

STAY HEALTHY: SIMPLE STEPS TO REMAIN ACTIVE & PREVENT FALLS

Learn To Be Fall-free This Fall



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IT'S A GREAT DAY TO BE FALL-FREE

- National Falls Prevention Awareness Week
September 20 - 24, 2021
- Idaho celebrates Falls Prevention Awareness Month
September 2021





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SHARE YOUR THOUGHTS...

- Select the option you most agree with
- Click or tap the SUBMIT button



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COMMUNICATION & QUESTIONS

Using Chat

- Use chat to comment & discuss with others during the seminar
- It's OK to chat but don't get too distracted!
- Alert us of issues with sound or video by sending a chat message

To Display Chat:

- Click/tap Chat button on bottom center of screen *OR*
- Press ALT+H

Questions

- Formal Q&A at end of session
- Type questions into the chat
- Our talented Q&A monitor will collect them and present them to the panelists
- The Recording and resource Guide will be available after the seminar for your review

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SEMINAR MATERIALS



Materials are available on the ICOA FPAM website
<http://aging.idaho.gov/campaign/fpam>

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Technical Emergency Plan



- If you are disconnected, log back in as soon as possible
- If you can't use internet, you can call in (253) 215-8782
- Meeting ID: 838 0118 8646 Passcode: 897857
- One tap mobile
 +14086380968,,83801188646#,,,,*897857#
- If we lose a panelist, they'll log back in ASAP and continue
- If we lose our "mother ship" we have people to take over
- If solar flares shut down this hemisphere, we'll reschedule

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SEMINAR RECORDING

The seminar is being recorded



- You will receive a link via e-mail
- Also available from ICOA FPAM website



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LEARN TO BE FALL-FREE THIS FALL

- Why Falls Matter
- Why We Fall
- Balance & Recovery Physiology
- Fit & Fall Proof™ Program
- Let's Learn to Move!
- Panelist Q&A



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IDENTIFYING FALLS

Unintentionally moving downward, typically rapidly and freely **without control**, from a higher **to a lower level**



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AVOID BECOMING A STATISTIC

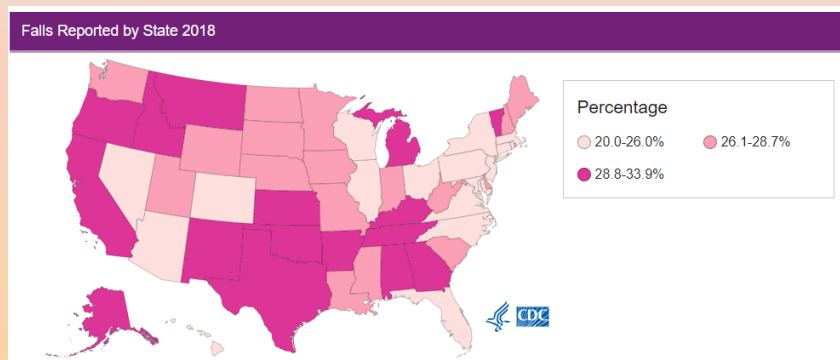
- For adults age 65+:
 - Person treated for fall in an ER every 18 sec.
 - Person dies from fall injuries every 35 min.
 - 25% fall at least once/yr.
 - #1 cause of accidental injury & death



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IDAHO STATISTICS

- Fall death rate higher than national rate
- One of the fastest growing older adult populations in U.S.
- Older population increased 43% from 2003 to 2013



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BEST PRACTICE TO PREVENT FALLS?



Staying active! Today, we'll learn how.

