three months of completing course 2 will be required to earn the Balance and Falls Professional Credential.