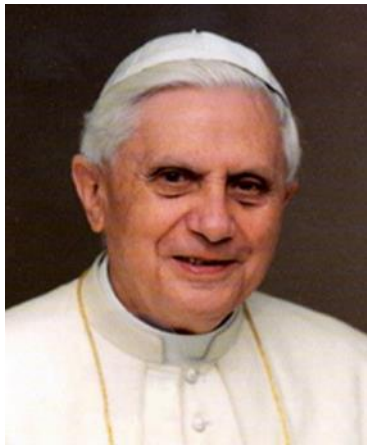


# Stay Independent. Prevent Falls

Heather Roach, Care Manager



What do they have in common?



# Seniors' Falls Facts



1 OUT OF 3 CANADIANS OVER 65



1 OUT OF 2 CANADIANS OVER 80

WILL FALL  
AT LEAST  
**ONCE**  
A YEAR

(Injury Prevention Centre. Seniors falls infographic 2017. Edmonton, AB: Injury Prevention Centre; 2017.)

# Seniors' Falls Facts

**95%** OF ALL  
HIP FRACTURES

&

**40%** OF ALL  
NURSING HOME  
ADMISSIONS ARE A  
DIRECT RESULT OF  
**FALLING**

**79** Emergency Department  
Visits Each Day

**27** Fall-related Hospital  
Admissions Each Day



THE **AVERAGE**  
LENGTH OF STAY  
**IN HOSPITAL**  
DUE TO A FALL IS  
**3 WEEKS**

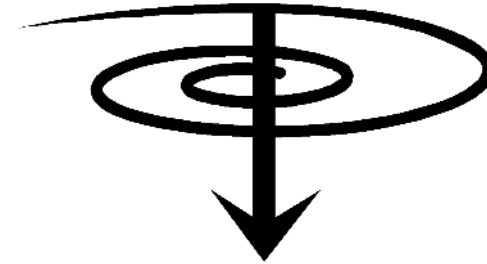
(Injury Prevention Centre. Seniors falls infographic 2017. Edmonton, AB: Injury Prevention Centre; 2017.)

# Seniors' Falls Facts

- If you fall once, you are more likely to fall again
- Women are 3 times more likely than men to be hospitalized for a fall-related injury
- Men are more likely to die from a fall-related injury

## After a fall, you may...

- Lose confidence
- Be afraid you might fall again
- Stop going out and doing things you enjoy

