

Preventing Falls: Strategies for Staying on your Feet

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Falls Prevention



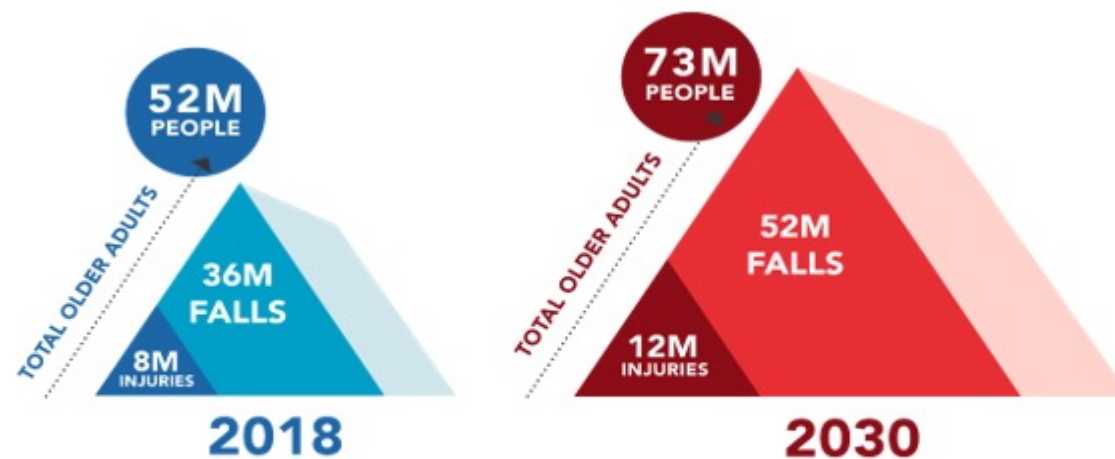
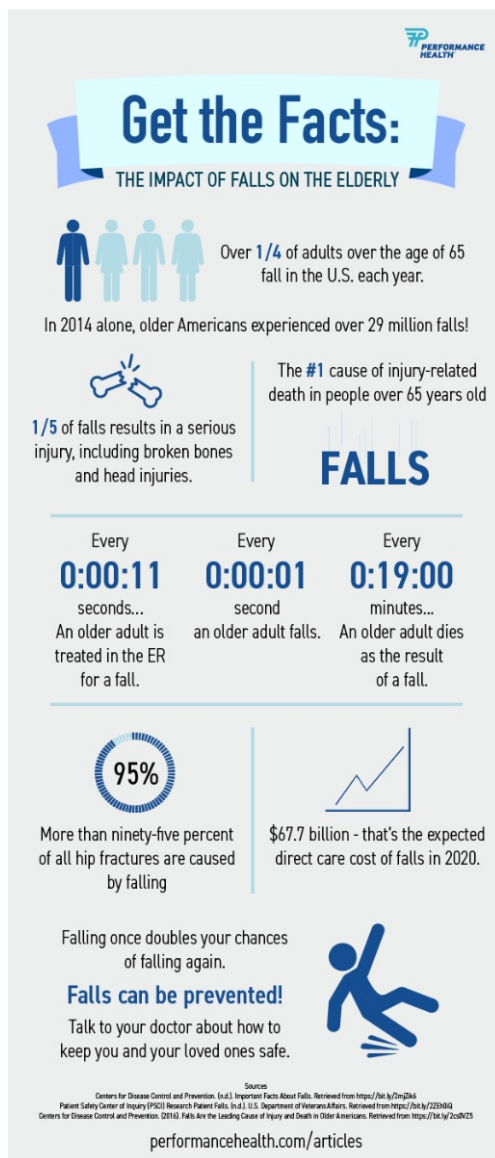


Fall Facts

- According to the U.S. Centers for Disease Control and Prevention 2020
 - One out of every three seniors falls each year
 - Every 11 seconds, an older adult is treated in an emergency room for a fall
 - Every 19 minutes, an older adult dies from a fall.
- Falls account for 25% of all hospital admissions and
- Falls account for 40% of all nursing home admissions.
- 40% of those admitted will never return to independent living
- 25% will die within one year.



