



Preventing Falls: Taking Control of Risks

Quality of Life Class

Today's Objectives

- Learn about the effects of the fear of falling
- Recognize risk factors for falls
- Understand that falls can be prevented

Today's Discussion

- Definition of a fall
- Risk Factors
- Fear of falling
- Reducing Your Fall Risk
- Questions

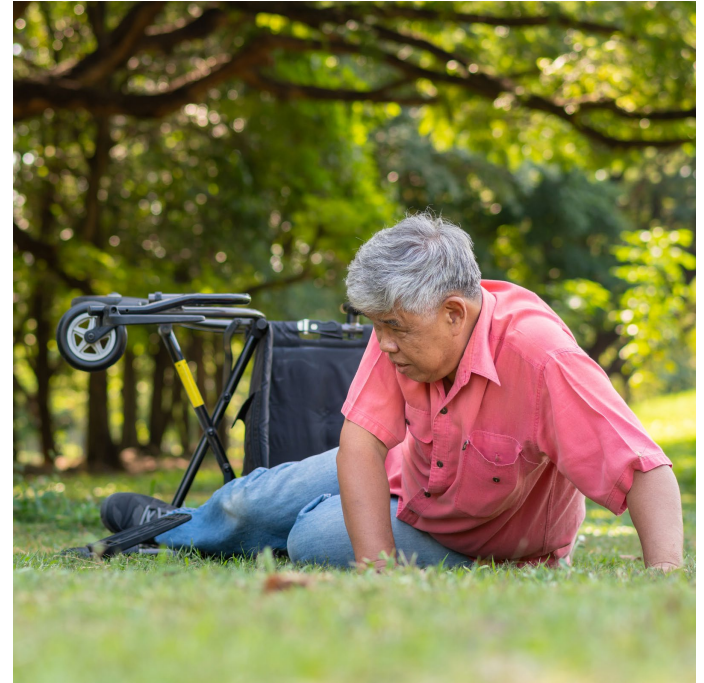




What is a Fall?

What is a Fall?

- Defined as an event which results in a person coming to rest on the ground or some other lower surface when they did not intend to be there
- Includes slips and trips





Do you understand how falls
affect your health and
wellness?



**Does anyone know someone
who has had a fall?**



How many falls are reported
each year in the US?

Fall Statistics

- Around 36 million falls are reported annually
- One in five falls causes serious injury
- Over 3 million older adults are treated in emergency departments annually
- Over 95% of hip fractures are caused by falling
- Falling once, doubles your chance of falling again

<https://www.cdc.gov/falls/facts.html>



Risk Factors

Types of Risk Factors



Personal Risk Factors

- History of falls
- Lower body weakness
- Walking or balance problems
- Chronic conditions



Chronic Conditions & Falls

Chronic conditions can potentially impact fall risk, including:

- Diabetes
- Arthritis
- Stroke
- Multiple Sclerosis
- Chronic Pain
- Depression
- COPD
- Parkinson's Disease

Medication Risks

- Multiple medications can increase your risk of falling
- Side effects related to fall risks:
 - Dizziness
 - Drowsiness
 - Blurred vision



Blood Pressure & Falls

- Check your blood pressure regularly
- If a quick change in elevation makes you dizzy, have your “sit-to-stand” blood pressure taken
- Review any new medication with your physician & pharmacist

Vision & Falls

- Annual eye exams are important after age 50
- Address any vision issues as soon as possible



Environmental Risks

Indoors & Outdoors

- Loose wires or rugs
- Spills and slippery surfaces
- Poor footwear
- Uneven ground/cracks
- Poor lighting
- Curbs and steps



Evaluate Your Home & Surroundings

- Identify and eliminate fall hazards in and around your home



Home Environment Checklist

Use this checklist to find and fix hazards in your home.

STAIRS & STEPS (INDOORS & OUTDOORS)

Are there papers, shoes, books, or other objects on the stairs?

- Always keep objects off the stairs.

Are some steps broken or uneven?

- Fix loose or uneven steps.

Is there a light and light switch at the top and bottom of the stairs?

- Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.

Has a stairway light bulb burned out?

- Have a friend or family member change the light bulb.

Is the carpet on the steps loose or torn?

- Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

- Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.

FLOORS

When you walk through a room, do you have to walk around furniture?

- Ask someone to move the furniture so your path is clear.

Do you have throw rugs on the floor?

- Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.

Are there papers, shoes, books, or other objects on the floor?

- Pick up things that are on the floor. Always keep objects off the floor.

Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

- Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

KITCHEN

Are the things you use often on high shelves?

- Keep things you use often on the lower shelves (about waist high).

Is your step stool sturdy?

- If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

BEDROOMS

Is the light near the bed hard to reach?

- Place a lamp close to the bed where it's easy to reach.

Is the path from your bed to the bathroom dark?

- Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.

BATHROOMS

Is the tub or shower floor slippery?

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Do you need some support when you get in and out of the tub, or up from the toilet?

- Have grab bars put in next to and inside the tub, and next to the toilet.



Have you Fallen?

- Has anyone fallen in the past year?
- Were you hurt?
- What happened?
- Do you worry about falling?



Fear of Falling

Fear of Falling

“Fear of Falling is a lasting concern about falling that may cause a person to stop doing activities he or she remains able to do.”

Tinetti & Powell

Concerns about Falling

- Are common and sometimes intense
- May be independent of the actual risk of falling



How Can a Fear of Falling Affect You?

- It can affect your **quality of life**:
 - It can stop you from doing normal activities
 - Inactivity can lead to muscle weakness
 - Muscle weakness can lead to falls
 - Isolation and/or depression can occur



Can Falls Be Prevented?

YES!

Fall Prevention Tips

- Talk to your doctor
- Exercise
- Be aware of the environment
- Add safety measures
- Practice safety first
- Talk about your fear of falling





Questions?

Review

- Falls are not a normal part of aging
- Risk factors can be changed
- Keiro's Fall Prevention Tip Sheet



Today's Objectives

- Learn about falls and fear of falling
- Recognize risk factors for falls
- Understand that falls can be prevented



Do you now have a better understanding of how falls affect your health and wellness?

Keiro's Call to Action

- Take active steps to reduce falls like declutter, slowing down, and being more mindful of your body and movements
- Implement one lifestyle change today!



Copyright © 2006-2023 by Keiro Services. All rights reserved. Keiro and Genki Living are registered trademarks of Keiro Services. All other trademarks, service marks, and logos are trademarks of Keiro Services. Use of the names and/or the logos without written permission is prohibited.