

**STAY INFORMED:**

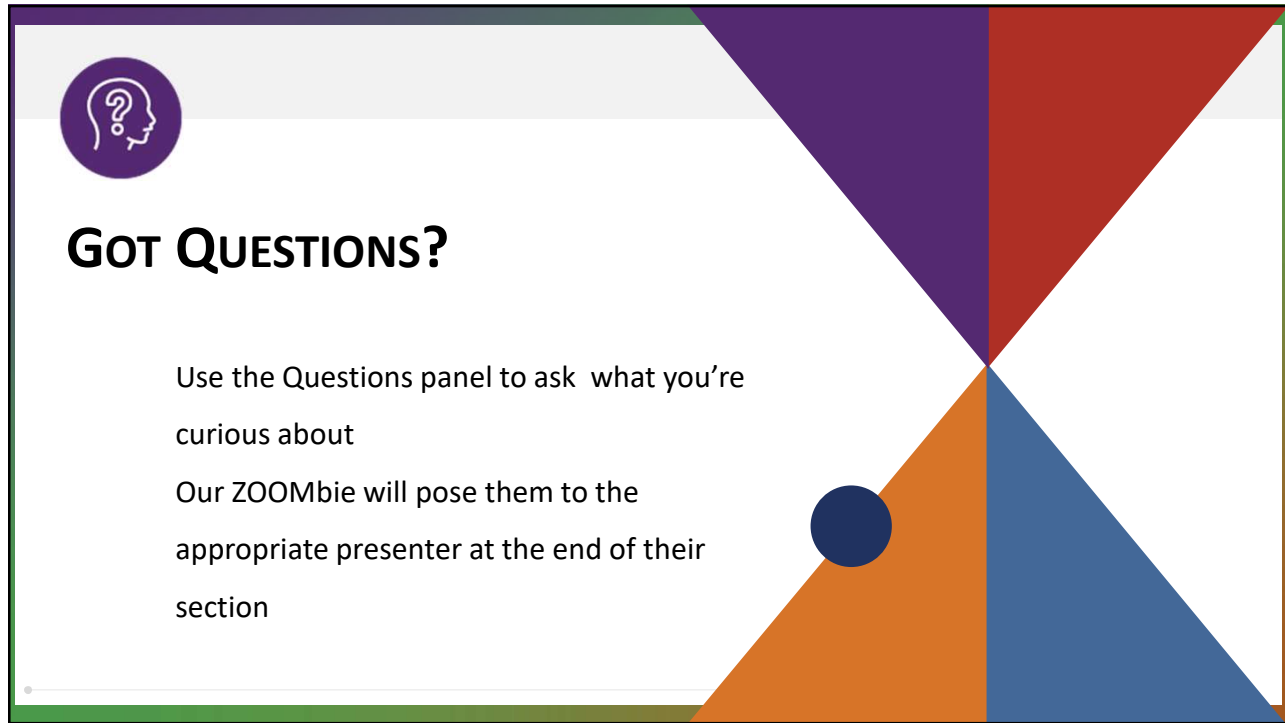
**WHY FALLS MATTER AND HOW TO PREVENT THEM**

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**WORKING TO BE  
FALLS-FREE IN ID!**

**Falls Prevention Awareness  
Month  
September 2024**

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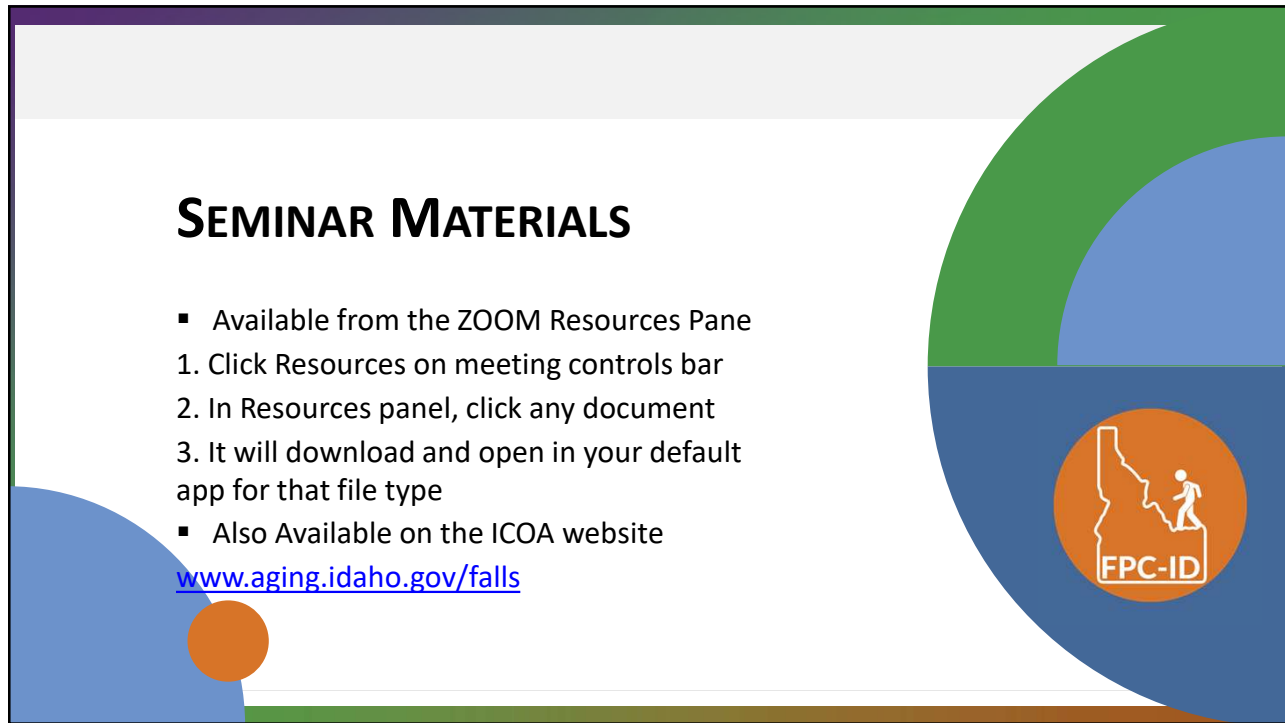


## GOT QUESTIONS?

Use the Questions panel to ask what you're curious about

Our ZOOMbie will pose them to the appropriate presenter at the end of their section

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## SEMINAR MATERIALS

- Available from the ZOOM Resources Pane
  1. Click Resources on meeting controls bar
  2. In Resources panel, click any document
  3. It will download and open in your default app for that file type
- Also Available on the ICOA website

[www.aging.idaho.gov/falls](http://www.aging.idaho.gov/falls)

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## TECHNICAL EMERGENCY PLAN

- You are **disconnected**: log back in as soon as possible
- We **lose a panelist**: they will log back in ASAP and continue their discussion
- We **lose Power/internet**: a remote host/panelist will take over
- **Solar flares** shut down this hemisphere: we will contact you when rescheduled



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## SEMINAR RECORDING

- The seminar is being **recorded**
- You will receive a link from ZOOM via e-mail when it is available
- Also available in a few days on our YouTube

### Falls Prevention channel

- <https://youtube.com/@idahoCOA>

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# WHAT WE'LL DISCUSS, SO YOU CAN BE FALLS-FREE

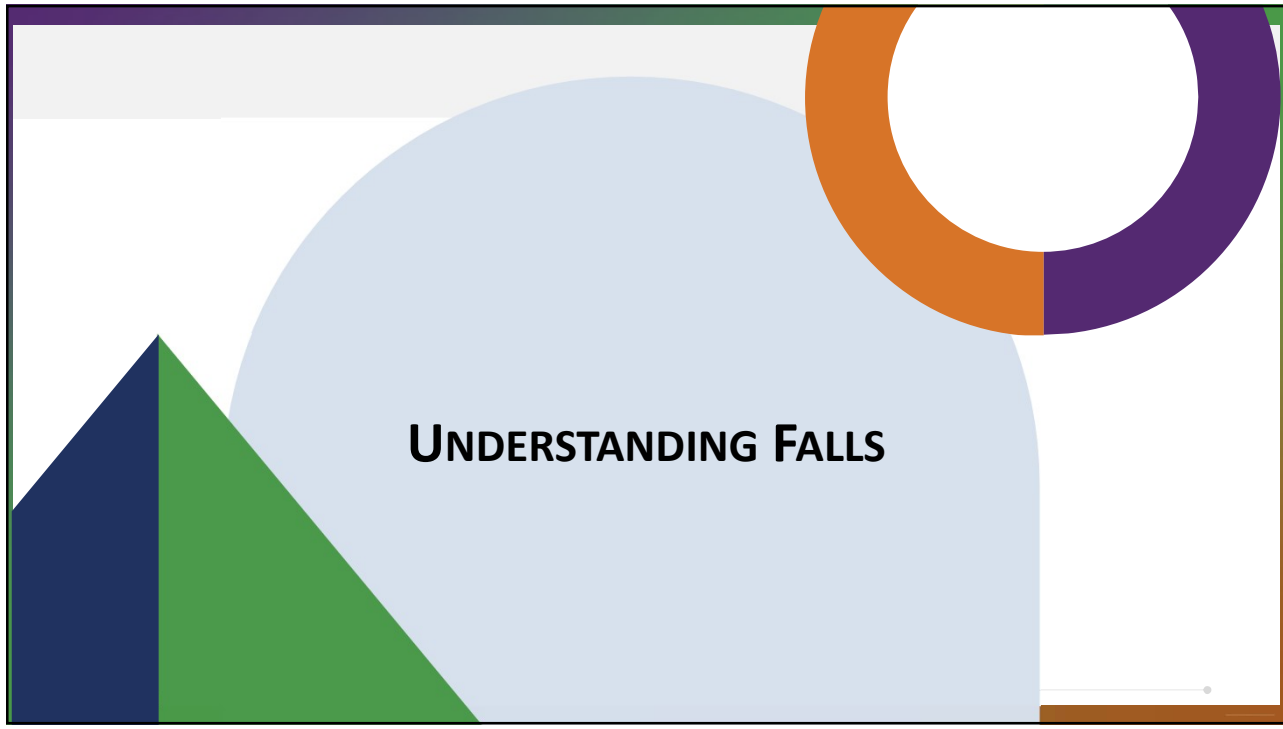
- Understanding Falls and Why Falls Matter
- Emotional Health and Falls
- Medication and Falls
- Physical Activity and Falls
- Nutrition and Falls
- Environmental Safety and Falls

