

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











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

- FormalQ&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



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: 814 5467 1084 Passcode: 977341
- One tap mobile: +12532158782,,81454671084#,,,,*977341#
- If we lose a panelist
 - · They will log back in as soon as possible and continue their discussion
- If we lose our "mother ship"
 - · We have people who can take over
- If solar flares shut down this hemisphere
 - We will re-schedule





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

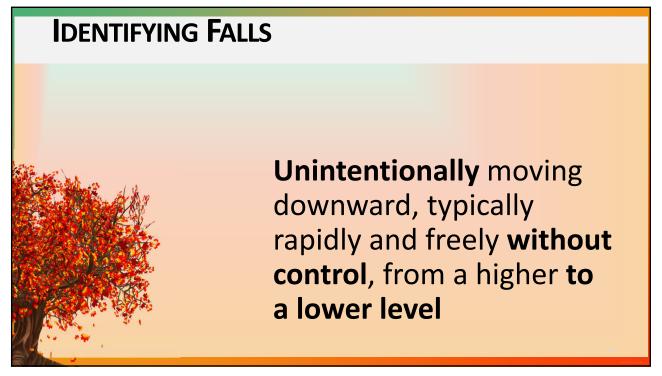
- Understanding falls
- Trip Hazards at Home
- Food, Water & Falling
- Q&A

