November 13 RoundUp — Two-Thirds Miss a Hidden Fall Risk, CMS Delays the RPM Cliff & More

UpRight Science News RoundUp · November 4–13, 2026

New Research & Data

Mobile Fall Risk Screening Using the 4-Stage Balance Test With Vestibular Challenge

American Journal of Audiology (ASHA Journals) · November 9, 2026

Researchers paired the CDC STEADI 4-Stage Balance Test with a vestibular challenge and mobile sway measurement to screen fall risk. They note that self-reported fear of falling likely captures aspects of imbalance not reflected in sway scores alone, and call for further research.

UpRight POV: *This is the exact direction we champion: taking a standard clinical balance test and turning it into an objective, mobile measurement. It also reinforces that the best screening pairs measured sway with patient-reported data.*

Personalized Strategies May Support Safer Mobility in Parkinson's

Parkinson's News Today · November 11, 2026

Clinician focus groups found that individualized balance and mobility assessments outperform generic fall-prevention programs for people with Parkinson's disease.

UpRight POV: *Personalization depends on measurement. Knowing where someone's balance stands gives clinicians a starting point for care that fits the individual.*

New NHS-Ready Medication Risk Tool Could Cut Falls and Delirium in Older People

Medical Xpress · November 6, 2026

Researchers developed a tool to help doctors and pharmacists identify older patients at risk of delirium and serious falls associated with their medications.

UpRight POV: *Medication changes are a moment when balance can shift quickly, which makes them a good time to check in on balance.*

Nearly Two-Thirds of US Adults Don't Recognize Anxiety About Falling as a Risk

McKnight's Long-Term Care News (also Ohio State Wexner Medical Center, Spectrum News, WDBJ7) · November 11, 2026

A national Ohio State Wexner Medical Center survey of 1,007 U.S. adults found 63% do not recognize anxiety about falling as a fall risk. Clinicians from Ohio State's Fall Prevention Clinic point to three overlooked factors, including fear of falling and urinary urgency, and note that fear can lead people to avoid stairs and exercise, which raises risk further.

UpRight POV: *Awareness gaps are exactly why balance needs a number. People cannot act on a risk they cannot see, and a measured balance score replaces anxiety with information.*

Most Older Adult Injuries Occur in the Home, New Homewatch CareGivers Report Finds

McKnight's Home Care · November 11, 2026

A Homewatch CareGivers report finds most injuries among older adults happen at home, and recommends staying active, removing tripping hazards such as cords and rugs, and installing fall-proof aids.

UpRight POV: *If the home is where falls happen, the home is where balance should be checked. That is a strong case for at-home measurement.*

Fall Prevention, Clinical Performance Linked

McKnight's Long-Term Care News · November 5, 2026

Nursing homes that change their fall prevention culture see better fall outcomes that support both resident outcomes and overall clinical performance.

UpRight POV: *For long-term care, falls are a quality metric. Tracking resident balance over time gives operators an upstream indicator rather than counting incidents after the fact.*

Maintaining Your Balance: Health Tips & News

Texas A&M Initiative Reduces Fall Risks for Older Adults

Waco Tribune-Herald · November 5, 2026

Texas A&M's Public Policy Research Institute will use a $1.94 million federal award to expand fall-prevention and healthy-aging programs at senior centers.

UpRight POV: *Federal dollars continue to flow into community fall prevention. Programs that can show measurable balance gains will be best positioned for continued funding.*

A Simple Fall Can Change Your Life. Here's How to Prevent One

Reuters via Galveston County Daily News · November 8, 2026

A Reuters explainer on who is most at risk of accidental falls, noting that aging affects eyesight, balance, muscle strength and reaction time.

UpRight POV: *Mainstream outlets now name balance as a core risk factor. The next step is giving people a simple way to check their own.*

'Scared to Death of Those Stairs': Addressing the Fear of Falling Among Older Adults

Yahoo News · November 10, 2026

A feature on how fear of falling affects older adults and how the likelihood and severity of fall-related injuries rise with age.

UpRight POV: *Fear of falling feeds on uncertainty. A measured balance score can either reassure or prompt action, replacing anxiety with information.*

5 Winter Safety Tips for Seniors: Staying Warm and Preventing Falls

DELCO.Today · November 10, 2026

Seasonal tips for older adults on staying warm and avoiding falls as icy conditions arrive.

UpRight POV: *Winter raises the stakes on balance. A pre-season balance check is a timely, practical recommendation. We love to see local publications providing guidelines for their older populations.*

Also In the News

CMS Postpones RPM Payment Halt for 2 Years

Healthcare Dive · November 10, 2026

CMS is delaying the end of Medicare payments for third-party remote patient monitoring services until 2029 following industry pushback.

UpRight POV: *This follows the RPM reimbursement debate we have tracked for weeks. The reprieve keeps a reimbursement pathway open for remote balance monitoring.*

Top Fall Prevention Technology for Seniors 2026: AI and Wearables

U.S. News & World Report · November 9, 2026

U.S. News surveys the current landscape of AI and wearable tools aimed at reducing fall risk in older adults.

UpRight POV: *Consumer interest in fall-prevention tech is growing. Most tools detect falls after they happen; measuring balance targets risk before any critical life incident.*

Stanford Study Challenges Long-Held Dogma on Causes of Concussions

News-Medical · November 9, 2026

Using mouthguard sensors, Stanford researchers found linear head acceleration is more predictive of concussion than rotational acceleration, challenging decades of prevailing theory.

UpRight POV: *Better sensors are rewriting concussion science. It's encouraging to see objective measurement gaining ground in sports medicine.*

Soccer Video Simulation Shows Stable Performance Across Repeated Baseline Concussion Testing

Bioengineer.org · November 12, 2026

A sport-specific, tablet-based concussion tool using soccer video clips showed minimal practice effects across repeated baseline testing sessions in athletes.

UpRight POV: *Minimal practice effects are what make a baseline test trustworthy over time, the same standard a repeatable balance measurement has to meet.*

Scoping Review Assesses Emerging Fall Management Technologies for People Living With Dementia

Bioengineer.org · November 8, 2026

A scoping review found traditional clinical assessment tools have notable limitations in capturing the complex, dynamic fall-risk profiles of people with dementia, and reviewed emerging technologies.

UpRight POV: *Dynamic risk calls for repeated, objective measurement rather than one-off assessments.*

Senior Living's Oldest Problem Is Becoming Its Newest EHR-Integrated Clinical Revenue Stream

McKnight's Senior Living (marketplace column) · November 12, 2026

A sponsored column reports that operators running standardized, assessment-driven programs have seen UTI risk reductions of up to 58% and fall risk reductions of 34%.

UpRight POV: *Standardized assessments that live in the EHR are becoming billable. Balance data fits naturally into that model.*