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national council on aging

FallsFree CheckUp

YOU CAN PREVENT A FALL

**KNOW
YOUR
NUMBER**

- Answer 12 quick yes/no questions
- Get instant falls risk score
- Use provided recommendations & links to lower your falls risk *AND*
- *Ask for a falls assessment at your next medical visit!*

www.Ncoa.org/fallsfreecheckup (also in Espanol)



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WHY WE FALL



Michelle Butterfield, M.H.E.
 Health Education Specialist Senior
 Fit & Fall Proof™ Master Trainer

Southeastern Idaho Public Health (SIPH))

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WHY WE FALL

- Things to Consider
 - Sensory or physical impairment
Chronic conditions, *vision, hearing, touch, mobility*
 - Medication
 - Hydration & nutrition
 - Clothing
 - Environmental factors
Surfaces, light, moisture, disrepair
- We'll focus on resolving physical inactivity

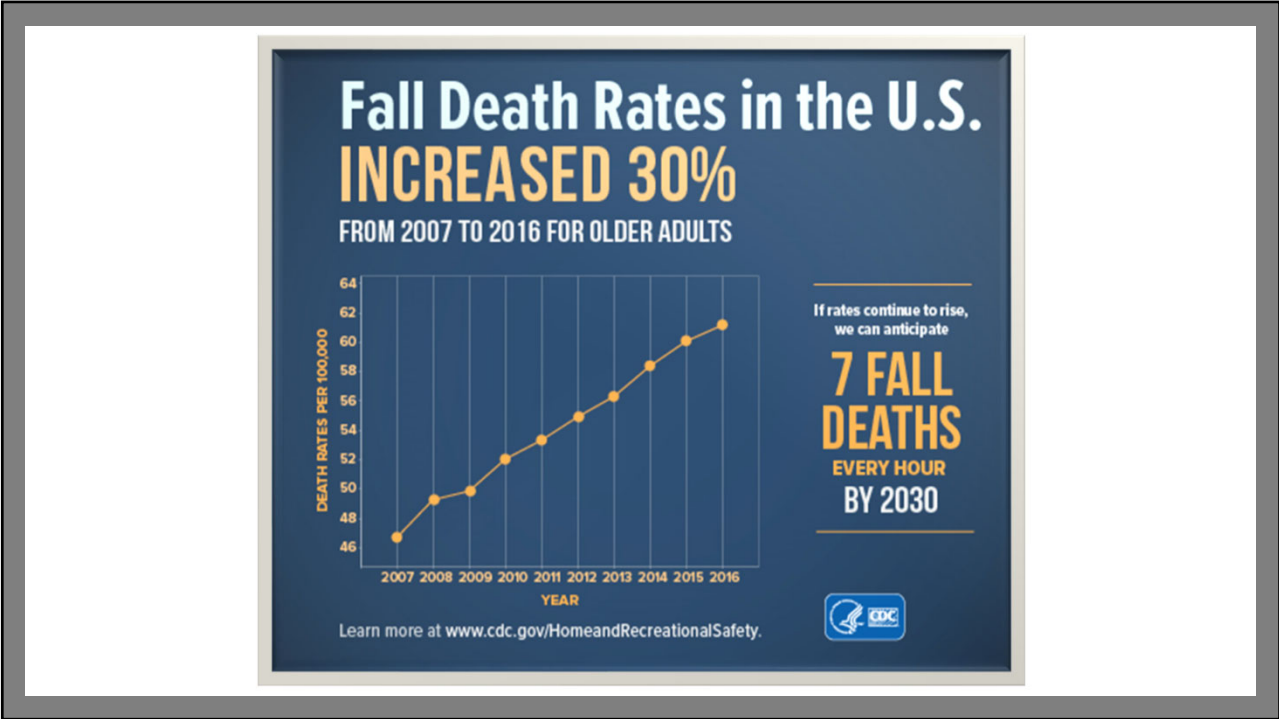







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SHARE YOUR THOUGHTS...