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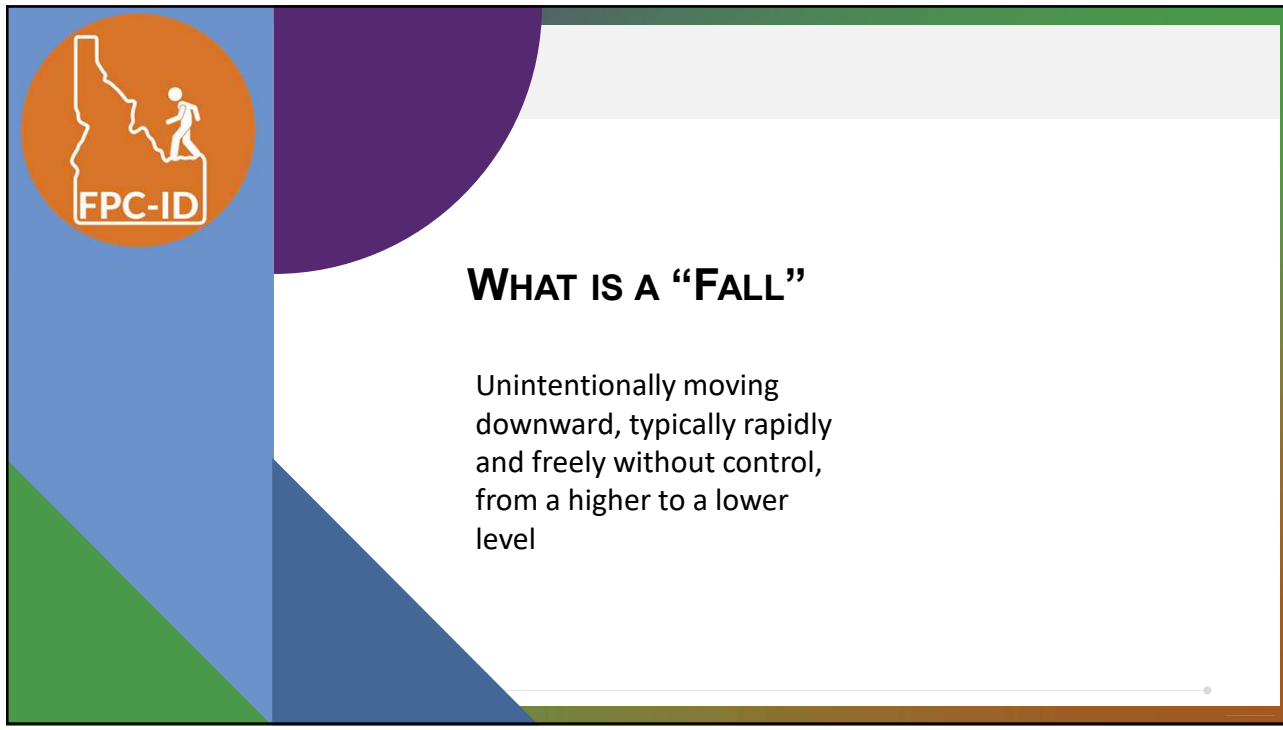
## WHO YOU WILL HEAR FROM TODAY

			
<b>ERIN OLSEN</b> Coordinator	<b>MATT HIEUCARMAN</b> PharmD Student	<b>KAITLYN GAINES</b> PT,DPT	<b>BETH HICKEY</b> Professor

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## WHY FALLS MATTER


- #1 cause of accidental injury and death in people age 65+
- #1 cause of traumatic brain injury (TBI) across all ages
- Nationally, 1 in 4 older adults fall at least once each year
- One out of five falls causes a serious injury such as broken bones or TBI
- Over 800,000 patients hospitalized each year because of a fall
- Falling once doubles your chances of falling again



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## WHERE IDAHO FALLS


- 1 in 3 older Idahoans fall at least once each year
- More than 5% higher fall rate in:  
Bannock, Bingham, Bonneville, Elmore, Jerome, Kootenai, Shoshone, and Twin Falls counties
- Idahoans fall:
  - 67% At Home
  - 9% in Institutions
  - 4.5% in Public Spaces




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## THE COST OF FALLS

- Average Idaho medical \$38,373 per fall
- National Average \$754 billion for fatal falls
- \$80 billion for non-fatal falls



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**THE COSTS ARE MORE THAN FINANCIAL.  
THEY ARE PHYSICAL, EMOTIONAL, AND  
SOCIAL,  
IMPACTING INDIVIDUALS, FAMILIES,  
CAREGIVERS, AND COMMUNITIES.**

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## OUTCOMES AFTER HOSPITALIZATION DUE TO FALLS

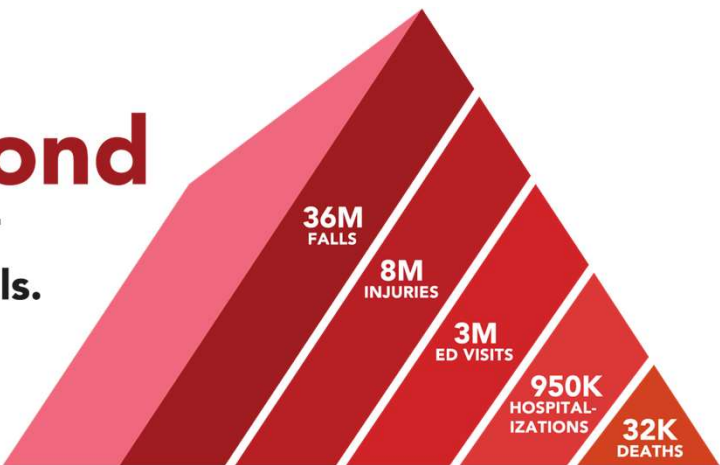
- Over ½ discharged to a skilled nursing facility
- 5% to inpatient rehab facilities
- 6% home with assistance
- 33% home without assistance
  
- Within one year
  - 44.6% readmitted
  - 33% die



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## FREQUENCY OF FALLS

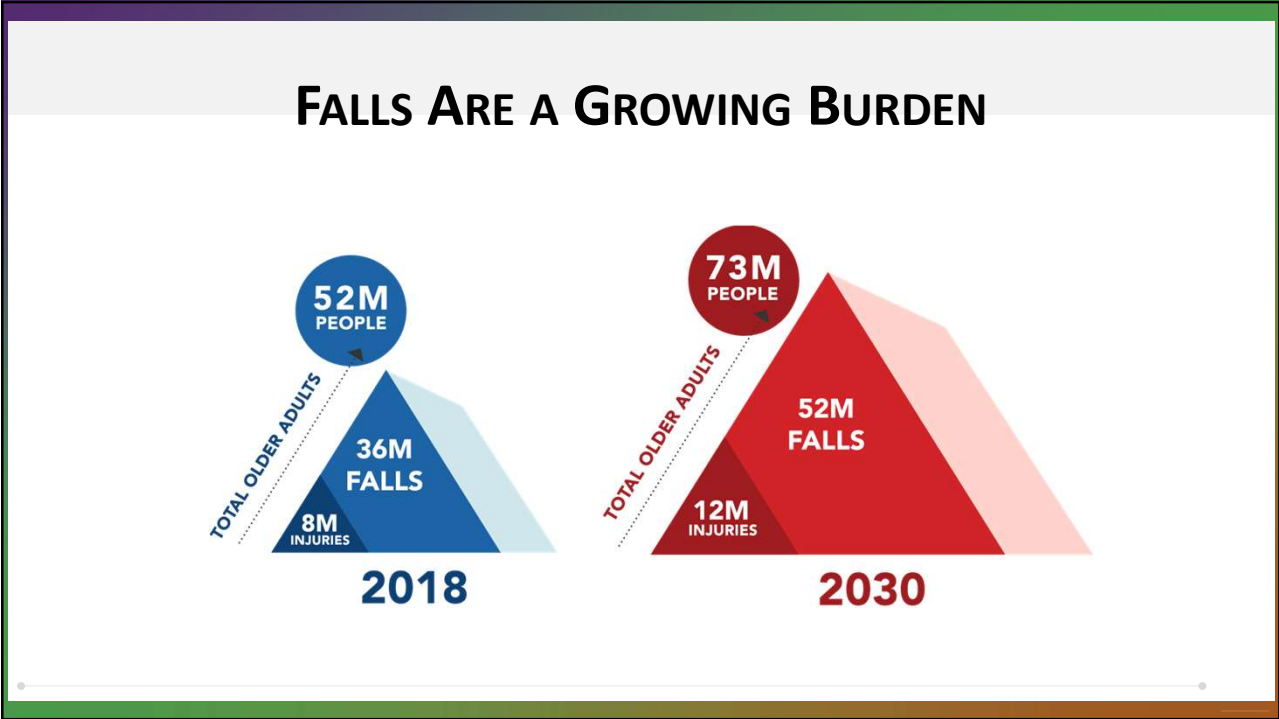
**Every second an older adult falls.**



Category	Frequency
Falls	36M
Injuries	8M
ED Visits	3M
Hospitalizations	950K
Deaths	32K

