

# Fall Facts

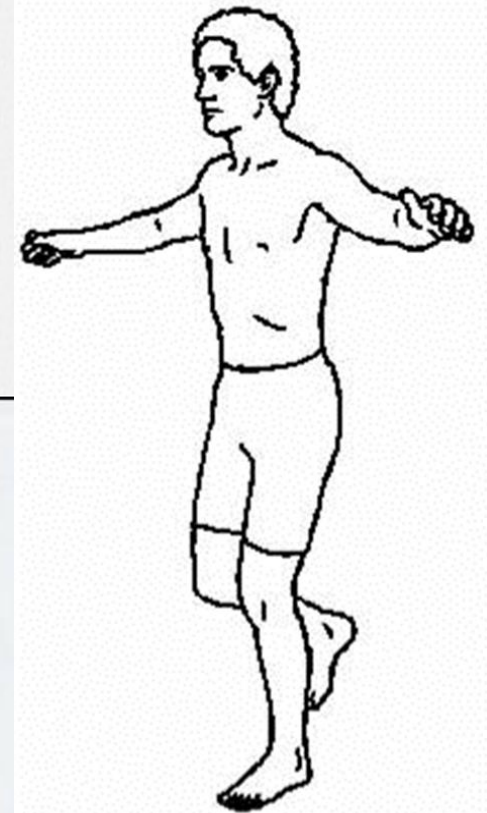
- One-third of Americans aged 65+ falls each year.
- Every 14 seconds, an older adult is treated in the emergency room for a fall; every 29 minutes, an older adult dies from a fall-related injury.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.4 million injuries treated in emergency departments annually, including over 772,000 hospitalizations and more than 21,700 deaths.

# Top 4 Things to Prevent Falls

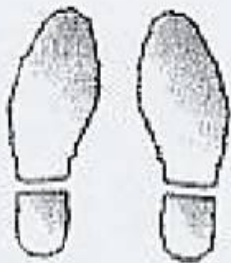
- o Begin a regular exercise program.
  - o Strength exercises
  - o Balance exercises
  - o Consider a gym program or group class
- o Make your environment safer.
- o Have your health care provider review your medicines.
- o Have your vision checked.



# Standing Balance



*Feet together*



*Semi-tandem*



*Tandem*



*. Balance (Sharpened Romberg test). Patient stands with feet together, semi-tandem, and tandem, with eyes open for 10 seconds then closed for 10 seconds in each position.*