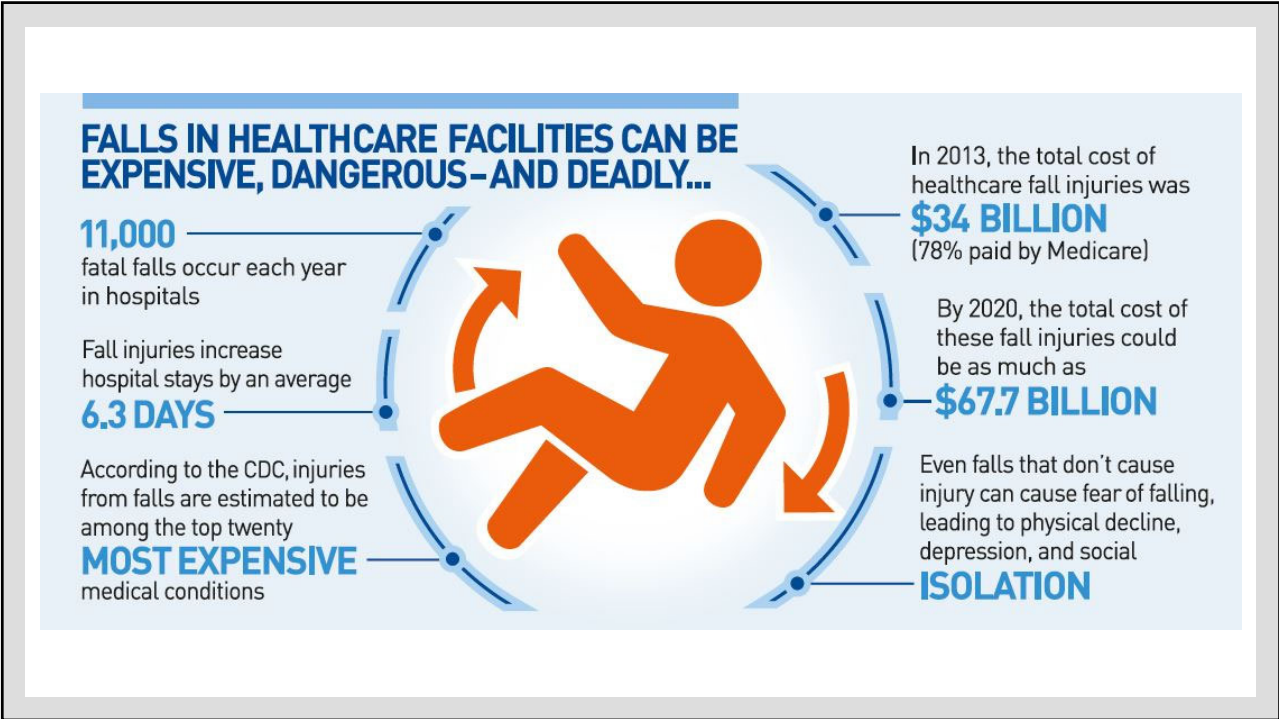
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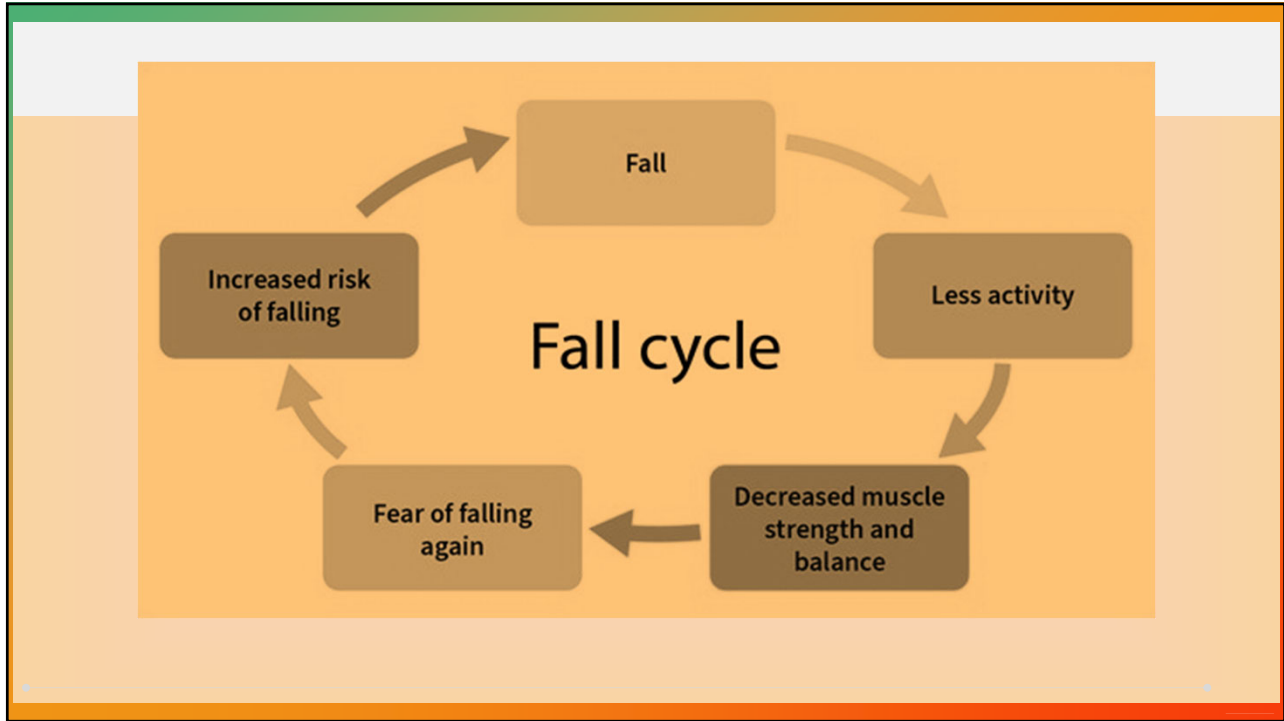
BALANCE & RECOVERY PHYSIOLOGY

