

**STAY HEALTHY:
SIMPLE STEPS TO IMPROVE
BALANCE & PREVENT FALLS**



IT'S A GREAT DAY TO BE FALLS-FREE



SEMINAR MATERIALS & RECORDING

- Slides will be available on the ICOA website:

www.aging.idaho.gov/falls

- Recording will be available from our YouTube channel:

www.YouTube.com/@IdahoCOA

- Additional materials and resources are available from our resource library : www.aging.idaho.gov/falls

GOT QUESTIONS?

- Use the Q&A panel to ask your questions
- Our ZOOMbie will pose them to the appropriate presenter during the Q&A at the end of the seminar



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Fit and Fall Proof™
Coordinator
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WHAT IS A “FALL”?

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

FALL STATISTICS & COSTS

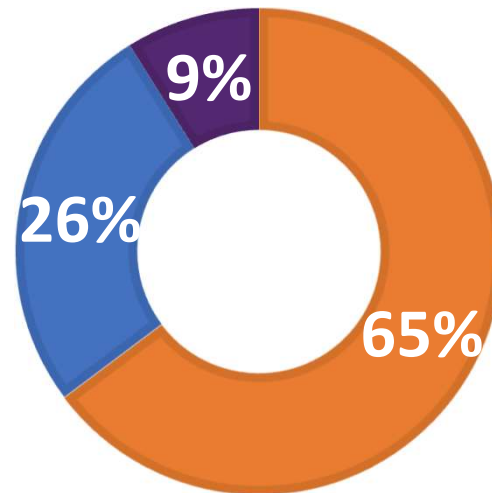
- EACH YEAR:
- 36 MILLION FALLS
- #1 CAUSE OF ACCIDENTAL INJURY AND DEATH IN PEOPLE AGE 65+
- FALL DEATH RATE IS INCREASING
- \$50 BILLION ON MEDICAL COSTS FOR NON-FATAL FALL INJURIES AND \$754 MILLION FOR FATAL FALLS

FALLS ARE PREVENTABLE! AWARENESS, SCREENING FOR FALL RISK AND INTERVENING TO ADDRESS RISK FACTORS SUCH AS NUTRITION, MEDICATIONS, CHRONIC CONDITIONS, FEAR OF FALLING, AND POOR STRENGTH AND BALANCE ARE THE KEY.

FALLS IN IDAHO: LEWISTON

FALL LOCATION

■ Home ■ Care Facility ■ Other



Lewiston Fire Department data for 10/1/19-9/30/20





GOOD NEWS!

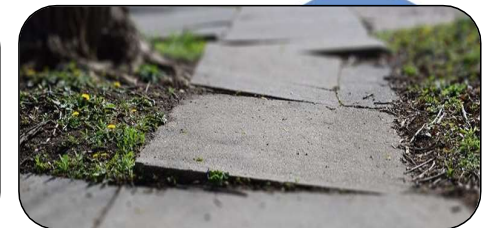
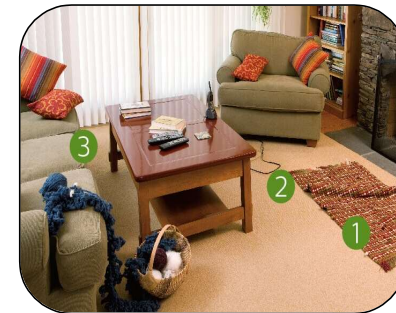
It Doesn't Have to be This Way!

AVOIDING FALLS IS **THE KEY!**

You have taken the first step to
reduce your risk of falling by being here!

WHAT CONTRIBUTES TO FALLS?