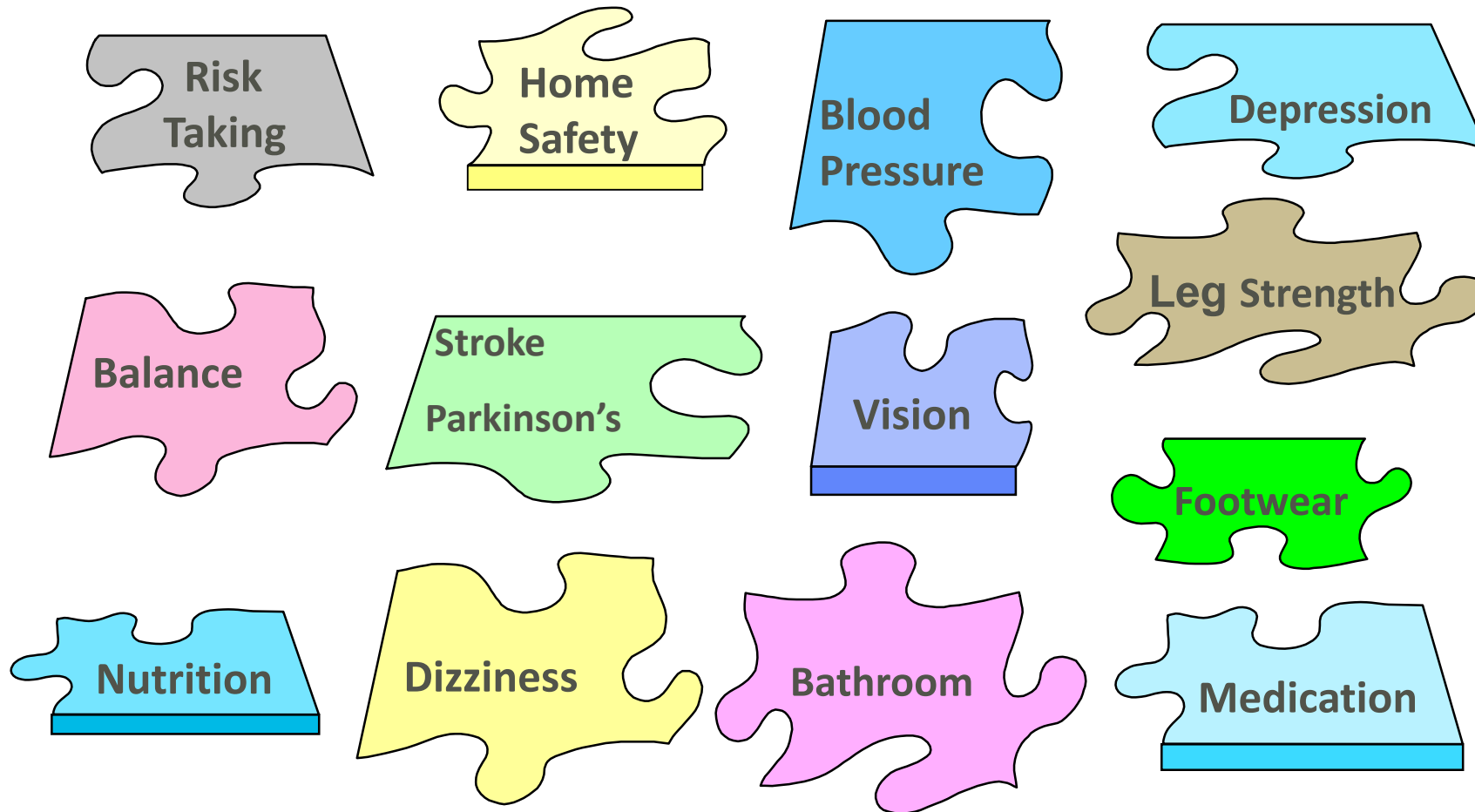




# What causes a fall?



# Risk Factors





# Take Action

- **KEEP ACTIVE**
- Have your vision checked
- Review your medications

Keep active to improve your strength and balance

*Bayshore*<sup>®</sup>  
Home Health



# Keep Active

Aim for 30 minutes every day for at least 5 days each week



WHEN EXERCISING, REMEMBER TO:

- » Check with your healthcare provider before you start a new exercise program.
- » Wear comfortable, supportive footwear.
- » Use a firm, stable chair for support.
- » Start with 5 repetitions of each exercise. Add 1 or 2 everyday until you reach 15 repetitions.
- » Be aware that muscle soreness after exercise is normal.



**SIT TO STAND**

- » Sit in a chair, feet hip-width apart
- » Slowly stand up half way
- » Make sure your knees do not come forward past your toes
- » Keep your hips, knees, and ankles in line
- » Stand up straight and tall, then return to seated position
- » Repeat up to 15 times



**STANDING LEG CURL**

- » Stand with feet hip-width apart
- » Shift weight onto one leg
- » Bend other knee
- » Raise heel toward buttocks as far as it is comfortable
- » Return to starting position
- » Repeat on each leg up to 15 times



**SIDE LEG LIFT**

- » Stand with feet together, hold a chair for support
- » Shift weight onto one leg
- » Raise the other leg out to the side
- » Keep your back straight and tall
- » Slowly return leg to the floor
- » Repeat on each leg up to 15 times



**HEEL RAISE**

- » Stand with feet hip-width apart
- » Hold on to back of chair and look forward
- » Slowly raise both heels off the floor, standing on toes
- » Hold for 5-10 seconds
- » Return to start position
- » Repeat up to 15 times



**TOE RAISE**

- » Stand with feet hip-width apart
- » Hold onto back of chair and look forward
- » Slowly raise toes off the floor, putting weight onto heels
- » Hold for 5-10 seconds
- » Return to start position
- » Repeat up to 15 times