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HOW FALLS AFFECT THE BODY

- Poor balance is significant risk for falls in older adults
- Balance requires:
 - Sensory information regarding body's position relative to surroundings
 - Ability to generate appropriate motor responses to control body movement
- As we age:
 - Progressive loss of sensory, motor and central processing system function
 - In increased likelihood of falls
- Instability and falls can result from impairment in any of these systems



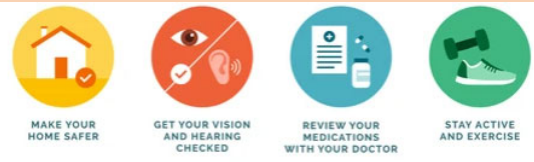
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SIMPLE STEPS CAN REDUCE FALLS

Review previous seminars to learn about: 1. Impact of medication; 2. Cognitive training to disrupt falls cycle & improve central processing/executive functioning; 3. Proper nutrition & hydration; 4. Home Safety Checks

- Regularly perform exercises that promote strength & balance
- Engage in activities that maximize foot & ankle stability (*lateral movements*)
- Focus on “functional fitness “ – strengthen muscles needed for activities of daily living (ADLs)
- Reduce motor impairment



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FIT & FALL PROOF™ PROGRAM



Kate Wilson, LPN
Health Education Specialist
Fit and Fall Proof™ Coordinator

Public Health- Idaho North Central District

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EVIDENCE-BASED EXERCISE PROGRAM BENEFITS

- Improved posture
- Increased strength
- Faster reaction time
- Improved walking speed
- Reduced fear of falling
- Augmented sensory systems
- Enhanced physical activity
- Expanded confidence
- Increased social interaction



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Fit and Fall Proof™

- Statewide evidence-based falls prevention exercise program for older adults
- Developed in Idaho in 2004
- Focused on functional exercises
- 45-60 min./class, 2-3 times/ week
- Perform Timed Up & Go Test (TUG) to measure improvement
- Register through your local Area Agency on Aging or health department (free or low-cost)



