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Putting people's lives in motion

Fall Prevention

- As we age, physical changes and health changes occur placing us at a higher risk of falling.

Are you at risk?

- Age
 - > 1/3 of adults over the age of 65 fall each year
 - 1 out of 5 falls result in serious injury
- Poor Eyesight
- Hearing impairments
- Neurological diagnosis
 - Example: Stroke
- Decreased circulation/sensation
 - Example: Diabetes, heart conditions
- Medication side effects
- Improper footwear
- Impaired Balance
- Fear
- Alcohol consumption
- Weight

Steps for decreasing your risk

- Staying physically active
 - Helps to keep you strong and flexible. Strong bones will not prevent a fall but can decrease the risk of breaking a bone.
- Routine eye and hearing exams
 - If you are prescribed glasses or hearing aids, ensure proper fit and wear them as prescribed
- Learn the side effects of the medicines you take
- Stand slowly!
 - Getting up too quickly, can cause a drop in your blood pressure, resulting in dizziness
- Get enough sleep
- Appropriate use of an assistive/walking device, if needed to improve your balance
- Wear non-skid, rubber sole, enclosed shoes (example: tennis shoes)



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Reduce risk factors in your home

- Tightly fastened handrails on staircases/steps
 - Be sure to use them!
- Lighting- Ensure pathways and unlevel surfaces are well-lit
- Clear pathways – Ensure NO items (books, papers, clothes, shoes, wires/cords) are in walking paths
 - This includes pets – know where they are and do not attempt to step over them
- Ensure all carpets are firmly secured to the floor
 - Take away throw rugs and area rugs
- Grab bars by toilets, inside and outside of the shower/tub
- Non- skid mats in the bathroom on areas that may get wet
- Night lights for getting up during the night
- Keep flashlights nearby
 - Beside the bed and your primary place to sit in the living area/kitchen
 - Ensure batteries are in good condition
- Height of your sofa and chairs are important to ensure you can get up and down easily and safely
- Do not climb on tables or chairs to reach things – ask for help!
- Keep a phone in reach at all times
 - Idea: put it in your pocket
- Keep emergency numbers, in large print and easily visible in the primary areas of your home

Physical Therapy

The PT will perform an initial evaluation to test strength and range of motion. The physical therapist will develop a plan of care and establish goals to assist you in:

- Improving range of motion and flexibility
- Increasing strength
- Balance training
- Learning proper body mechanics and posture to help you decrease your risk and improve your independence with daily activities.