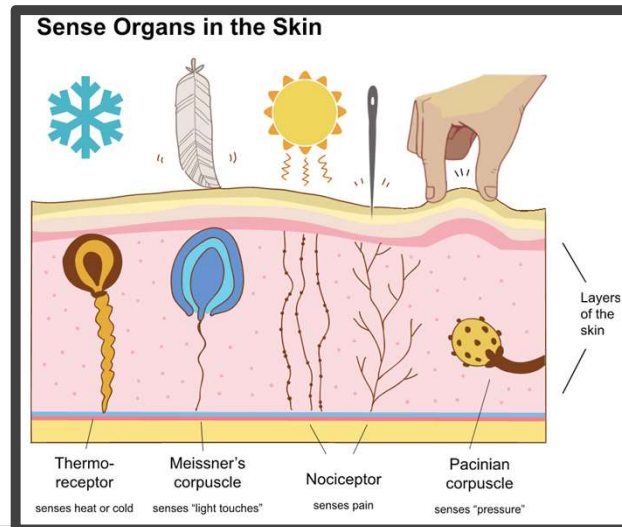
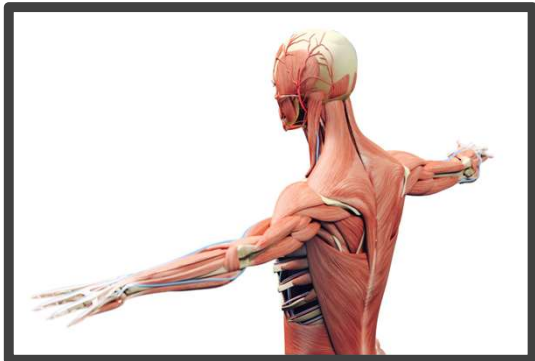
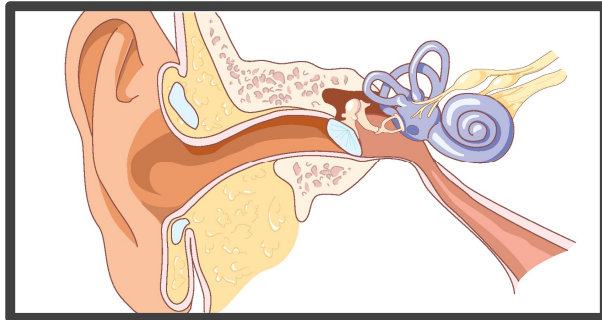
- Nutrition & Hydration
- Sensory or physical impairment
- Chronic conditions, vision, mobility
- Medication(s)
- Clothing - Long pants, slippery/loose socks/footwear
- Environmental factors - walking path, light, surfaces & pets





**BALANCE & RECOVERY
PHYSIOLOGY**

PHYSIOLOGY OF BALANCE



Systems involved

- Inner Ear
- Skin
- Vision
- Musculoskeletal

SYSTEM-SPECIFIC CONDITIONS IMPACT BALANCE

Vision

- Blindness
- Cataracts
- Glaucoma

Brain/Central Nervous System

- Parkinson's disease
- Multiple sclerosis

Inner Ear

- Infection
- Meniere's disease

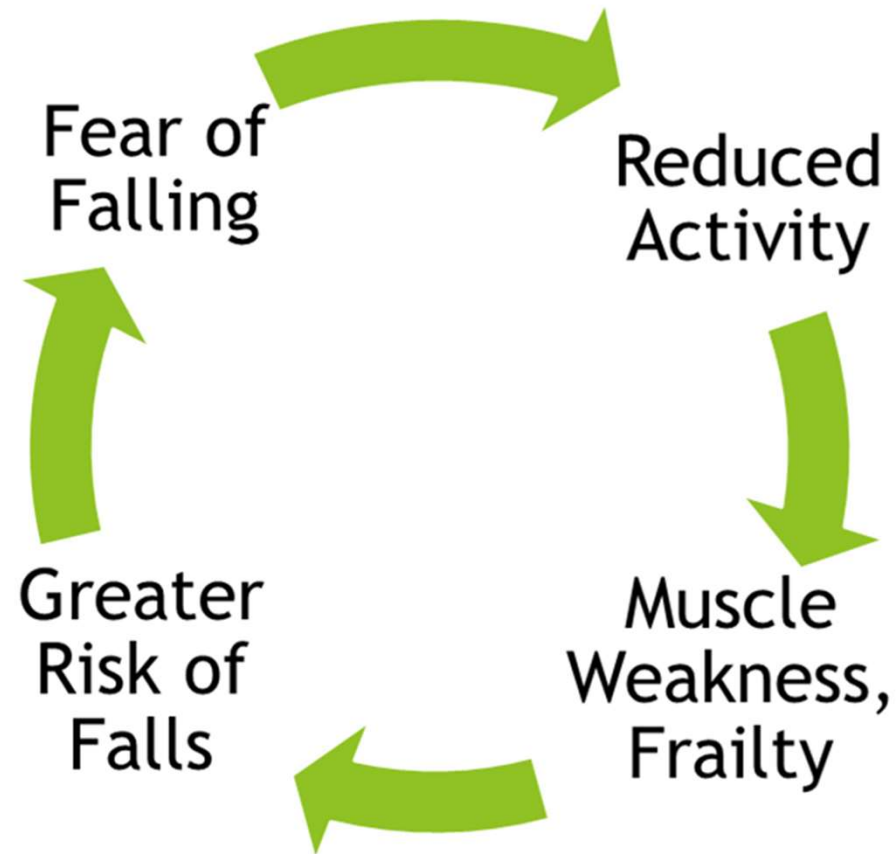
Skin

- Neuropathy (Numbness, diabetes)
- Injury

Musculoskeletal

- Sarcopenia
- Joint deformity
- Poor posture

THE FALL CYCLE



SIMPLE STEPS CAN REDUCE FALLS

- Proper nutrition and hydration
- Improve General Physical health
- Talk with provider or pharmacist
 - Check your eyes
 - Keep moving
 - Get help for Fear of Falling
 - Identify and remove trip hazards in your home