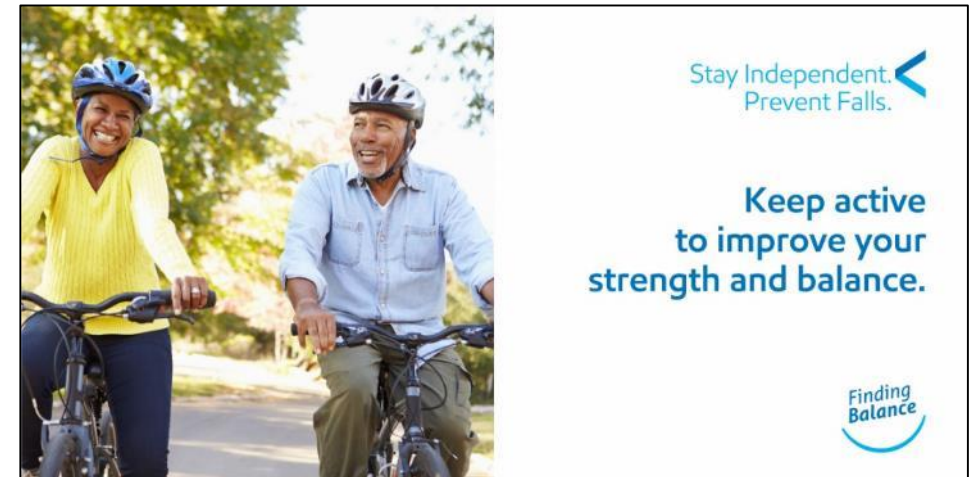
**WALL PUSH-UP**

- » Facing a wall, stand arms' length away and place hands on the wall at shoulder height, and shoulder-width apart
- » Tighten the abdominal muscles
- » Keeping back and legs straight, bend elbows while lowering upper body toward the wall
- » Hold for 2-3 seconds
- » Straighten arms pushing against the wall and return to starting position
- » Keep elbows slightly bent
- » Repeat up to 15 times

# You're Invited!

## 150 FOR 150 CHALLENGE

- Challenge yourself to do 30 minutes of physical activity 5 days a week for each week in November.
- Easily track your progress, and find fun events in your community using the 150 Canada Passport
- [alliance150.ca/event/seniors-150-for-150-challenge](http://alliance150.ca/event/seniors-150-for-150-challenge)



Visit your eye doctor every year for a complete eye exam

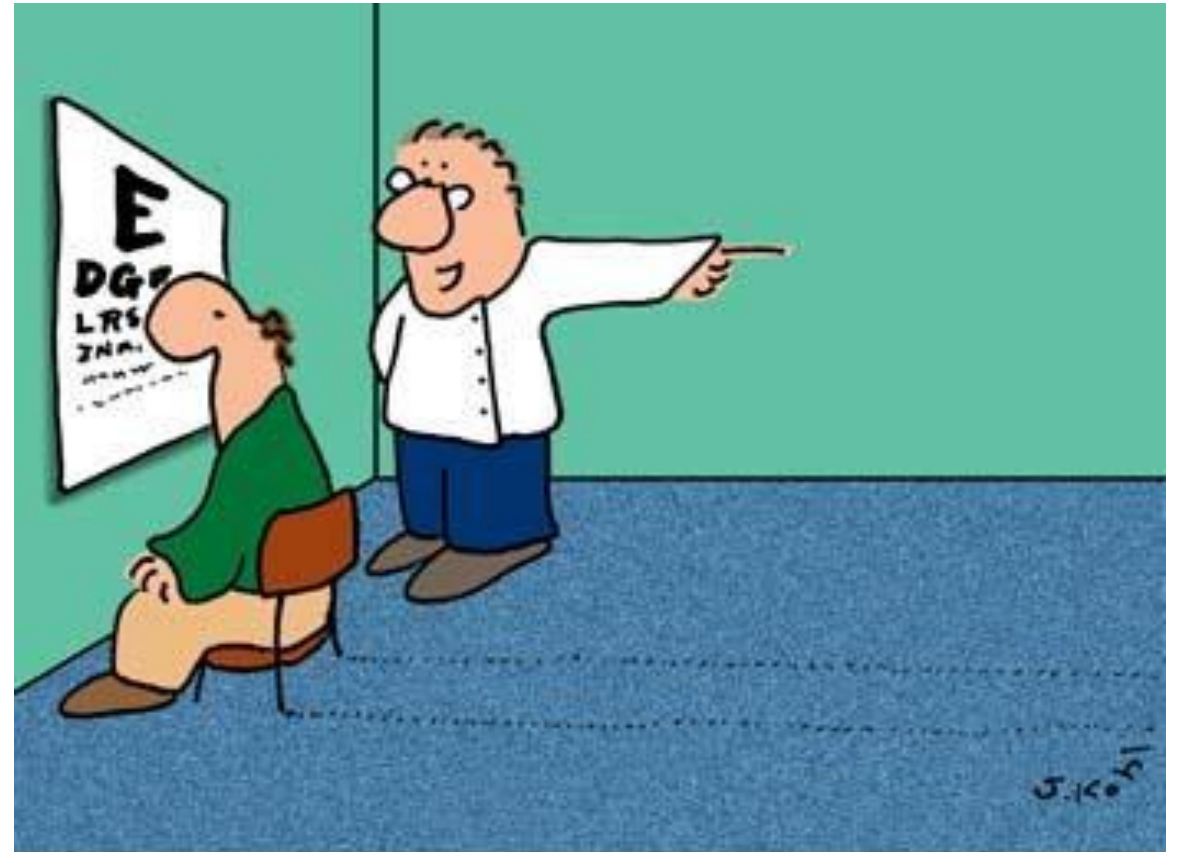
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Home Health





# Check Your Vision

Talk about your eye health and any changes to your vision.