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## HERE'S MY VERSION




**THIS IS MY ARM**



**ARM AFTER FALL**



**AFTER REPAIR**




**ANY QUESTIONS?**

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## WHY FALLS HAPPEN

- Usually more than one cause (multifactorial)
- The person + the situation
  - What the person does
  - How they do it
  - How their body is behaving (or not)
  - Environmental factors
- Falls happen at every age
- Physical factors associated with aging commonly increase falls risk



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## RISK FACTORS FOR FALLS

### Intrinsic

- Age-related changes to balance
- Decreased muscle mass/strength
- Low vision/hearing loss
- Memory loss
- Vertigo
- Joint or foot conditions
- Movement Disorders (Parkinson's Disease, Huntington's Disease)
- Fear of Falling (FoF)

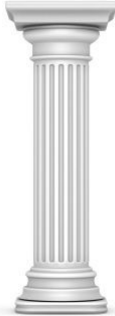
### Extrinsic

- Medication
- Uncorrected vision/hearing
- Low lighting
- Slippery surfaces
- Uneven or unstable surfaces
- Obstacles
- Clothing and Footwear

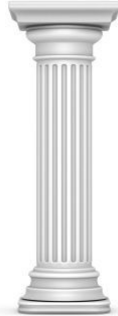
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## FPC-ID FOUR PILLARS OF FALLS PREVENTION

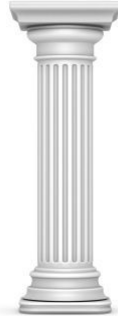
**Nutritional  
Health**



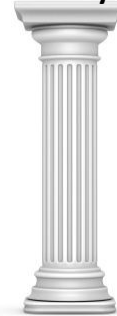
**Physical  
Health**



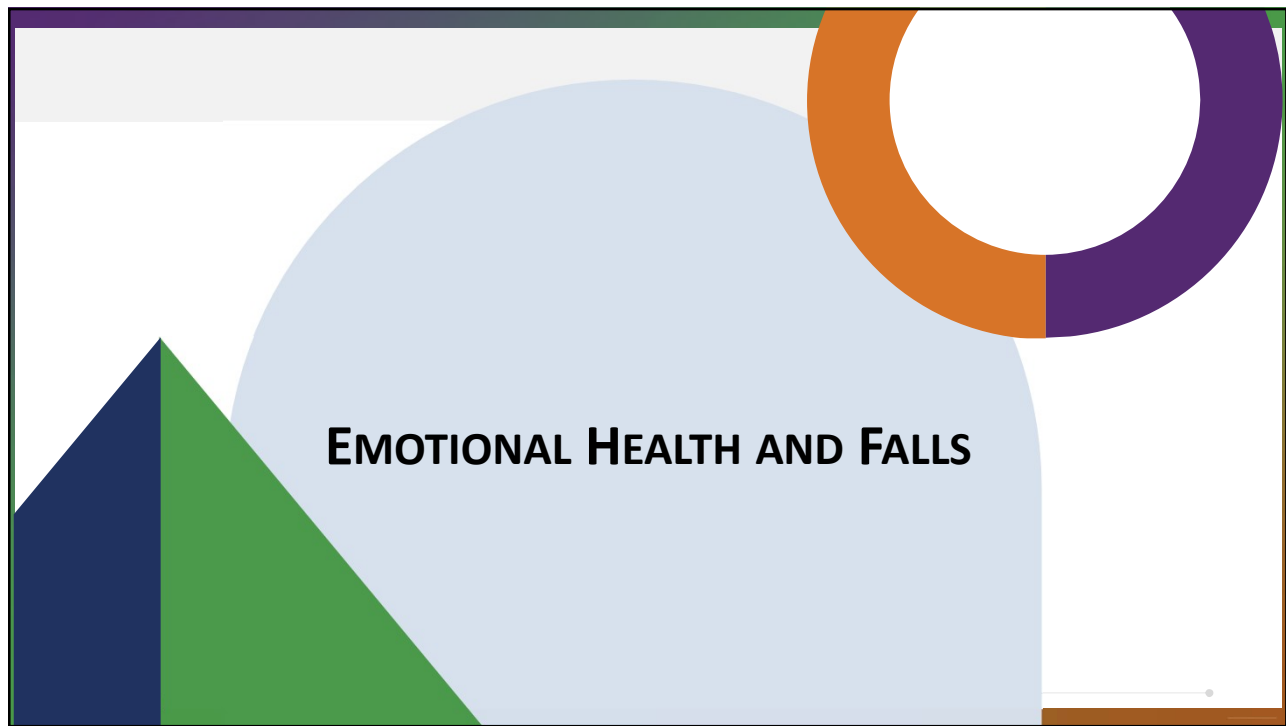
**Emotional  
Health**



**Environmental  
Safety**



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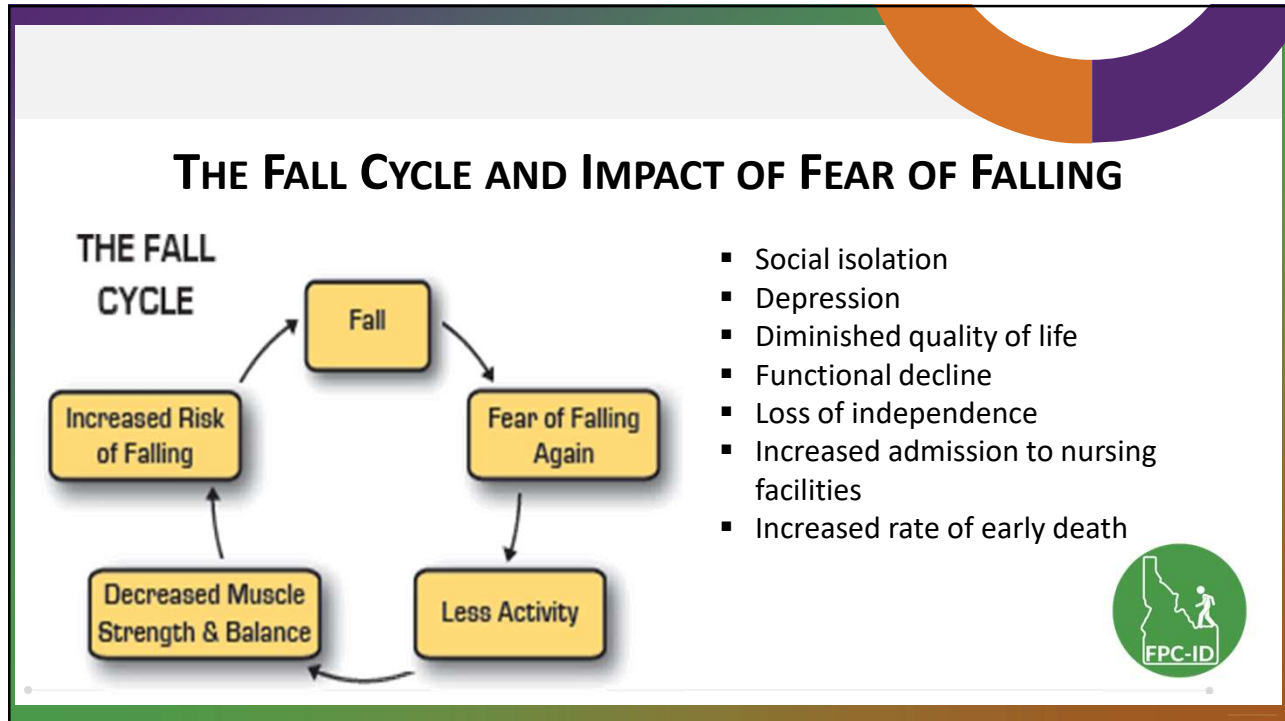
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### WHAT HAPPENS AFTER A FALL

- Concerns about daily activities that require walking/mobility
  - Bathing
  - Meal preparation
  - Laundry
  - House cleaning
- Limits activities that are new, outside the home, or are physical
- Loss of interest in social activities and gatherings due to unfamiliar/uncontrolled environments