Fall Facts



Centers for Disease Control and Prevention. (2020). Fact Sheet Older Adult Falls. Retrieved January 12, 2021, from https://www.cdc.gov/steady/pdf/STEADI_ClinicianFactSheet-a.pdf



Fall Facts

- In the United States, about one in four adults (28%) age 65 and older, report falling each year. This results in about 36 million falls each year.
- While not all falls result in an injury, about 37% of those who fall reported an injury that required medical treatment or restricted their activity for at least one day, resulting in an estimated 8 million fall injuries.



Fall Prevention

- Step one is to begin your Fall prevention plan.

Falls put people at risk for injury and prevention of falls can be simple with a few fall prevention measures.



Fall Prevention

- 1. Make an appointment with your Doctor or have a discussion with your Doctor in regards to falls or if you have a fear of falling.
- 2. Have you Fallen Before?
- 3. What medications are you taking?
- 4. What diagnosis or medical history do you have?
 - could this condition cause a fall?



Fall Prevention Tips

- Stay Active
- Physical activity can really help with balance, strength, coordination, flexibility and endurance.
- MOB program can assist in staying active
- Local gyms and exercise programs
- Consult with a physical or occupational therapist



Fall Prevention Tips

- Wear appropriate footwear, sensible shoes that are safe and nonskid.
- Use of assistive devices
 - Grab bars, handles, railings, raised toilet seats, and a shower chair/bench



Fall Prevention Tips

- Home Safety Modifications are important
 - Remove clutter have clear paths
 - Have appropriate lighting
 - Remove scatter rugs or secure them
 - Store everyday items in easy to reach spaces or cabinets
 - Make sure things are secure in your home



Fall Prevention and MOB

- The Matter of Balance program coincides directly with Fall Prevention.
- As an OT it is my goal and passion to provide more classes to the community which will help those at risk for falls or have a fear of falling
- Spread awareness and education to those in need



A Matter of Balance

- 'A Matter of Balance' is a proven program designed to help people manage concerns about falls and increase physical activity.
- Volunteer Balance Coaches are trained and help participants become more confident about managing falls and help them identify ways to reduce them.



MANAGING CONCERNS ABOUT FALLS



Matter of Balance

- A *Matter of Balance* is designed to reduce fear of falling and increase activity levels among older adults who manifest this concern.
- The program was developed and formally evaluated by The Roybal Center for Enhancement of Late-Life Function at Boston University with a grant from the National Institute on Aging. A *Matter of Balance* received the Archstone Foundation Award for Excellence in Program Innovation in 1998.



Grant Funded

- **The McIninch Foundation funded the development of “A Matter of Balance” comprehensive program at Cornerstone VNA to enhance and further develop our community program offerings.**
- In order to address the needs of our patients and our staff, we are always committed to utilizing the newest education to improve patient care. This program is important to helping our Rehabilitation Team provide the best care to our patients and help them achieve positive outcomes.



Master Trainers and MOB Program Directors

**Katie Michaud, OT
Program Director**



**Becky Ford, OT
Master Trainer**



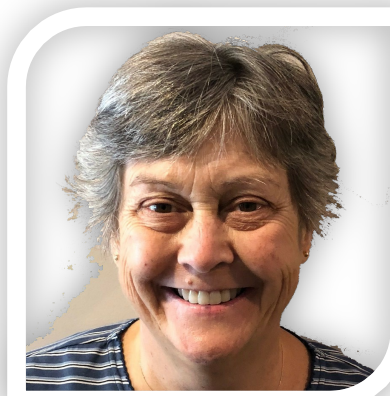


Volunteer Lay Leader Model

- *A Matter of Balance* is a program that uses volunteer lay leaders as facilitators instead of health care professionals and to serve as an innovative national model for addressing fall prevention.



Trained Volunteer Coaches





The Program

- *A Matter of Balance* acknowledges the risk of falling but emphasizes practical coping strategies to reduce this concern. Trained facilitators conduct eight two-hour sessions designed for groups of 10 to 12 participants.
- During the class, participants learn to view falls and fear of falling as controllable and set realistic goals for increasing activity. They also find ways to change the environment to reduce fall risk factors and learn simple exercises to increase strength and balance.



The Program

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



A Matter of Balance

The 8 Session Class Will Help Participants:

- Become more confident about managing falls
- Identify ways to reduce falls
- Learn exercises to help increase strength and balance



Community Classes are Taught



Classes are taught for community members

- Senior Centers
- Libraries
- Community Centers
- Assisted Living Facilities



Thank you!

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