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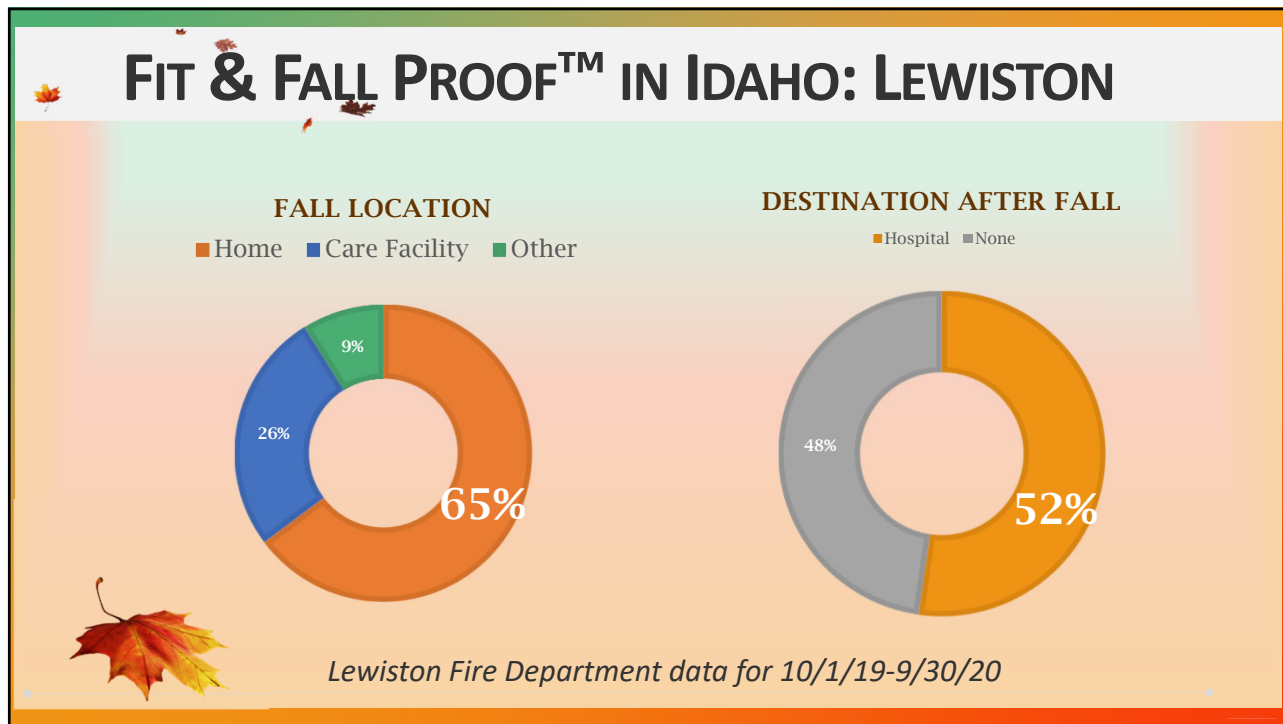
SUCCESS STORY: CHRISTINE (WEIPPE, ID)

“I love to cross-country ski and I haven’t been on mine for at least 4 years. I had shoulder surgery and decided a fall probably wouldn’t be a good thing. We’ve had a lot of snow so I decided it was time to try skiing again. I was shocked at how well I did. Prior to this class my ankles would turn, my balance wasn’t good. My first day out I didn’t have problems with my ankles & I felt very sturdy. I’m giving credit for this to our Fit & Fall Proof classes.”



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SUCCESS STORY: LINDA (TROY, ID)

“I wish I could put into words how wonderful it is to be able to move! When I came to class I couldn’t sit on the floor (hips were too tight), couldn’t put my hand/arm behind my back & grab my other hand- now I can do it all 😊 I can move my hips, get on the floor to play with my grandson...I can chase him around...I have more stamina in general! And the class gets me out of the house and moving 😊Thank you!”

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LET'S LEARN TO MOVE!



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DON'T BE SCARED BUT BE PREPARED

- Exercise with someone nearby (family, caregiver, classmates)
- Tell class instructors about any relevant medical conditions
- Keep Emergency numbers in large print near each phone
- Keep a phone within arms reach and near the floor in case you fall and need help

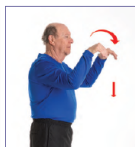
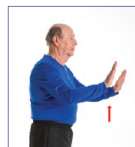


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INTERACTIVE DEMO

Do what you are able to do

- "Home Base" - Side-to-side stepping
 - Warm-up: Number's game
1. Little step with shoulder circles
 2. Standing march with arms
 3. Drum major
 4. Dolphin dives
 5. Sumo/big steps



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KEEP GOING! YOU'RE DOING WELL!

