



# AgingME GWEP

Geriatrics Workforce Enhancement Program \*

## LUNCH & LEARN

Free Live Webinar/Certificate of Attendance Provided  
Questions? Contact [diana.scully@maine.edu](mailto:diana.scully@maine.edu)

Thursday, September 28, 2023  
12-1 pm via Zoom

### Falls Prevention Resources for Maine's Older Adults

Presented by

**Kirsten Dorsey, OTR/L**

**Jessica Bolduc, DrOT, MSOTR/L, FAOTA**

MaineHealth

Join us for a dynamic lunchtime conversation to review falls prevention resources for Maine's older adults. We will explore information about the prevalence of falls, the economic burden of falls, and fall risk factors. Using evidence-based resources, presenters will share fall risk assessment tools as well as community-based education and exercise programs for older adults.

[Click Here to Register](#)

Leaves are supposed to fall.

People aren't.



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## Falls Prevention Resources— More about Our Presenters

### Kirsten Dorsey



**Kirsten Dorsey, OTR/L** is the National Program Director for *A Matter of Balance: Managing Concerns about Falls Lay Leader model*, which is a program developed by MaineHealth’s Partnership for Healthy Aging. Designed to reduce the fear of falling and increase activity levels among older adults, *A Matter of Balance* is designated by the Administration for Community Living (ACL) as a top-tier, evidence-based Falls Prevention program. Kirsten started with *A Matter of Balance* (MOB) in March of 2020 and her first project was creating, piloting, and distributing the virtual translation of the MOB program.

Kirsten is an Occupational Therapist and has worked with many older adults after a fall. She is very excited to now be focusing on preventing falls and loves to share the practical things that we can all do to prevent falls and stay upright! Kirsten lives in Southern Maine with her husband and a 16-year-old cat who still is top notch at keeping mice out of the farmhouse.

### Dr. Jessica Bolduc



**Jessica J. Bolduc, DrOT, MSOTR/L, FAOTA** works at MaineHealth as a Healthy Aging Program Manager for Fall Prevention and Safe Mobility joining the group in May 2023. She also represents MaineHealth within the Maine Falls Prevention Coalition. She previously worked at NorthernLight Mercy Hospital as an occupational therapist in acute care for the last decade. Dr. Bolduc has served as adjunct professor and content developer in occupational therapy departments across Maine and Massachusetts. Dr. Bolduc also serves as the Chair for the State of Maine Board of Occupational Therapy Practice.

Dr. Bolduc is licensed for occupational therapy practice in two states and is a certified clinical fieldwork educator. She has published in *OT Manager*, *OT Practice*, *The Internet Journal of Allied Health, and Sciences and Practice*, and has written textbook chapters in Gerontology for *The HealthCare Practitioner* and *Occupational Therapy Essentials for Clinical Competence*. She has presented at national and state OT conferences on a variety of topics.