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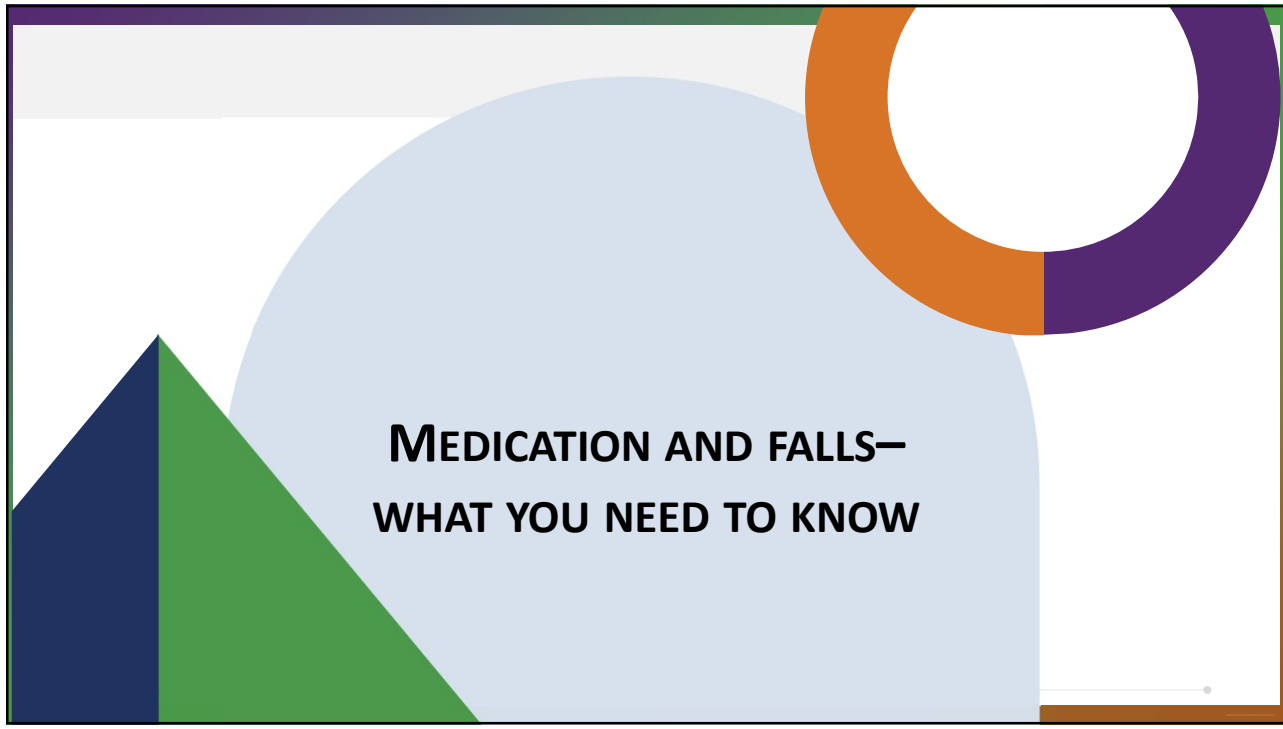


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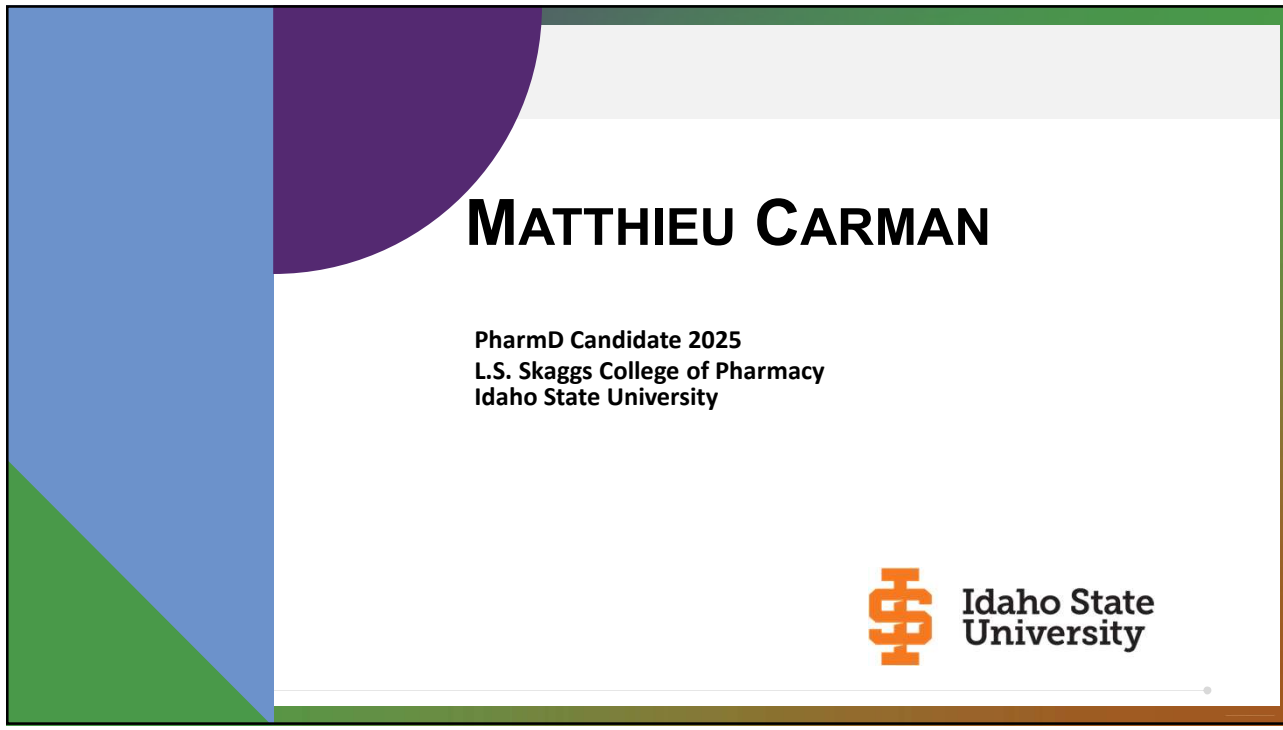
## KEY TAKE-A-WAY

**Preventing falls is the best intervention**

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## WHO IS AT INCREASED FALL RISK

- Medication side effects
  - Additive effects
- Polypharmacy
  - ⅔ of people > 65 years old take 5-9 medications
  - Risk of drug interactions:
    - 2 medications: 13%
    - 5 medications: 38%
    - 7 medications: 82%


$1 + 1 = 3$



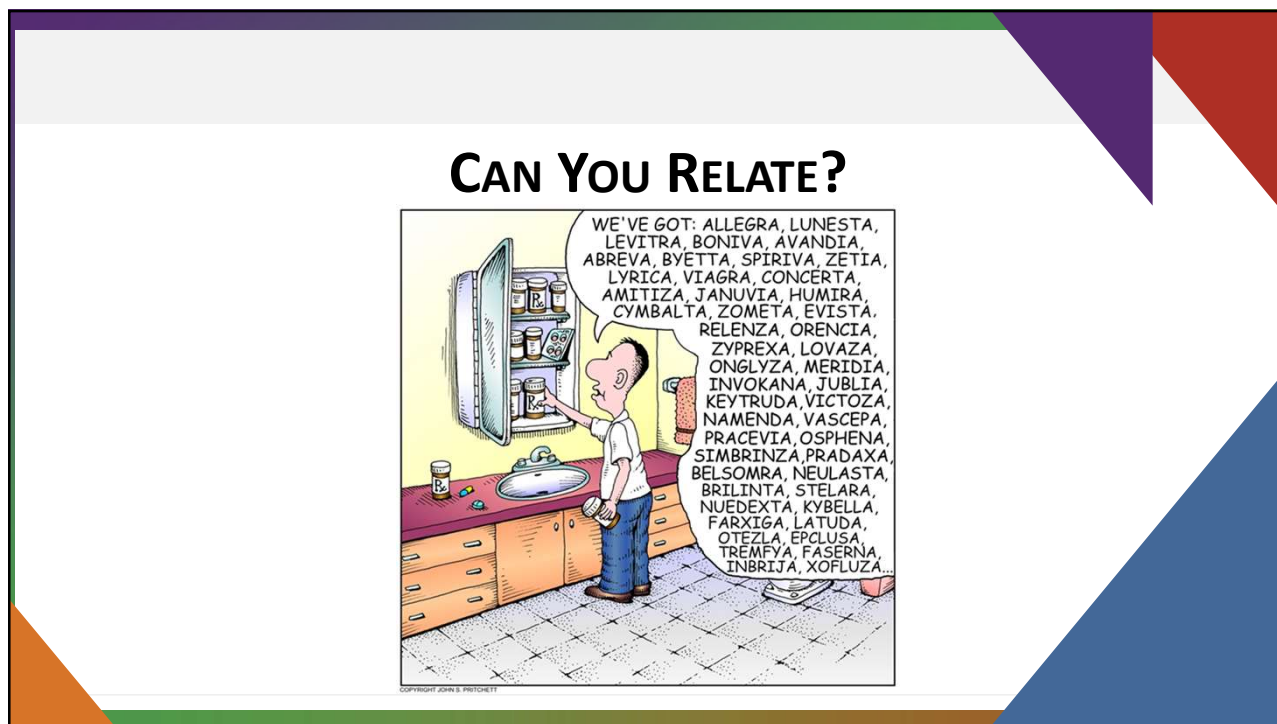
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## POLYPHARMACY