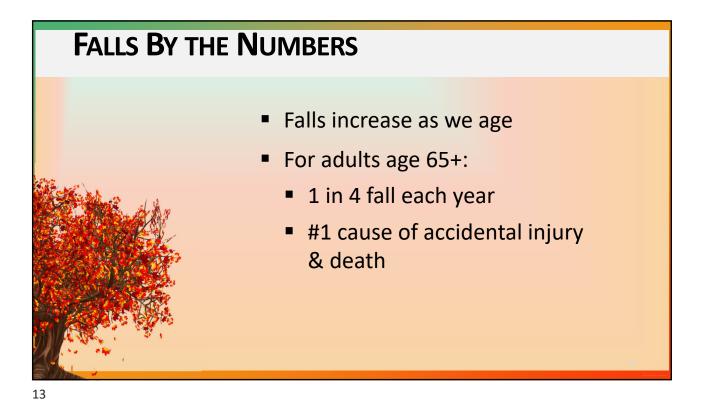


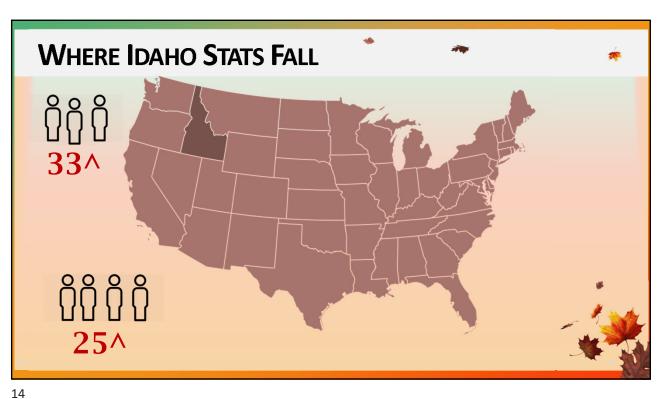




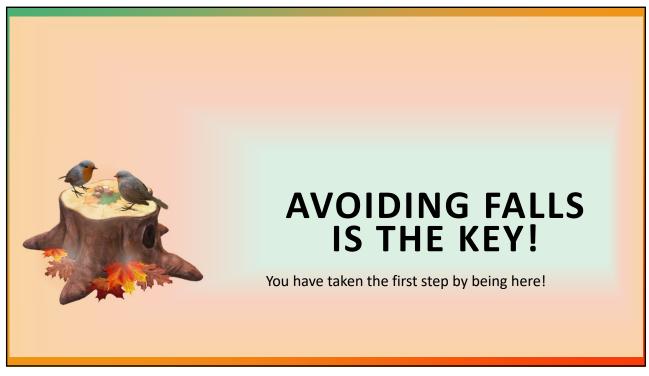
















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WHY WE FALL

- Physical condition

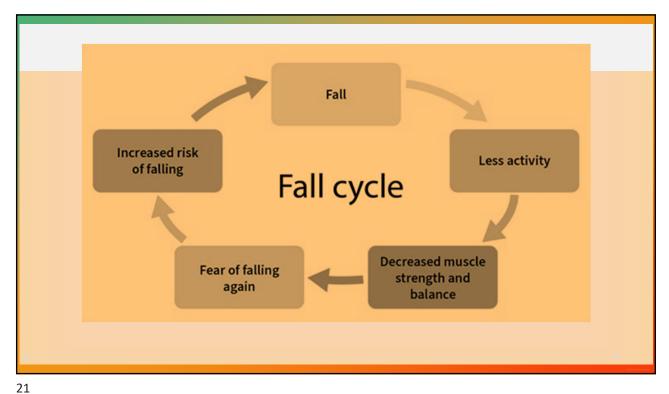
 Chronic disease
- Sensory or physical impairment
 Vision, hearing, touch, mobility
- Medication
- Hydration & nutrition
- Physical inactivity
- Clothing
- Environmental factors Surfaces, light, moisture, disrepair



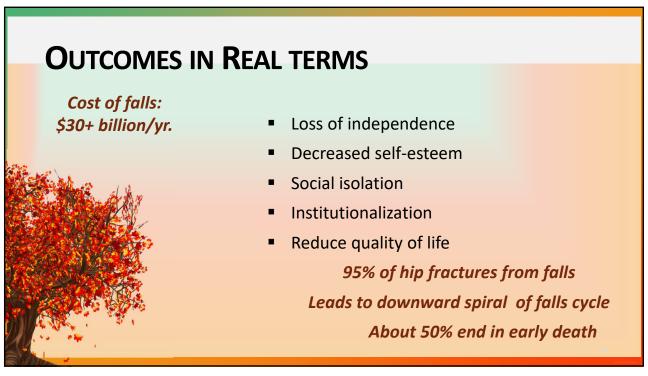
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FAMILIAR CAUSES OF FALLS

- Postural hypotension, physical, meds, hydration, nutrition
- "Missing" a step
 Poor Vision, poor lighting, uneven/damaged step, loss of balance
- "Dizzy spell"
 Physical, meds, strength, Dehydration, poor nutrition
- Tripping on clutter
 Poor vision, poor lighting, small pets, poorly lit areas
- Slipping in showers/tubs
 Inappropriate safety aids, inadequate support while trying to sit/stand, climb in/out, slippery surfaces



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STUDY: AGE 65+ AFTER HOSPITALIZATION

Post-hospital Outcomes

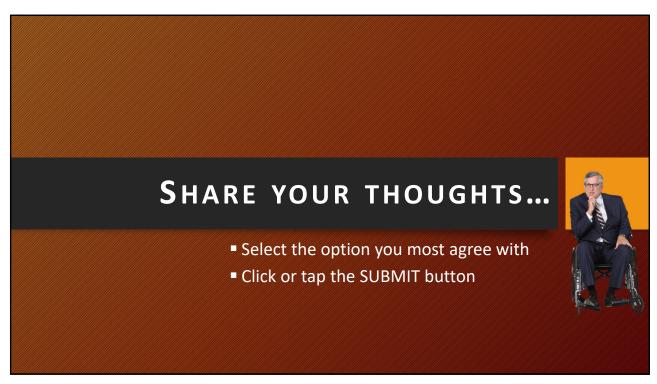
1-year Mortality Rate

- ≈50% required placement
- ≈33% home without assistance
- ≈6% home with assistance
- ≈5% inpatient rehab facility
- 45% readmitted

- Overall 33%
- Discharged alive= 24%
- 3x greater risk of death those required facility

