



# Falls Prevention

Joyce Cheng RN  
Community Health Nurse  
Bedford Board of Health  
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# Did you Know 1 in 3 Americans aged 65+ falls every year?

- o Falls are the leading cause of fatal and non-fatal injuries for older Americans
- o Falls are costly—in dollars and in quality of life.
- o Falling is not an inevitable part of aging

# Where does the fall occur?

- o 55%- inside the home
  - o Hallway 19%
  - o Bathroom 13%
  - o Kitchen 19%
  - o Bedroom 30%
  - o Living room 31%
- o 23% Outside near the home
- o 22% Outside

# What cause the Fall?

## o Personal Factors

- o Muscle weakness
- o Poor balance & difficult walking
- o Blood pressure drops
- o Vision problems
- o Medications cause dizziness & confusion

# More Factors

## Environment Factors

- Clutter, tripping hazard
- Loose rugs, slippery walkways, wet floor
- Poor lighting
- Lack of handrails along stairs (building code)
- Lack of grab bars in the bathroom

# How do Fall affect people?

- o Bruises, minor cuts
- o Mental well-being-
- o Serious injury to soft tissues, bones, and head injury
- o Fall related fractures- hip, pelvis, spine arm, hand, and ankles

# **What should I do to prevent Falls?**

- 1. Make an appointment with your doctor**
- 2. Keep moving**
- 3. Wear sensible shoes**
- 4. Remove home hazards**
- 5. Light up your living space**
- 6. Use assistive devices**

# 1. Make an appointment with your doctor

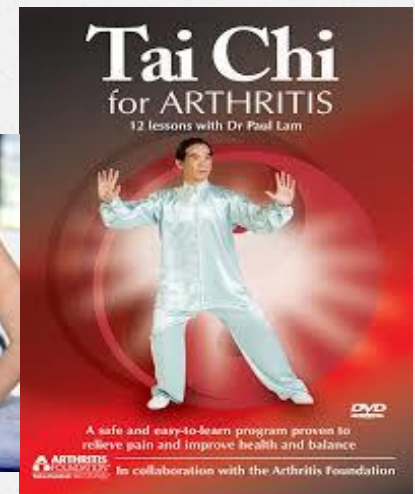
- o What medications are you taking?
- o Have you fallen before?
- o Could your health conditions cause a fall?





## 2. Keep moving

- o Getting regular exercise is one way to prevent falls and fractures that result from falls.
- o Exercise keeps **muscles and bones strong** and **improves balance**. It also helps keep **joints, tendons, and ligaments flexible**.
- o In turn, your balance and the way you walk may improve, lowering your risk of falling.



### 3. Wear sensible shoes

- o Sensible footwear can help prevent falls. Choose shoes that
  - o low heels and non-slip soles
  - o fit well -- there should be no marks on your feet when you take off your shoes and socks
  - o completely surround the foot -- no backless shoes
  - o support your feet.



## 4. Remove home hazards

- Remove objects from stairs, hallways, and other places where you walk.
- Remove clutter - shoes, small furniture, pet bowls, electrical or phone cords, etc.
- Re-arrange furniture so you have plenty of room to walk freely.





## 5. Light up your living space

- o Place night lights in the bathroom, hallways, and other areas to guide you when you get up at night.
- o Put a lamp within reach of your bed.
- o Keeping a flashlight near your bed can help if the power is out and you need to get up.



## 6. Use assistive devices

- o Use cane, walker when needed
- o Hand rails for both sides of stairways, walkways
- o Nonslip treads for bare-wood steps
- o wear shoes or snow boots with traction when walking on slippery surfaces.



- o A raised toilet seat or one with armrests
- o Grab bars for the shower or tub
- o A sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle

