

Fall Prevention



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- Melissa Colcord
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Who are we and what do we do . . .

- What is Occupational Therapy?
- What do we look at?



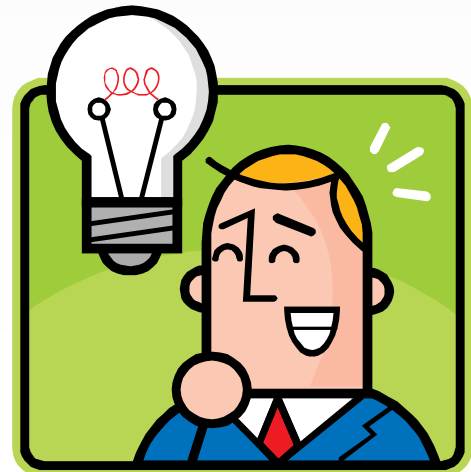
Why learn about fall prevention?

- Injury
- Hip Fracture
- Injury-related Death”
- Traumatic Brain Injury
- Costly



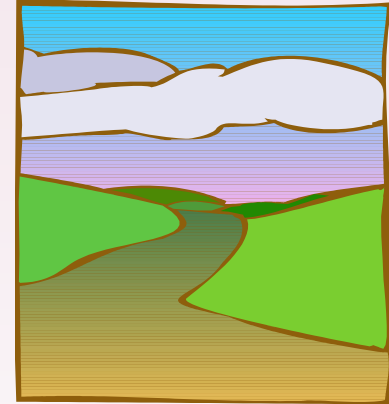
The good news . . .

- Many falls can be prevented through:
 - Home/Environment Modification
 - Use of adaptive equipment
 - Exercise



How to make your home safer

- Floors:
 - Create a clear path
 - Rugs
 - Tape rugs down
 - non-slip mat underneath rug
 - Remove rugs



How to make your home safer

- Floors
 - Carpet
 - Remove clutter
 - Cords
 - Bright colored tape



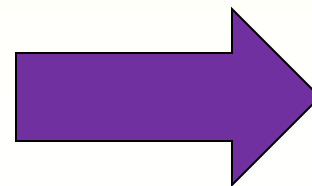
How to make your home safer

- Light
 - Accessible
 - Lamps
 - Night lights
 - glow-in-the-dark or illuminated switches
 - Stair lights
 - Flashlights



How to make your home safer

- Stairs and steps
 - Remove objects
 - Good condition
 - Handrails



(Stevens & Olson, 1999)
(Stevens & Olsons, 1999)
(National Center for Injury Prevention
and Control, n.d.)

How to make your home safer

- Kitchen
 - Cabinets
 - Cabinet doors.
 - Step stool



How to make your home safer

- Kitchen
 - Spills
 - Clutter
 - Accessible



(Painter, 2009)

How to make your home safer

- Bedroom

- Lights
- Clutter
- Path



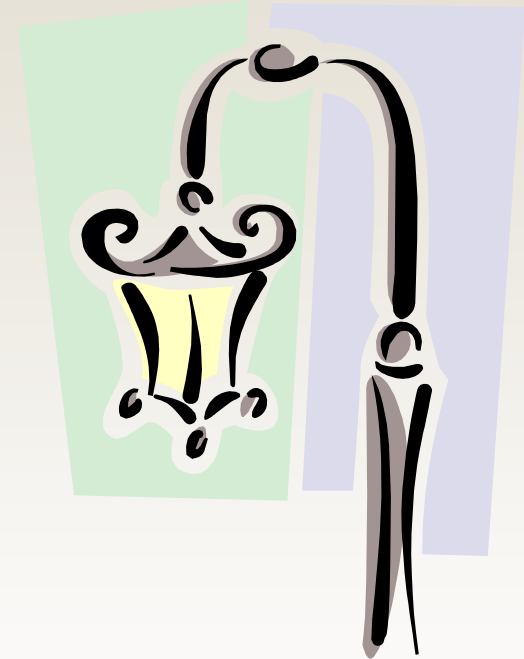
How to make your home safer

- Bathroom
 - Non-slip surfaces
 - Rugs
 - Bath/shower benches
 - grab bars
 - hand held shower head
 - Raised toilet seat with handle bars