"Very good! Now let's try it from back there."

Review all your medications with your doctor or pharmacist



# Review Your Medications

Medications include:

- Prescriptions
- Supplements
- Over-the-counter medications
- Vitamins



# Review Your Medications



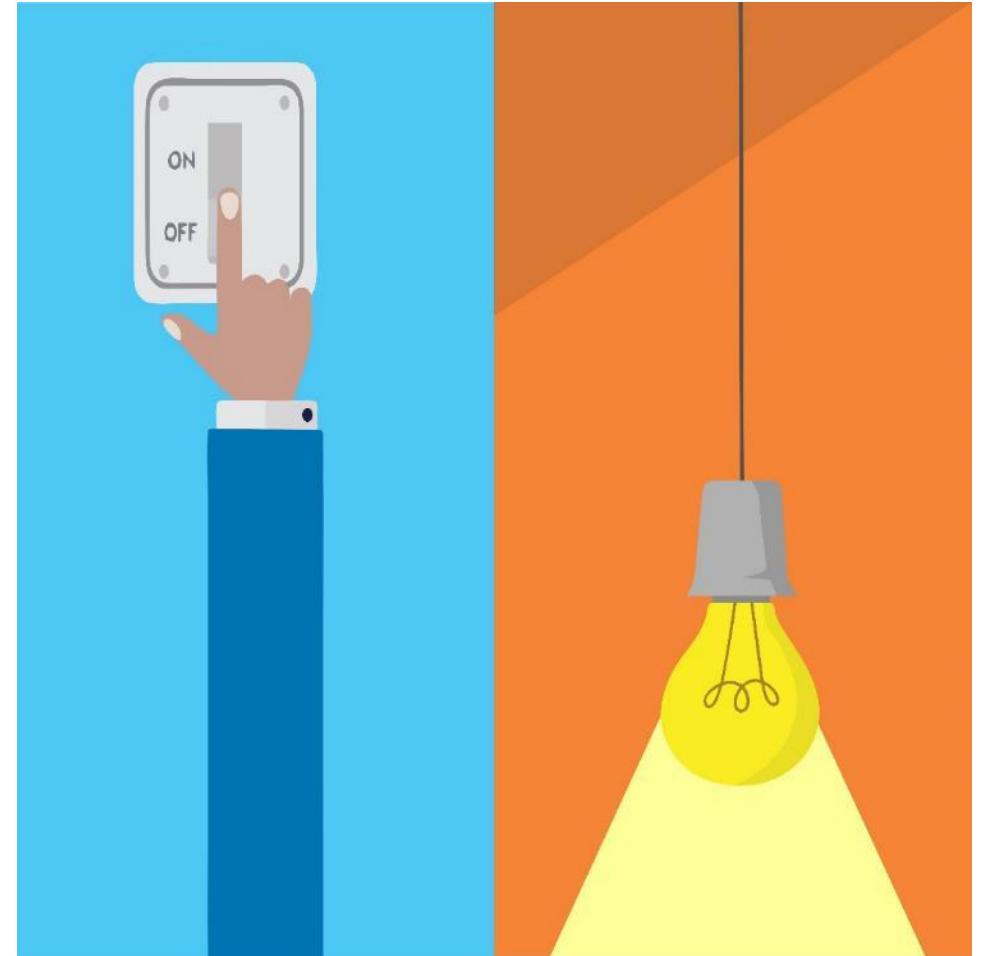
# Your Surroundings

Pay attention to what is in your path.

Everyday objects inside and outside your home can cause a fall.

# Your Surroundings

- Use bright lights and nightlights inside your home.
- Use motion-sensing lights outside.



# Your Surroundings

Watch your step!



# Your Surroundings

1



2





# Your Surroundings

- Install grab bars for your tub, shower, and toilet.
- Use the right equipment



# Getting Around

Take your time and focus on what you are doing.



# Winter Walking

What can you do to prevent falling in winter?