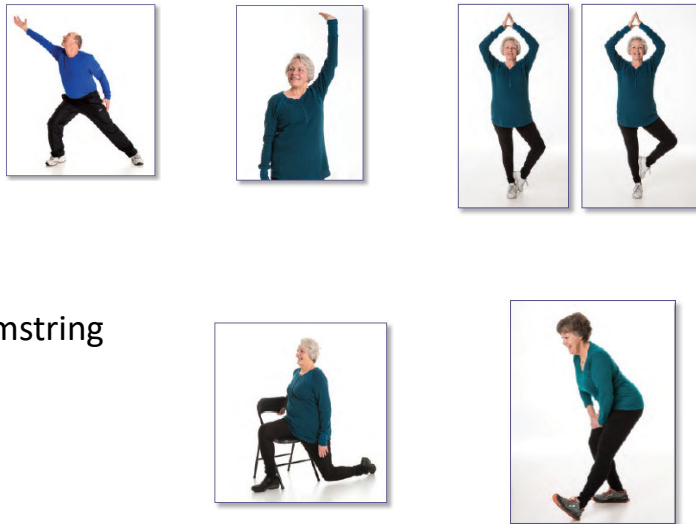
1. Heel walking/ toe walking
2. Tightrope walk
3. Tandem walk
4. Hip lift
5. Side-to-side tic toc
6. Slap and tap
7. Step around the clock
8. The clapper
9. Cha-cha
10. One-leg squat
11. Romberg Drill



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LET'S DO ONE MORE FINAL SET

1. TaDa
2. Holding up the sky
3. Tree pose
4. Shirt pull
5. Seated quad
6. Seated or standing hamstring
7. Ankle marathon
8. 4-7-8 relaxing breath



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PANELIST Q&A

Please submit your questions
via the chat box.
(bottom center of screen *OR* ALT+H)



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GET ACTIVE TO PREVENT FALLS!

Classes designed specifically for the needs of older adults!

Fit and Fall Proof™

(statewide)
Dept. of Health & Welfare
<https://eiph.idaho.gov/Health%20Education/Fit%20and%20Fall/fit&fallmain.html>

- **Over 60 and Getting Fit**
(Magic Valley, Southcentral Idaho)
College of Southern Idaho
Register online at:
www.csi.edu (MyCSI)
- **Area 4 Area Agency on Aging**
(208) 736-2122
<https://ooa.csi.edu>



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CAN'T GET ENOUGH?

The ICOA Falls prevention webpage has additional resources!

<http://aging.idaho.gov/campaign/FPAM>

- Presentation slides
- Seminar Resource Guide
- Seminar recording (when available)
- Additional links, articles and resources

Stay Informed by Staying in Touch!

- Facebook: <https://www.facebook.com/AgeWellIdaho> 
- Twitter: <https://twitter.com/commissionaging> 
- YouTube Channel:
<https://www.youtube.com/channel/UCRYnrtYY1KxnFIEmcZPY2-Q>



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2021 FALLS PREVENTION SEMINAR RECORDINGS AVAILABLE ONLINE



- Why Falls Matter
- Falls Assessment As a Matter of Practice (health pros & students)
- Identifying & Removing Trip Hazards At Home
- Simple Steps to Preventing falls

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Thank you for Your time & support

Participants

We hope you feel informed & inspired to get & remain active to prevent falls!

Michelle & Kate

Your dedication to the health & safety of Idahoans is appreciated, as is the useful info you shared today!

ZOOMbies

It takes a lot to volunteer to run a seminar. We can't do any of it without our behind-the-scenes ZOOMbies, Marco Antonio & Laura.

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