MAKE YOUR HOME SAFER



GET YOUR VISION AND HEARING CHECKED



REVIEW YOUR MEDICATIONS WITH YOUR DOCTOR



STAY ACTIVE AND EXERCISE





**LEARN TO MOVE & THE FIT
AND FALL PROOF[®] PROGRAM**



MICHELLE BUTTERFIELD

MHE

**Health Education Specialist Senior
Falls Prevention Program
Fit and Fall Proof™ Coordinator
Southeastern Idaho Public Health**



Fit *and* Fall Proof™

- Statewide evidence-based falls prevention exercise program for older adults
- Developed in Idaho in 2004
- Focused on functional exercises
 - strength, balance and flexibility
- 45-60 min / 2-3 per week
- Free or low-cost
- Timed Up & Go Test (TUG) to measure improvement
- Find out class schedule through local public health office



EVIDENCE-BASED PROGRAM BENEFITS

- Improved posture
- Increased strength
- Faster reaction time
- Improved walking speed
- Reduced fear of falling
- Decreased risk of falls
- Expanded confidence
- Maintained or improved independent lifestyle
- Increased social interaction



DON'T BE SCARED BUT DO BE PREPARED

- Exercise with someone nearby (family, caregiver, classmates)
- Tell class instructors about any relevant medical conditions BEFORE it's necessary (diabetes, a-fib etc.)
- Keep anything you might need nearby (juice, meds)
- 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



EMERGENCY CONTACT NUMBERS

911 IN CASE OF AN EMERGENCY CALL 911

★ POLICE DEPARTMENT _____

P PERSON CONTACT _____

H HOSPITAL _____

1 CUSTOM CONTACT _____

2 CUSTOM CONTACT _____

Model: 4812 14101 www.Capacem.org.uk



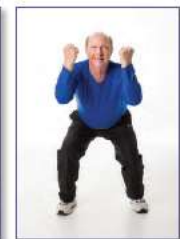
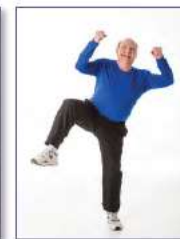
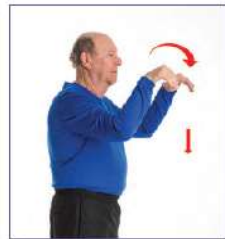
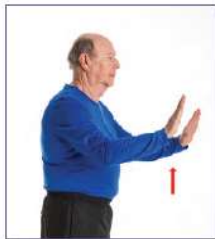
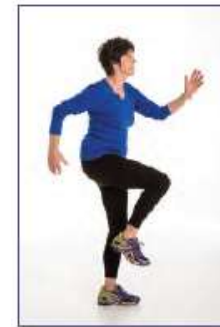


INTERACTIVE DEMO

Let's get to it! 😊

INTERACTIVE DEMO

- Do what you can
- Home Base - Side-to-side stepping or marching
- Little step with shoulder circles
- Standing march with arms
- Drum major
- Dolphin dives
- Sumo/big steps



KEEP GOING! YOU'RE DOING WELL!



1. Hip lift
2. Slap and tap
3. The clapper
4. Ta Da
5. One leg squat
6. Tree pose



TOWEL TONE UP

Equipment: one kitchen towel or hand towel

Complete 8-12 repetitions of each exercise

Return to home base or easy walking anytime

Start by holding rolled up towel at the ends with overhand grip

- Walk in place, preferably standing but chair walking can be done, if needed
- Hold towel like a bar in front of chest and move it up and down
- Do front heel tap and press towel front and back at chest level (chest press)
- Do back toe tap and pull towel from extension to flexion (chest pull back)
- Squeeze shoulder blades together with towel extended out from chest
- Hug elbows to sides and pulse towel out to side
- Change to underhand grip on towel and row the boat
- Do a bicep curl with varied tempos
- Side step and add an elbow punch
- March with high knees and tap the towel on the knee
- Balance on one leg and lift one knee up 2 times and tap towel on knee
- Kick butt and add an arm movement of choice, add changes in direction

LET'S COOL DOWN

- Holding up the sky
- Seated or standing hamstring
- Hug a tree
- Seated quad
- Ankle marathon
- Deep, relaxing breaths



PANELIST Q&A

Enter your questions into the Q&A panel
Our ZOOMbiie will present questions to the
panelists
We will answer as many questions as time
allows

FIND YOUR FALLS RISK

- Free online risk assessment
- 12 quick, easy yes/no questions
- Instantly receive fall risk score
- E-mail report with suggestions for follow-up, including contacting healthcare team to reduce fall risk



www.Ncoa.org/fallsfreecheckup ([Español](#))





LET US ASSIST YOU IN LIVING FALLS FREE!



THANK YOU!

- Presenters
- Participants
- ZOOMbies

Please take simple steps to
reduce your risk of **falls!**

Review materials and resources on

www.aging.idaho.gov/falls