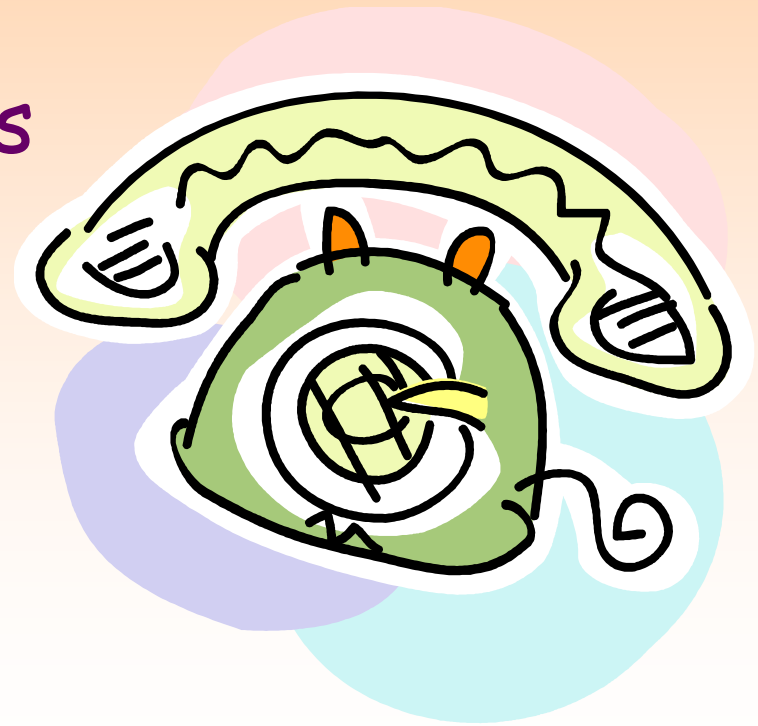
How to make your home safer

- Outside your home
 - Clutter
 - Walkway
 - Lights
 - Slip resistant strips



Other helpful hints!

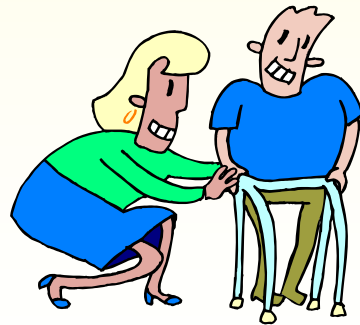
- Phones
- Emergency numbers
- Alarm device



Other helpful hints:



- Portable commode
- Assistive Devices



SHOES SHOES SHOES!

- Sturdy



- Lace up/Velcro

- Non-slip

- Wide enough

- Thinner soles

- Shoe horn/sock aide

- Measure feet



Doctor visit

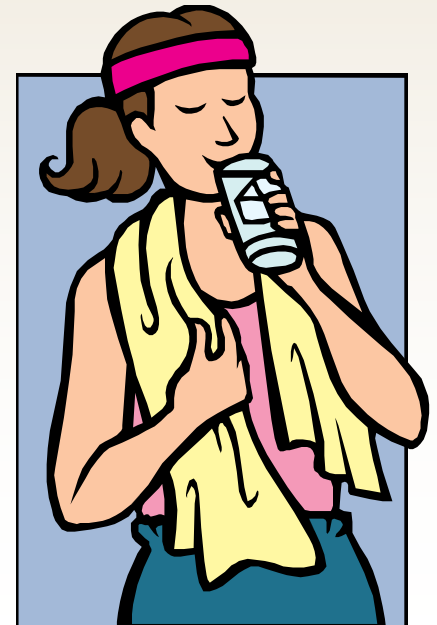
- Medications
- Vision.
- Fall history
- Specialist



Exercise!