One Leg Standing

# Walking Drills

Tandem Walking



Heel  
Walking

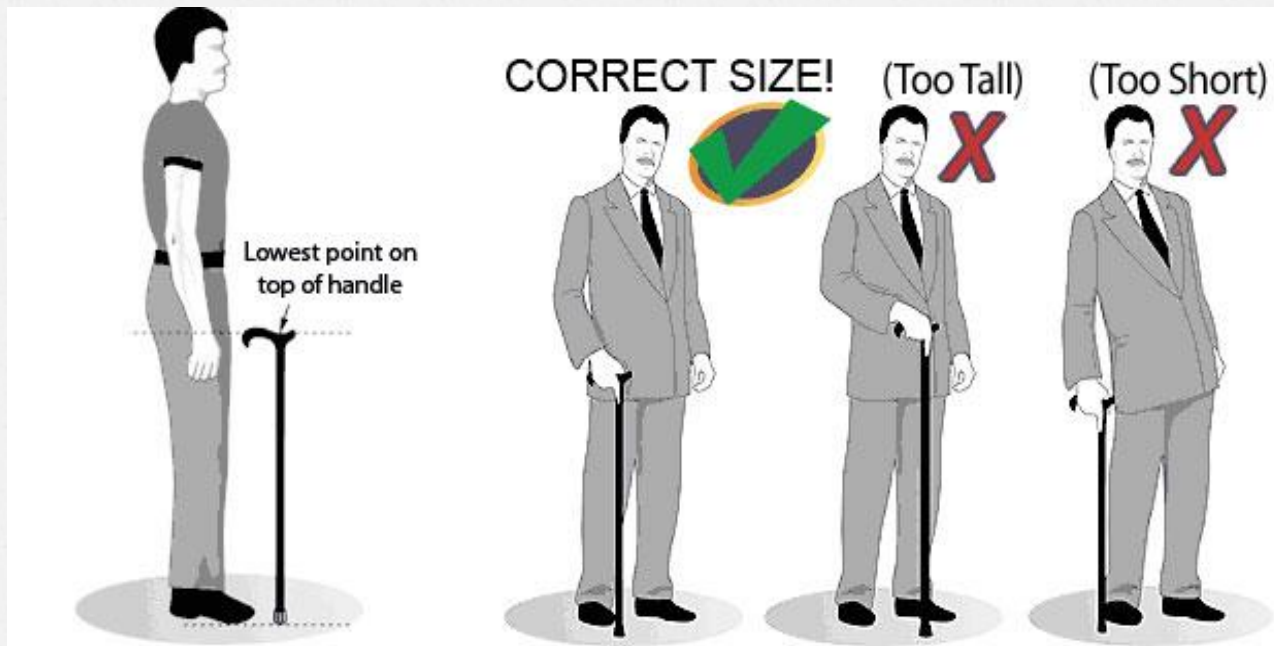


Toe  
Walking



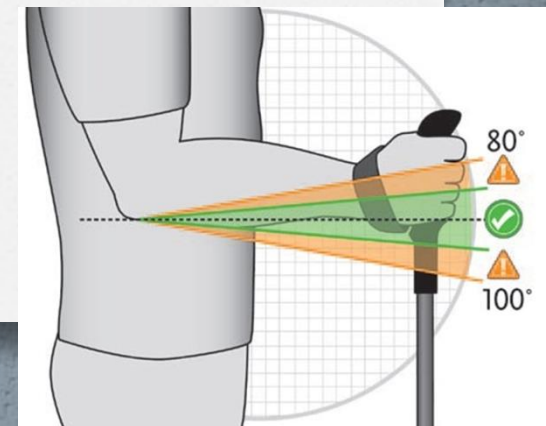


# Fitting Assistive Devices



\*\*\*Height adjustment for a walker will be similar to cane.\*\*\*

Hiking Poles  
→



# Home Safety Checklist

- o 60-75 watt bulbs in all rooms/halls/stairways
- o Night Lights / Flashlights (especially in route to toilet)
- o Walkways free of furniture, cords, and clutter
- o Remove throw rugs or secure with double-stick tape
- o All stairs/steps should have secure handrails
- o Short stepstools with handles – no climbing on chairs
- o Grab bars and non-slip mats in bathroom
- o Consider slopes and wet/slick surfaces
- o Place phone within reach of the floor
- o DON'T GET IN A HURRY



# What to Do If You Fall

- o Keep calm and check for injuries.
- o If no one is nearby, try to get up or crawl to a phone (or use MedicAlert type necklace).
  - o Roll & crawl to furniture, place one foot flat, and stand up using lead leg and furniture.
  - o Shuffle or scoot on bottom to furniture or stairs, moving up one step at a time until you can stand.
- o If you cannot get up, try to keep warm (use nearby rugs, coats, or blankets).
- o PRACTICE these techniques ahead of time with a spotter.

# Take This Fall Risk Self Assessment Quiz

## Score Only Your "Yes" Answers

- |         |    |   |
|---------|----|---|
| Yes (2) | No | I have fallen in the past year.                     |
| Yes (2) | No | I use or have been advised to use a cane or walker. |
| Yes (1) | No | I sometimes lose my balance when walking.           |
| Yes (1) | No | I worry about falling.                              |
| Yes (1) | No | I use my arms to push myself up from a chair.       |
| Yes (1) | No | I sometimes have trouble stepping up onto a curb.   |
| Yes (1) | No | My body sways when standing stationary.             |
| Yes (1) | No | I take short narrow steps.                          |
| Yes (1) | No | I stumble often or look at the ground when I walk.  |
| Yes (1) | No | I frequently have to rush to the toilet.            |
| Yes (1) | No | I have lost some feeling in one or both of my feet. |
| Yes (1) | No | My medication makes me feel light-headed or sleepy. |

## YOUR FALL RISK