*Ayoung-Chee, Patricia MD, MPH; McIntyre, Lisa MD; Ebel, Beth E. MD, MSc, MPH; Mack, Christopher D. MS; McCormick, Wayne MD; Maier, Ronald V. MD Long-term outcomes of ground-level falls in the elderly, Journal of Trauma and Acute Care Surgery: February 2014 - Volume 76 - Issue 2 - p 498-503doi: 10.1097/TA.000000000000102

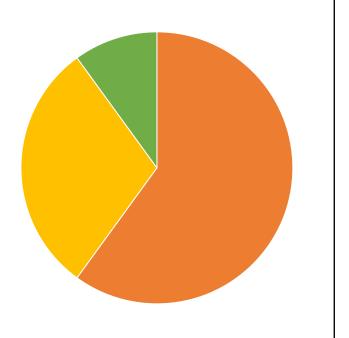
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FALLS AT HOME

- 60% inside the HOME
- 30% outside the HOME (community settings)
- 10% within healthcare setting



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FLOORS

- · Go through each room
- When you walk through a room, do you have to walk around furniture?
 - ✓ Ask someone to move the furniture so your path is clear
- Do you have throw rugs on the floor?
 - ✓ Remove the rugs or non-slip backing so they do not slip
- Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?
 - ✓ Keep objects in containers and/or off the floor
- Do you have to walk over OR around wires OR cords (lamp, telephone, computer or extension cords)?
 - ✓ Coil or tape cords and wires next to the wall









STAIRS & STEPS







Activity: Look at the stairs & steps you use both inside and outside your home

- Are there papers, shoes, books, or other objects on the stairs?
 - ✓ Always keep objects off the stairs
- Are some steps broken or uneven?
 - ✓ Fix loose or uneven steps
 - ✓ Mark with reflector tape or bright paint
- Check the lighting in stairways
 - ✓ Replace burned out bulbs, get brighter bulbs if needed
- Do you have only one light switch for your stairs (bottom or top)?
 - ✓ Install another light switch if needed (ones that glow)
- Do you have handrails?
 - Fix loose handrails, install if necessary, with one on each side of the stairway

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KITCHEN

Activity: Look around your kitchen and eating area

- Are the things you use often on high shelves?
 - ✓ Keep things you use often on the lower shelves (about waist level)
- Do you use a step stool?
 - ✓ It you must use one, ensure it is strong, steady and has a bar to hold onto
 - ✓ Never use a chair as a step stool











BATHROOM(S)

- Activity: Look at the bathroom(s)
- Is the tub or shower floor slippery?
 - ✓ Put a non-slip rubber mat or self stick strips on the floor of the tub or shower
- Do you need some support when you get in and out of the tub or up from the toilet?
 - ✓ Have grab bars put in next to and inside the tub and next to the toilet.



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BEDROOMS

Activity: Look at all the bedrooms

- Can you turn on the light from the doorway?
 - Ensure the room can be lit as you enter
- Is there a light you can turn on from bed and is it in easy reach??
 - ✓ Place a lamp close to the bed with the switch within easy reach
- Is the path from the bed to the bathroom dark?
 - ✓ Put in a night-light so you can see where you are walking
 - ✓ Automatic night lights are a good option
- ✓ Is the pathway from the door to the bed and to the closet clear?
 - ✓ As usual, clear any clutter on the floor







PREVENT FALLS BUT STAY PREPARED

- Keep Emergency numbers in large print near each phone
- Carry a cell phone in your pocket as you move around the house or put a phone near the floor in case you fall and need help
- Wear an alarm device that will bring help to you if you fall and need help





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WHAT WE CAN DO

- Stay healthy (aual e, check med, emain active)
- Do a room-by-room home trip hazard review
 - Identify trip, slip, and fall hazards
 - · Remove or remedy hazards
- Identify your own falls risk & remain mindful of them
- Keep methods of contacting help within reach
- Participate in free falls prevention programs