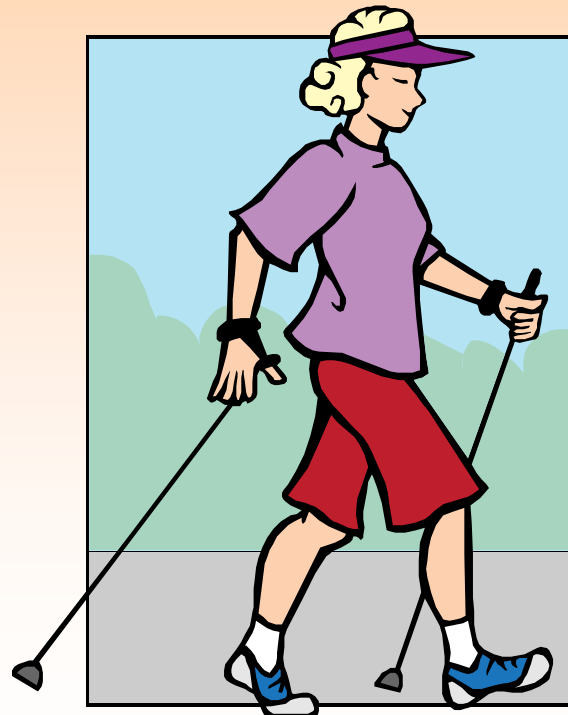
- Regular exercise
- Talk to doctor
- Balance, strength, & coordination!

- PREVENT FALLS



Exercise

- You can participate in activities such as:
 - Walking
 - Water aerobics
 - Tai Chi
 - Weight bearing



Walking

- Parking
- Parks
- Breaks
- Shop
- Pedometer



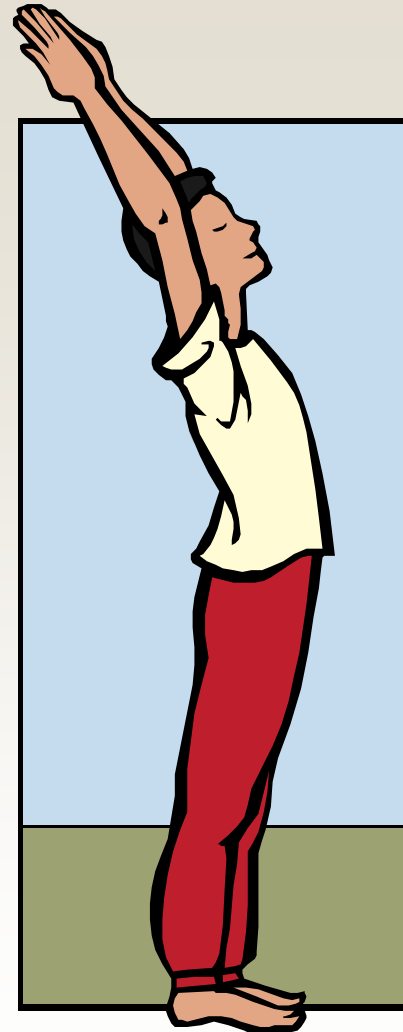
Water Aerobics

- Water temperature
- Reduce pain sensitivity
- Increase strength
- Balance



Tai Chi

- Martial arts
- Gentle/dancelike
- Coordination



(Mayo Clinic staff, 2008)
(Painter, 2009)
(Cross Country Education, p. 4)

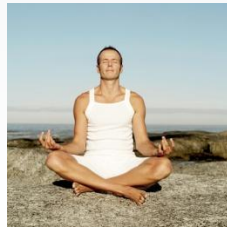
Weight-Bearing

- Stimulation
- Strength
- Decrease falls



Are you ready to work it out!!!

- Workout routine to get you going!
 - Breathing
 - Stretching/Weight bearing
 - Walking in place
 - Tai Chi
 - Cool Down



References:

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Tai Chi for Balance, Fall Risk Reduction and Rehabilitation. Retrieved 08. 31, 2009, from Cross Country Education. Web site: <http://www.crosscountryeducation.com>