- Regular use of at least 5 medications
- Causes
  - multiple medical conditions
  - Managed by numerous providers and pharmacies
  - poorly updated medical records
  - Potentially inappropriate prescribing
- Over-prescribing is excessive dose/duration
- Mis-prescribing is unfavorable choice of medication, dose, or duration
- Risks include reduced adherence, falls, cognitive impairment




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## HIGH RISK MEDICATION CLASSES

- Benzodiazepines
- Other Sedatives
  - “Z drugs”
- Antidepressants
  - Tricyclic antidepressants
- Heart medications
- Diabetes medications

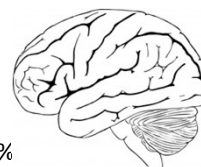


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## MEDICATIONS THAT AFFECT THE BRAIN

- Benzodiazepines: Diazepam/Valium, Lorazepam/Ativan, Temazepam/Restoril
- “Z Drugs”: Zolpidem/Ambien, Eszopiclone/Lunesta, Zaleplon/Sonata
- Antidepressants: Amitriptyline/Elavil, Nortriptyline/Pamelor, Paroxetine/Paxil
- Muscle Relaxers: Cyclobenzaprine/Flexeril, Carisoprodol/Soma, Methocarbamol/Robaxin
- Others:
  - Alcohol, CBD, THC
    - Between 2015-2018 cannabis use in older adults increased from 2.4% to 4.2%

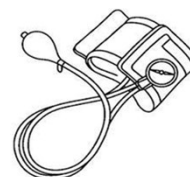


**Caution: Cognitive impairment, delirium/confusion, sedation, dizziness, blurred vision**

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## MEDICATIONS THAT AFFECT BLOOD PRESSURE

- Water pills:
  - Furosemide/Lasix
- Loop diuretics
  - Hydrochlorothiazide/HCTZ
- Thiazide diuretics
  - Hydrochlorothiazide/HCTZ
- Alpha Blockers: Terazosin/Hytrin, Prazosin/Minipress, Doxazosin/Cardura
- Can be used also for enlarged prostate



**Caution: Dizziness/lightheaded after standing up from lying or sitting down, dehydration, electrolyte imbalances (sodium), increased urination**

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## MEDICATIONS THAT AFFECT BLOOD SUGAR

- Insulin  
Novolog, Humalog, Lantus
- Sulfonylureas  
Glimepiride/Amaryl, Glipizide/Glucotrol, Glyburide/Microna

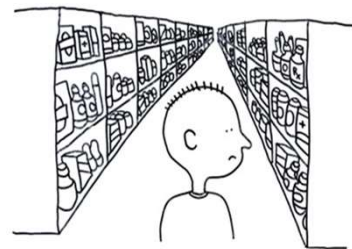


**Caution: Low blood sugar can trigger loss of balance and may contribute to falls**

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## OVER THE COUNTER MEDICATIONS

- Antihistamines  
Benadryl/diphenhydramine
- Sleep aids, allergy
- Motion sickness  
Dimenhydrinate/Dramamine, Meclizine/Bonine
- Natural products / supplements  
Melatonin, Doxylamine/Unisom, Valerian root- sleep aids



**Caution: Cognitive impairment, drowsiness, blurry vision**

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## RESOURCES CLINICIANS USE

- American Geriatric Society Beers Criteria
  - Potentially inappropriate medications in older adults or to avoid in older adults with certain conditions
  - Harmful medication interactions
  - Safer alternatives available
- STOPP (Screening Tool of Older Persons' Prescriptions) and START (Screening Tool to Alert to Right Treatment)
  - Recommendations for and against medications across body systems (cardiovascular system, gastrointestinal system, central nervous system)

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### STOPP: Screening Tool of Older People's Potentially Inappropriate Prescriptions

The following drug prescriptions are potentially inappropriate in persons aged ≥ 65 years of age

#### Central Nervous System and Psychotropic Drugs.

1. Tricyclic antidepressants (TCAs) with dementia
2. TCAs with glaucoma
3. TCAs with cardiac conductive abnormalities
4. TCAs with constipation
5. TCAs with an opiate or calcium channel blocker
6. TCAs with prostatism or prior history of urinary retention
7. Long-term (i.e. > 1 month), long-acting benzodiazepines and benzodiazepines with long-acting metabolites
8. Long-term (i.e. > 1 month) neuroleptics as long-term hypnotics
9. Long-term neuroleptics (> 1 month) in those with parkinsonism
10. Phenothiazines in patients with epilepsy
11. Anticholinergics to treat extra-pyramidal side-effects of neuroleptic medications
12. Selective serotonin re-uptake inhibitors (SSRIs) with a history of clinically significant hyponatraemia
13. Prolonged use (> 1 week) of first generation antihistamines i.e. diphenhydramine, chlorpheniramine, cyclizine, promethazine

### START: Screening Tool to Alert doctors to Right Treatments

These medications should be considered for people ≥ 65 years of age with the following conditions, where no contraindication to prescription exists.

#### Gastrointestinal System

1. Proton Pump Inhibitor with severe gastro-oesophageal acid reflux disease or peptic stricture requiring dilatation
2. Fibre supplement for chronic, symptomatic diverticular disease with constipation

#### Musculoskeletal System

1. Disease-modifying anti-rheumatic drug (DMARD) with active moderate-severe rheumatoid disease lasting > 12 weeks
2. Bisphosphonates in patients taking maintenance corticosteroid therapy
3. Calcium and Vitamin D supplement in patients with known osteoporosis

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## WHAT WE CAN DO

- Discuss risk vs benefit
- Dizziness (prepare before standing up):
  - Sit up before standing up
  - Make sure a soft chair/bed is close by
  - Rise slowly
  - Have a sturdy anchor to hold onto to keep you steady
- Stay hydrated
- Eat an appropriate, healthy diet
- Know how to monitor and correct low blood sugar
- Address medical conditions / underlying causes (vision, hearing, foot concerns)
- Keep an up-to-date medication list
  - Phone apps (Medisafe, iPhone medical ID, wallet card)



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## TALK TO YOUR HEALTHCARE PROVIDER OR PHARMACIST

- Does this medicine increase my risk of falling?
- Is there a safer alternative I can try?
- Are you concerned about a potential medication interaction?
- Should I take a Vitamin D supplement?
- Periodically review ALL medications, including over the counter medicines and supplements
- Discuss before starting any new medication, supplement, or OTC product!

**Remember: As you get older your ability to tolerate medications changes. Some medicines can make you dizzy or sleepy and cause a fall**



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# CDC RESOURCES ON FALL PREVENTION



Older Adult Fall Prevention

EXPLORE TOPICS

SEARCH

MAY 16, 2024

## About Older Adult Fall Prevention

**KEY POINTS**


- Falls can be prevented.
- Falls among adults 65 and older caused over 38,000 deaths in 2021, making it the leading cause of injury death for that group.<sup>1</sup>
- In 2021, emergency departments recorded nearly 3 million visits for older adult falls.<sup>1</sup>



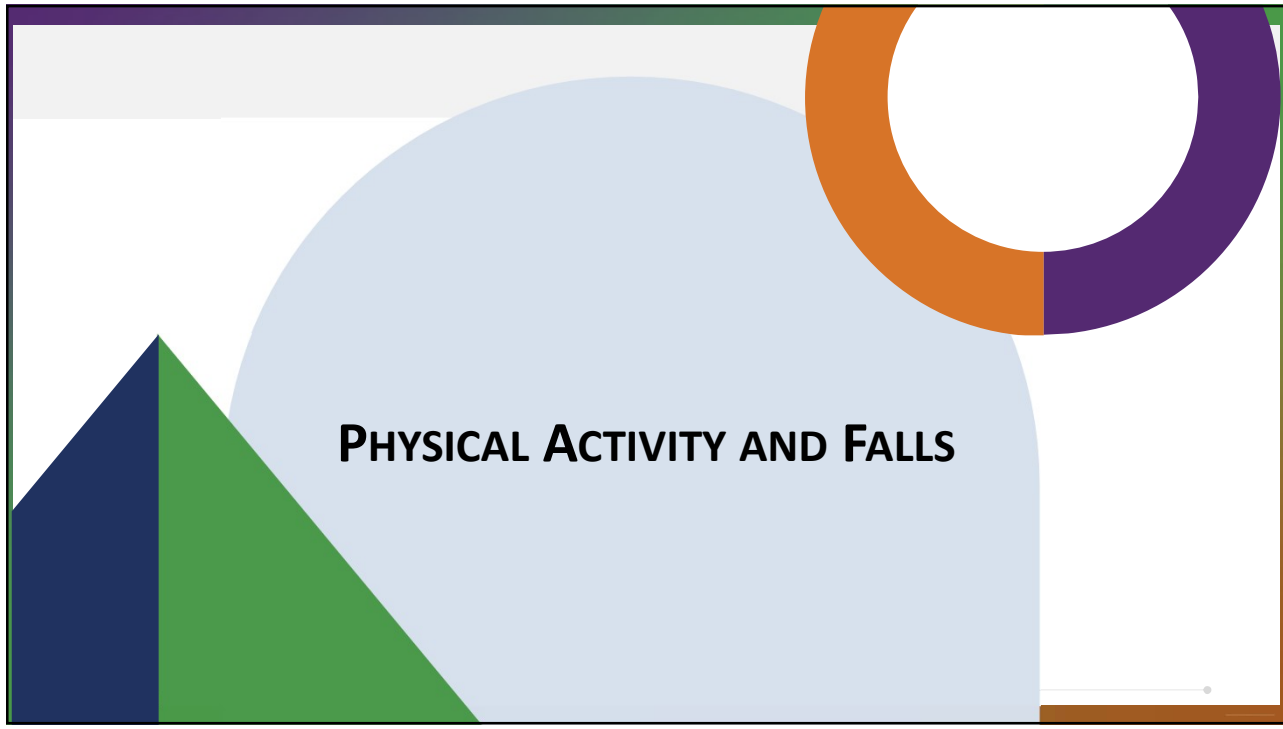
Falls can be prevented  
<https://www.cdc.gov/falls/about/index.html>