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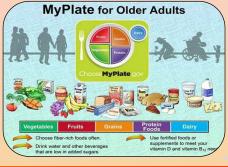
SHARE YOUR THOUGHTS... • Select the option you most agree with • Click or tap the SUBMIT button





OLDER ADULTS NEED PROPER NUTRITION TOO

- Nutrition & hydration important factors in falls prevention
- Keeping body properly fueled is important
- Many older people under- or malnourished/dehydrated
- Results in Loss of muscle mass and strength, neuromuscular impairment, and immobilization
- Older adults becoming weaker with age NOT part of normal aging
- Maintain strength and balance through healthy eating & exercise!





DRINK WATER TO PREVENT FALLS

- Dehydration: Inadequate intake of fluids to maintain proper cellular function and nerve transmission, impacting all body systems
 - Low blood pressure
 - Weakness & dizziness
- Factors influence ability to stay hydrated:
 - Age
 - Environmental temperature & humidity
 - Certain medical conditions (change fluid retention)
 - Medication
- May not know how much to remain healthy
 - Thirst receptors in throat less responsive as we age
 - Follow guidelines or healthcare team's advice





IDENTIFY SIGNS OF DEHYDRATION

Older adults do NOT feel thirsty until already dehydrated

- Fatigue
- Confusion
- Light-headed
- Unsteady
- Dizzy
- Fainting
- Pale, cold, clammy skin
- Dry skin in hot environment
- Less frequent urination
- Dark colored urine
- Dimmed/blurred vision

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ALCOHOL AFFECTS FALL RISK

- May be unaware of up to moderate impairment impacting
 - · Reaction time
 - Vision
 - Balance
 - Judgement
- May cause changes with medications & other conditions
 - Blood pressure
 - Heart disease
 - Stroke
 - Liver

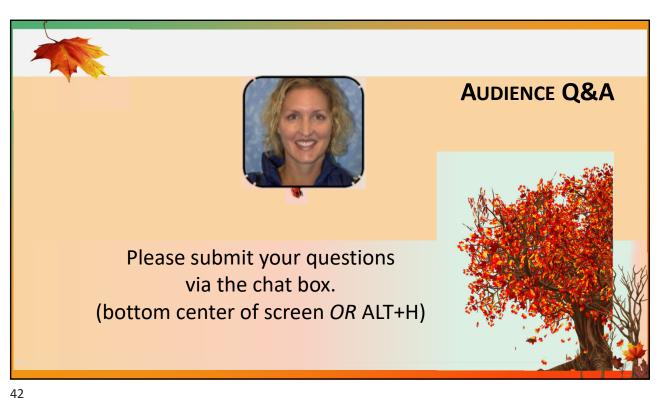
- Digestive Problems
- Alcohol & nutrition
 - Decreases appetite
 - Diuretic (dehydration)q





WHAT WE CAN DO

- Eat a nutritious diet
- Eat adequate amounts at regular intervals
- Drink the appropriate amount of water/fluids
- Know the signs of dehydration
- Discuss medical conditions & medications with healthcare team yearly
- Consume alcohol safely & in moderation
- Stay Active
- Stay Connected in Your Community
- Exercise Your Brain









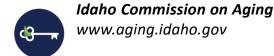
CAN'T GET ENOUGH?

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
- IYouTube Channel: https://www.youtube.com/channel/UCRYnrtYY1KxnFlEmcZPY2-0



STAY HEALTHY: SIMPLE STEPS TO IMPROVE BALANCE & PREVENT FALLS



Wednesday, September 29th 10:00 AM – 11:00 Am MDT 9:00 AM – 10:00 AM PDT

Register now!

http://aging.idaho.gov/campaign/fPAM

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Thank you for Your time & support

Participants

We hope you can identify trip hazards & remove them to prevent falls at home

Michelle Butterfield

Your insights, knowledge & experience are irreplaceable! Thank you for sharing them with us!

ZOOMbies

We can't do any of it without our behind-the-scenes ZOOM gurus!