## Do the Penguin Walk!

Stay healthy and active, avoid a fall and possible injuries.

- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance
- Go S-L-O-W-L-Y



 Alberta Health Services

[www.penguinwalk.ca](http://www.penguinwalk.ca)

## Getting Around

Footwear can also play a role in preventing falls.



# Speak Up About Dizziness

Tell your doctor and take action.



# Speak Up About Dizziness

Have your blood pressure checked.



# Speak Up About Dizziness

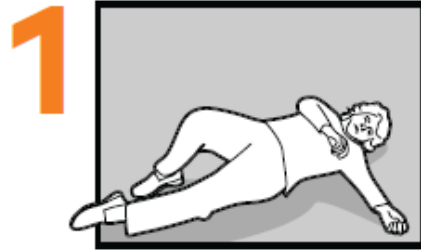
Before you get up:

- Clench your fists and circle your ankles ten times
- Rise slowly
- Sit or lie down again if you feel dizzy or light-headed



- Calm down.
- Check your body.
- If you are injured, call for help. Stay warm.
- If you are not injured, look for a sturdy piece of furniture.

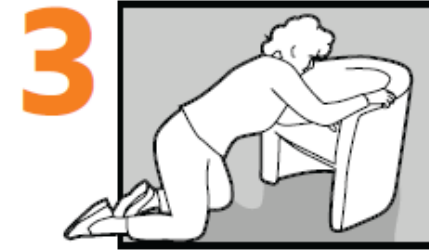
Stay Independent.   
Prevent Falls.



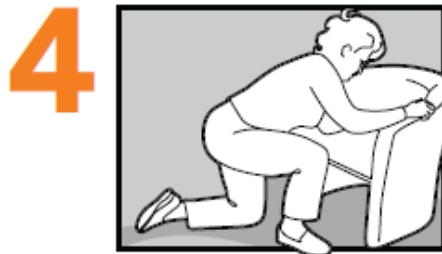
1 Roll onto your side.



2 Crawl over to a chair or sturdy piece of furniture.



3 From a kneeling position, put your arms up onto the seat of the chair.



4 Bring one knee forward. Place that foot on the floor.



5 Push up with your arms and legs. Pivot your bottom around.



6 Sit down. Rest before trying to move.



[findingbalancealberta.ca](http://findingbalancealberta.ca)



# Are you at risk of falling?



Circle YES or NO for each statement, then tally your score below.

Have you fallen in the last 6 months?	YES	2	NO	0
Do you use, or have you been advised to use, a cane or walker to get around safely?	YES	2	NO	0
Do you sometimes feel unsteady when you are walking?	YES	1	NO	0
Do you have to steady yourself by holding onto furniture when walking at home?	YES	1	NO	0
Do you worry about falling?	YES	1	NO	0
Do you need to push yourself up with your hands to stand up from a chair?	YES	1	NO	0
Do you have trouble stepping up onto a curb?	YES	1	NO	0
Do you often have to rush to the toilet?	YES	1	NO	0
Have you lost any feeling in your feet?	YES	1	NO	0
Do you take medication to help you sleep or improve your mood?	YES	1	NO	0
Do you take medication that sometimes makes you feel lightheaded or more tired than usual?	YES	1	NO	0
Do you often feel sad or depressed?	YES	1	NO	0
Do you have difficulty avoiding hazards in your path because you don't see well?	YES	1	NO	0

Add up the number of points for each YES answer. If you scored 4 points or more, you may be at risk of falling.

TOTAL SCORE:

\_\_\_\_\_

## Steps to lower your risk of falling

Learn more about how to lower your fall risk to prevent yourself from falling again.

Talk with a physiotherapist to get the best walking aid for your needs.

Exercise to improve your strength and balance.

Talk with a physiotherapist for exercises to improve your balance.

Talk to your healthcare provider if you are worried about falling, especially if it stops you from being active.

Do 30 minutes of physical activity 5 days a week. Strengthening your muscles can reduce your risk of falling.

Keep active to improve strength and balance.

Talk with your doctor or health care provider about managing the need to rush to the toilet.

Talk with your podiatrist or doctor because numbness in your feet can cause a fall.

Review your medications, vitamins, and supplements with your pharmacist or doctor yearly or if your prescription changes.

Talk to your doctor or pharmacist about medication side effects or causes of light-headedness.

Talk to your healthcare provider or doctor about how you are feeling.

Visit an eye doctor yearly to check your eye health.

**Talk to your healthcare provider or doctor for more information.**

# Questions?