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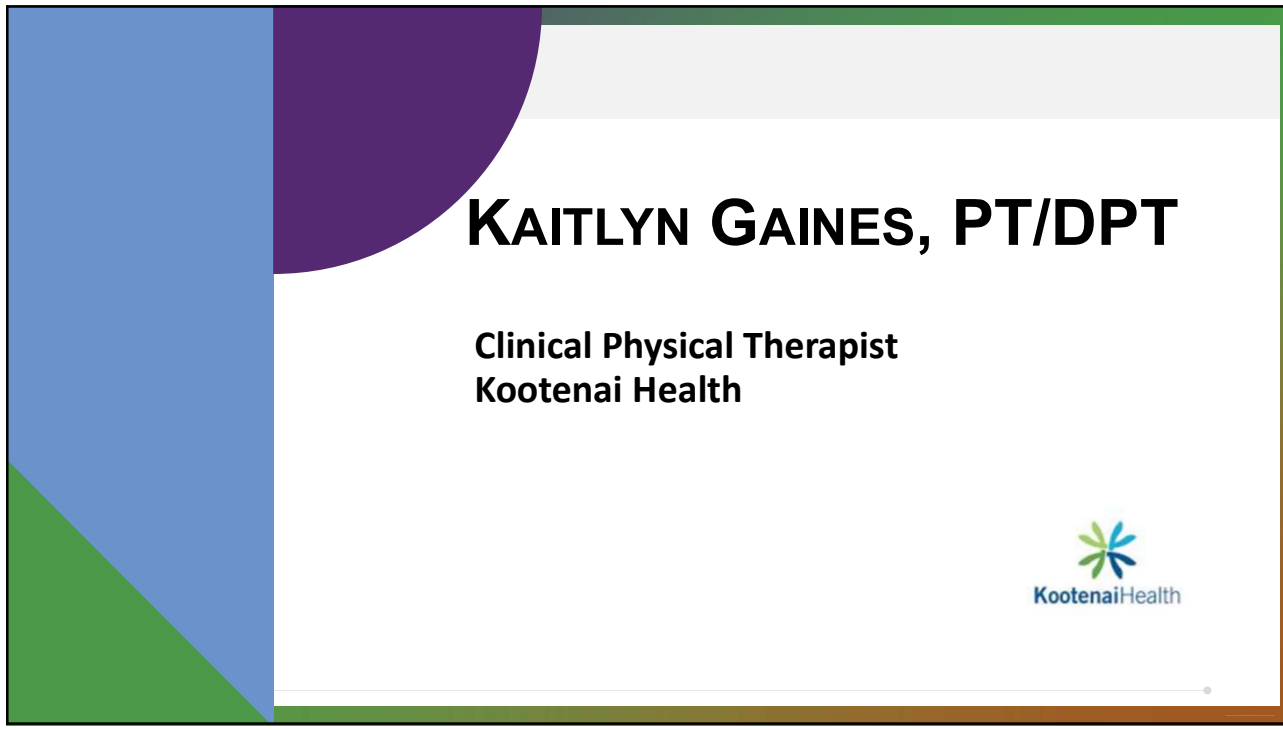
# QUESTIONS?



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## OUR BONES AS WE AGE

- Bone density is a measure of the amount of minerals (mostly calcium and phosphorous) contained in your bones
- Peak bone mass reached at 20-30 years of age
- Followed by slow decline



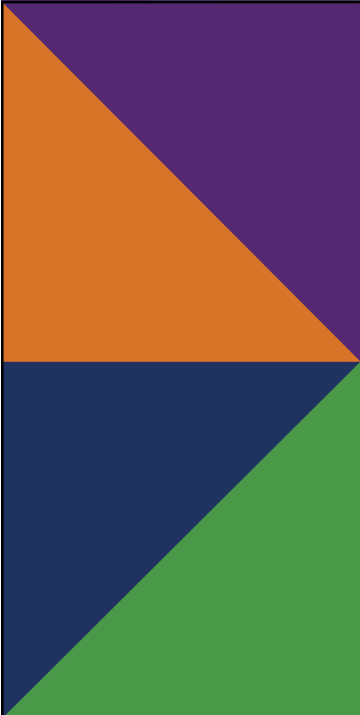
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## OSTEOPOROSIS

- A medical condition in which the bones become brittle and fragile from loss of bone tissue
- Common causes include:
  - Hormonal changes (post-menopause in women)
  - Calcium deficiency
  - Vitamin D deficiency
  - Lack of weight-bearing exercise
  - Risk of fracture increases with decreasing bone density
  - ~10 million Americans have osteoporosis
  - ~2 million osteoporosis-related fractures occur yearly.



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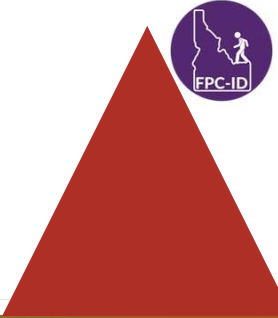
## KEY TAKE-A-WAY

**Exercise is critical to bone health and osteoporosis prevention**

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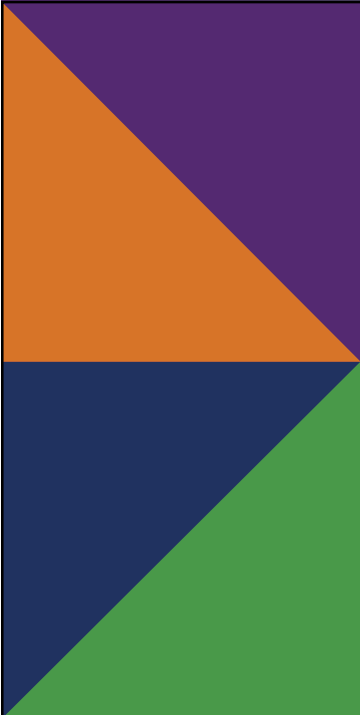
## OUR MUSCLES AS WE AGE

- About 20% - 40% decrease in muscle mass by age 70
- Muscle fiber size also decreases in older adults
  - Sarcopenia is a progressive impairment of muscle function due to loss of muscle mass that occurs with advancing age



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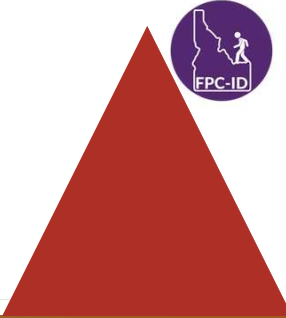
## KEY TAKE-A-WAY

**Exercise has a positive effect on both muscle function and performance**

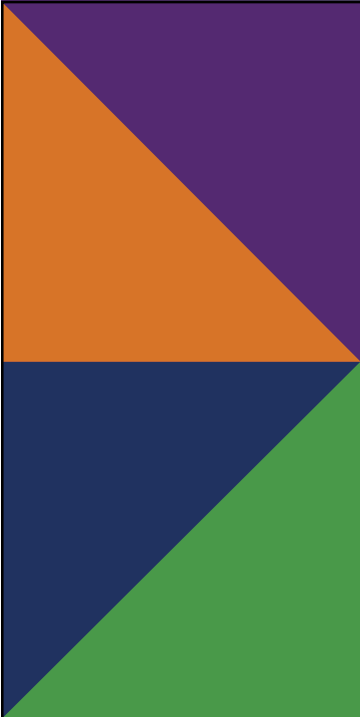
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## OUR BODY COMPOSITION AS WE AGE

- Lean mass (muscle) decreases while fat mass increases
- Can contribute to decrease in resting metabolic rate from 1% - 2% per decade after the age of 20
- Significantly higher rates of obesity over the years
  - Sedentary lifestyles
  - Poor diet



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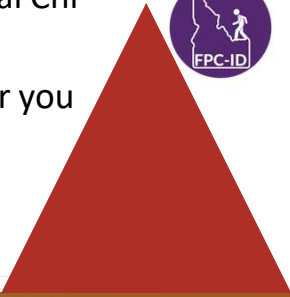

## KEY TAKE-A-WAY

**Exercise has a significant role in controlling fat mass and maintaining healthy body composition**

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## EXERCISE AND FALL PREVENTION

- Lack of exercise leads to muscle weakness, loss of flexibility and balance
- Makes it harder to recover from a trip or slip and prevent a fall
- May also have more difficulty getting up after a fall
- Any physical activity is better than none
- Exercises that improve balance and strength best to prevent falls  
Walking, Fit and Fall Proof<sup>®</sup> through local health district, Tai Chi
- Exercise shown to reduce incidence of falls by 13%-40%
- Ask your doctor what they recommend for safe exercise for you



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## I DON'T WANT TO GO TO THE GYM!

### You don't have to!

#### Let gravity be your friend!

- Practice getting up from a lower chair
- Remove upper limb assistance`

#### Use items in your home to challenge your balance:

- Stand or sit on different type surfaces such as a pillow or blanket to challenge your balance
- Practice walking patterns that feel more challenging such as varying speed or step length, stepping over obstacles, side stepping.

#### Exercise bands

- These are a great spot to start with resistance training.

\*\* If you plan to do these at home, PLEASE have someone with you for your safety if you feel at risk of falling! DON'T try this alone!



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## WHAT WE CAN DO

- Be physically active, whatever that means for you
- If possible, do regular weight-bearing exercise, like walking
- Work on simple exercises that can improve strength and balance
- Maintain an appropriate body weight
- And don't forget...just move!



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## JOIN US FOR TWO EXERCISE SEMINARS

**SIMPLE STEPS TO IMPROVE BALANCE AND PREVENT FALLS**  
TUESDAY, SEPTEMBER 10<sup>TH</sup>  
11 AM – NOON MDT/10 AM – 11 AM PDT  
REGISTRATION LINK AT:  
[WWW.AGING.IDAHO.GOV/FALLS](http://WWW.AGING.IDAHO.GOV/FALLS)

**DEMONSTRATED AND DESCRIBED YOGA IMPROVES BALANCE AND STRENGTH TO PREVENT FALLS**  
FRIDAY, SEPTEMBER 13<sup>TH</sup>  
NOON – 1 PM MDT/11 AM – NOON PDT  
REGISTRATION LINK AT:  
[WWW.AGING.IDAHO.GOV/FALLS](http://WWW.AGING.IDAHO.GOV/FALLS)

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## NUTRITION AND FALLS

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# BETH HICKEY, MS, RDN, LD

Clinical Assistant Professor Idaho State University, Nutrition and Dietetics Department



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## NUTRITION, FALLS, AND OLDER ADULTS

- Many older adults are malnourished
- Negatively impacts quality of life
  - Increased frailty and sarcopenia
  - Reduced mobility
  - Impaired ability to function independently
  - Increased fall-related injuries
- Malnourished or those at risk for malnourishment: 45% higher risk of experiencing at least 1 fall (Trevisan, et al. 2019)

**ASK ABOUT YOUR NUTRITION**  
 Good Nutrition Can Help You Prevent Infections, Heal Faster, Feel Stronger


WALK NUTRITION AWARENESS WEEK

ARE YOU OR YOUR LOVED ONE EXPERIENCING ANY OF THESE?

Unexplained Weight Loss	Loss of Appetite	Not Able to Eat or Only Able to Eat Small Amounts	Feeling Weak or Tired	Swelling or Fluid Accumulation
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TALK TO YOUR HEALTHCARE PROVIDER

Go to [nutritioncare.org/yournutrition](https://nutritioncare.org/yournutrition) for more



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## WHY GOOD NUTRITION MATTERS

- Strength/integrity of muscles, bones, tendons, cartilage
- Neuromuscular function
- Balance, mobility, and coordination
- Individual nutrients vital for normal body functions:
  - Energy metabolism
  - Tissue/cell replacement and repair
  - Organ function



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## CHALLENGES OF AGING ON NUTRITION

- Loss of appetite, taste, and smell
- Dental issues (dentures or painful teeth and gums)
- Swallowing issues
- Reduced independence
- Polypharmacy



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## HYDRATION

- Hydration is the replacement of bodily fluids lost from sweating, breathing, and eliminating waste
- Dehydration can cause falls, especially in older adults
- Older adults have a decreased perception of thirst
- Critical to regulate temperature and blood pressure, maintain normal organ and muscle function, and cognition

Organ/Body Part	Hydration Level
Brain	73%
Lungs	83%
Blood	95%
Body	60%


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## DEHYDRATION


■ Signs of dehydration include:


- Low BP
- Weakness
- Loss of coordination
- Fatigue
- Confusion
- Light-headedness or dizziness
- Dry skin and mouth
- Inability to sweat
- Reduced/less frequent urination
- Dark colored urine


### DEHYDRATION SYMPTOMS





  
Thirst


  
Dry Mouth


  
Decreased Urination


  
Headache

  
Bad Breath

  
Fatigue

  
Dizziness

  
Dry Skin



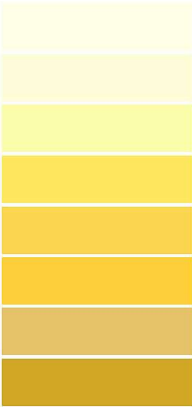
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## MONITORING YOUR HYDRATION STATUS


■ Signs of *good* hydration include:

- Pale yellow urine
- Regular amount of urine
- Adequate saliva ( no “dry mouth”)
- Don’t feel thirsty

*Remember: Some medications and medical conditions increase risk*



GOOD	You are hydrated
GOOD	You are hydrated
GOOD	You are hydrated
FAIR	Start drinking you need water
DEHYDRATED	Drink water
DEHYDRATED	Drink water
VERY DEHYDRATED	Consider taking rehydration sachets to help you re-hydrate
SEVERE DEHYDRATION	Consider taking rehydration sachets to help you re-hydrate



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# KEY TAKE-A-WAY

If you feel thirsty, it's too late

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## HOW MUCH YOU SHOULD DRINK

- 2-3 quarts OR 8– 12 cups of fluid per day needed on average
- May come from food and beverages
- Medical conditions and medication can alter body water
  - Heart, lung, kidney, and liver failure can cause retention
  - Vomiting, diarrhea, fever, and diabetes can increase fluid needs
  - Medications like diuretics, laxatives, ACE inhibitors (lisinopril), ARBs (losartan), and certain chemotherapy drugs
- Follow your healthcare team's advice!

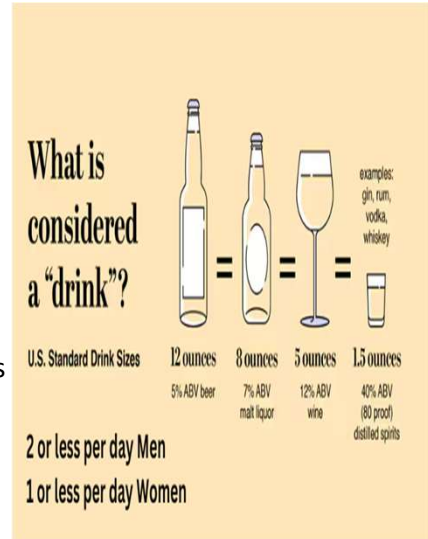
**Water Intake ≈**

**What Counts?**

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## ALCOHOL AND FALL RISK

- Alcohol impairs:
  - Vision
  - Balance
  - Reaction time
  - Awareness of surroundings
  - Judgment
- Excessive intake can lead to malnutrition
  - Alcohol may replace food
  - Decreases appetite
  - Impairs the body's ability to digest and utilize nutrients
  - Alcohol is dehydrating
- Many common drugs interact with alcohol
- Check all medications with healthcare team!



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## ENERGY INTAKE

- Energy from food used for tissue growth and repair
- Exercise and an active lifestyle require energy!
- Aim to consume:
  - 45-65% carbs, 20-35% fat, 10-35% protein calories
  - Whole grains, fruits, and vegetables for carbohydrates
  - Unsaturated fats
- Limit “empty calories” (sugary and fatty foods and drinks)
- Don’t skip meals



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## PROTEIN AND FALLS

- Minimizes loss of lean tissue typical with aging
- Promotes increase in size and strength of muscles
- Supports healing of tissues
- Recommendation: 0.8g/kg or 0.36g/lbs for older adults
  - Higher intake may be better
  - Aim for approx. 1 serving at each meal
  - Spread intake throughout the day
- Sources include meat, poultry, seafood, dairy, eggs, and beans

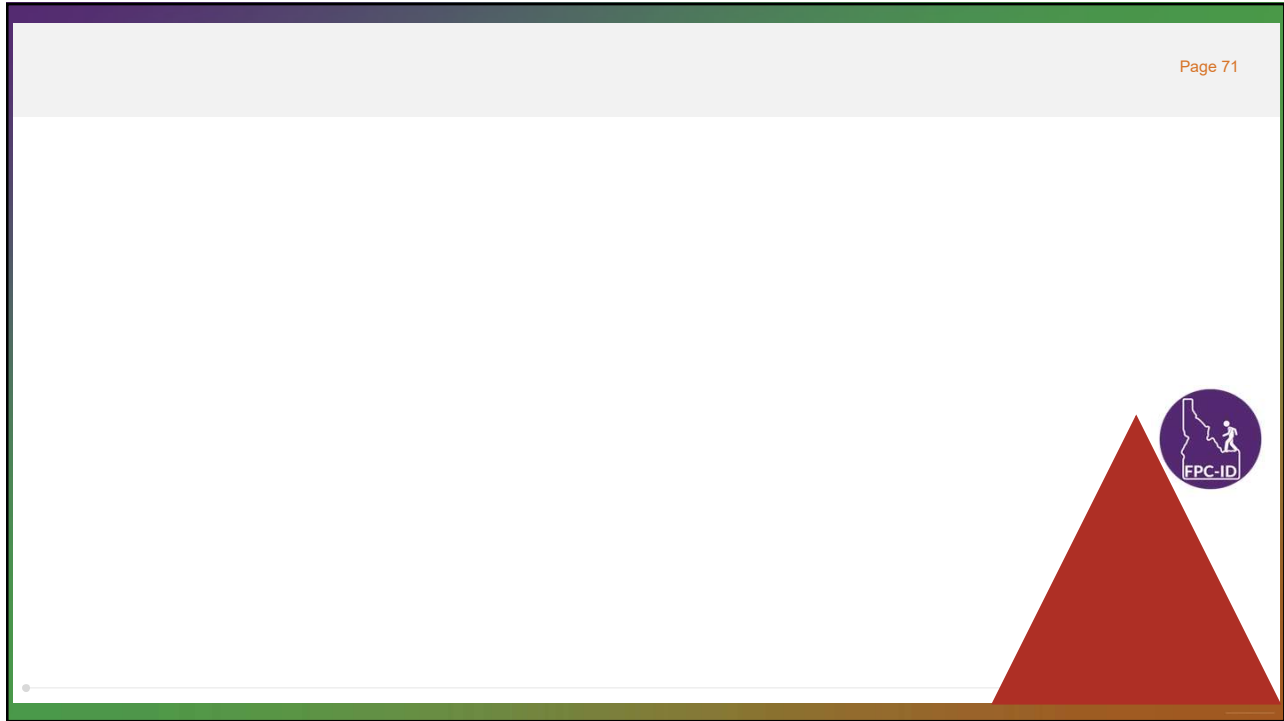


Palm size serving = 3-4 oz meat



Fist size serving = 1 cup beans


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## VITAMINS & MINERALS FOR BONE HEALTH


- Strong bones prevent and reduce fracture severity
- Calcium (Main component of bone)
  - Sources: dairy, almonds, bones in canned tuna, tofu
- Vitamin D (Promotes Calcium absorption for bone health)
  - Sources: egg yolks, mushrooms, fatty fish, fortified dairy, and sunlight
- Vitamin K (Regulates bone formation)
  - Sources: dark leafy greens, broccoli, canola oil
- Potassium (Regulates bone formation)
  - Sources: bananas, avocados, potatoes,

A collection of various food items including eggs, milk, cheese, nuts, and vegetables, representing sources of vitamins and minerals for bone health.


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## VITAMINS & MINERALS

- **Iron**
  - Transports oxygen around the body.
  - Low levels result in anaemia
  - Signs and Symptoms:
    - fatigue
    - Weakness
    - Shortness of breath
    - Easy bruising
  - Sources include dark leafy greens, meat, legumes, and iron-fortified breakfast cereals



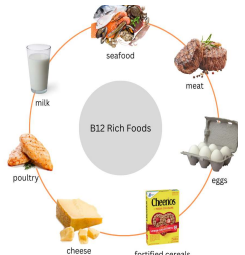
A circular diagram with a central grey circle labeled "Iron Rich Foods". Surrounding it are ten food items: Pumpkin Seeds, Fruits, Dark Chocolate, Broccoli, Red Meat, Legumes, Leafy Greens, Whole Grains, Tofu, and Pumpkin Seeds.



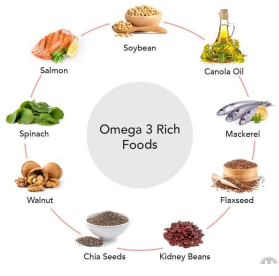
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## VITAMINS & MINERALS (CONT.)

- **Vitamin B12**
  - Needed for nerve function, bone health, and energy metabolism
  - Sources include meat, dairy, eggs, and fortified cereals
  
- **Omega 3s**
  - Support brain health, nerve function, and coordination
  - May slow cognitive decline with aging
  - Sources include fatty fish, flax seeds, walnuts, chia seeds



A circular diagram with a central grey circle labeled "B12 Rich Foods". Surrounding it are seven food items: milk, poultry, cheese, fortified cereals, eggs, meat, and seafood.



A circular diagram with a central grey circle labeled "Omega 3 Rich Foods". Surrounding it are ten food items: Salmon, Soybean, Canola Oil, Mackerel, Flaxseed, Kidney Beans, Chia Seeds, Walnut, Spinach, and Salmon.

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## WHAT WE CAN DO...



- Eat a nutritious diet
- Eat adequate amounts at regular intervals
- Address unintended weight loss early
- Drink the appropriate amount of water/fluids
- Know the signs of dehydration
- Discuss how medications might impact diet & hydration
- Consume alcohol safely & in moderation



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### EYE AND FOOT HEALTH

- Have your eyes evaluated once a year and keep your eyeglasses prescription updated
- Glaucoma and cataracts can limit vision and worsen risk of falling
- Bifocals are not recommended
- Once a year have your doctor check your feet and discuss if a foot specialist is needed
- Discuss your usual footwear with your doctor, a fully enclosed shoe with a rigid sole is safest



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### STAY SAFE AT HOME


- Remove things that you can trip over from walkways and stairs
- Remove throw rugs and loose cords
- Consider grab bars next to the toilet and in the tub
- Use non-slip mats in the bathtub and shower floors
- Change old lightbulbs with new brighter ones
- Wear appropriate, properly fitting footwear
- Adjust for small pets
- Keep a phone with you or consider a personal alarm

A circular logo for FPC-ID (Falls Prevention Coalition of Idaho) featuring a white silhouette of the state of Idaho and a person walking, with the text "FPC-ID" below it. The logo is positioned above a red triangle at the bottom right of the slide.

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# RESOURCES FOR HOME SAFETY CHECKS



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## JOIN US FOR RECOGNIZE AND REMOVE TRIP HAZARDS AT HOME WITH HABITAT FOR HUMANITY

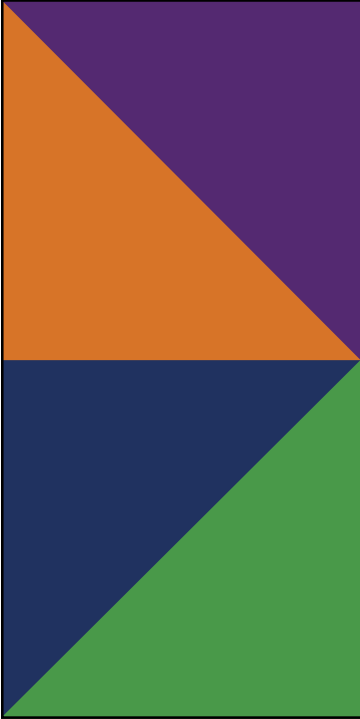
**WEDNESDAY, SEPTEMBER 25<sup>TH</sup>**  
**11 AM – NOON MDT/10 AM – 11 AM PDT**  
 REGISTRATION LINK AT:  
[WWW.AGING.IDAHO.GOV/FALLS](http://WWW.AGING.IDAHO.GOV/FALLS)

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# PUTTING IT ALL TOGETHER

Ask about falls	Assess for fall risk	Watch for FoF, isolation, loneliness, depression	Review & adjust meds annually	Check on nutrition & hydration
Facilitate ANY movement	Manage chronic health conditions	Collaborate with entire healthcare team	Include family, neighbors, friends	Utilize ICOA workshops & classes

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## KEY TAKE-A-WAY

**Awareness is the start.  
Prevention is the solution.**

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# COMPLETE POST-SEMINAR SURVEY FOR CHANCE TO WIN \$25 GIFT CARD!!

Survey will be sent to your e-mail address.  
Must complete in next 2 days to be eligible to  
win gift card.



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## READY TO ASSIST



AREA AGENCY ON AGING  
OF NORTH IDAHO  
North Idaho College



Helping People. Changing Lives.  
**community Action**  
PARTNERSHIP  
AMERICA'S POVERTY FIGHTING NETWORK

SOUTHWEST IDAHO



**area**  
AGENCY ON AGING



**CSI** COLLEGE OF  
SOUTHERN  
IDAHO



**sicog**  
Southeast Idaho Council  
of Governments, Inc.  
*Building Bridges to Communities*



**EASTERN IDAHO**  
**community Action**  
PARTNERSHIP  
Helping People. Changing Lives.

Your local Area Agency on Aging is ready to assist with services and referrals  
<http://aging.idaho.gov/Area-Agencies-On-Aging/>

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## THANK YOU FOR YOUR TIME & SUPPORT

- **Participants**

- Participants:
- We hope you understand falls & how to prevent them. Thank you for your support!

- **Panelists**

- Our experts' insights, knowledge & experience are irreplaceable!

- **ZOOMbies**

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