

Falls Prevention Seminar Series:
Enjoy a Falls-Free Summer
Outdoors

*Falls Prevention Coalition of
Idaho*
Prevention is the Key

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Seminar Materials

- Slides available on our website
www.aging.Idaho.gov/falls
- Recording available on our
YouTube Falls Prevention channel
<https://youtube.com/@idahoCOA>



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Got Questions?

- Feel free to ask questions via the CHAT as you think of them
- Our presenters will either answer them at a good time during the seminar or during Q&A at the end

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Technical Emergency Plan

- If you have audio or video problems, please log out and back in
- If we lose our presenters, the technical team will take over until they can log back in
- If the technical team loses connection, we will log back on as soon as possible
- If there is some sort of catastrophic issue, we will contact you to reschedule

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What We'll Discuss Today

- Why we go outside
- Why falls happen
- Lifestyle habits that prevent falls
- Before you go
- Gear that makes a difference
- Trail skills
- Special considerations

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Emily Elsner

MS, Education, Community Health | BS, Exercise Science | Wilderness First Responder Certified



Origin: Southern Idaho
School: Eastern Oregon University
Outdoor Hobbies: rock climbing, mountain biking, and skiing.
Created: afterschool outdoor activity program for local junior high students
Experience: decade of leading school age kids on outdoor adventures.
Trade: Outdoor Educator
Spare Time: biking and hiking with friends and loved ones, camping with my fiancée and enjoying the beauty of nature.

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Certified Orientation & Mobility Specialist | MS Visual Disabilities Education



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“You need special shoes for hiking and a bit of a special soul as well.” –Terri Guillemets

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- A photograph showing a person from behind, walking a black dog on a leash along a dirt path in a forest. The person is wearing a light-colored hoodie with a fish logo and khaki pants. The path is flanked by tall evergreen trees, and the sun is shining brightly through the canopy ahead, creating a lens flare effect. Long shadows are cast on the path.

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Common causes:

- Uneven terrain
- Poor lighting
- Fatigue
- Rushing
- Weather
- Improper footwear
- Carrying too much
- Vision changes
- Balance changes

One mistake rarely causes a fall.
Several little things line up.

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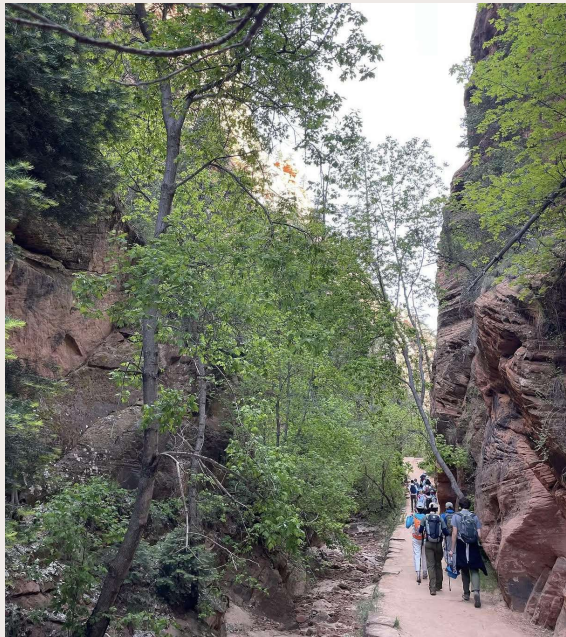


Lifestyle habits that prevent falls

“The real meaning of wilderness will open our eyes like an Idaho sunrise of a summer morning.” –Frank Church

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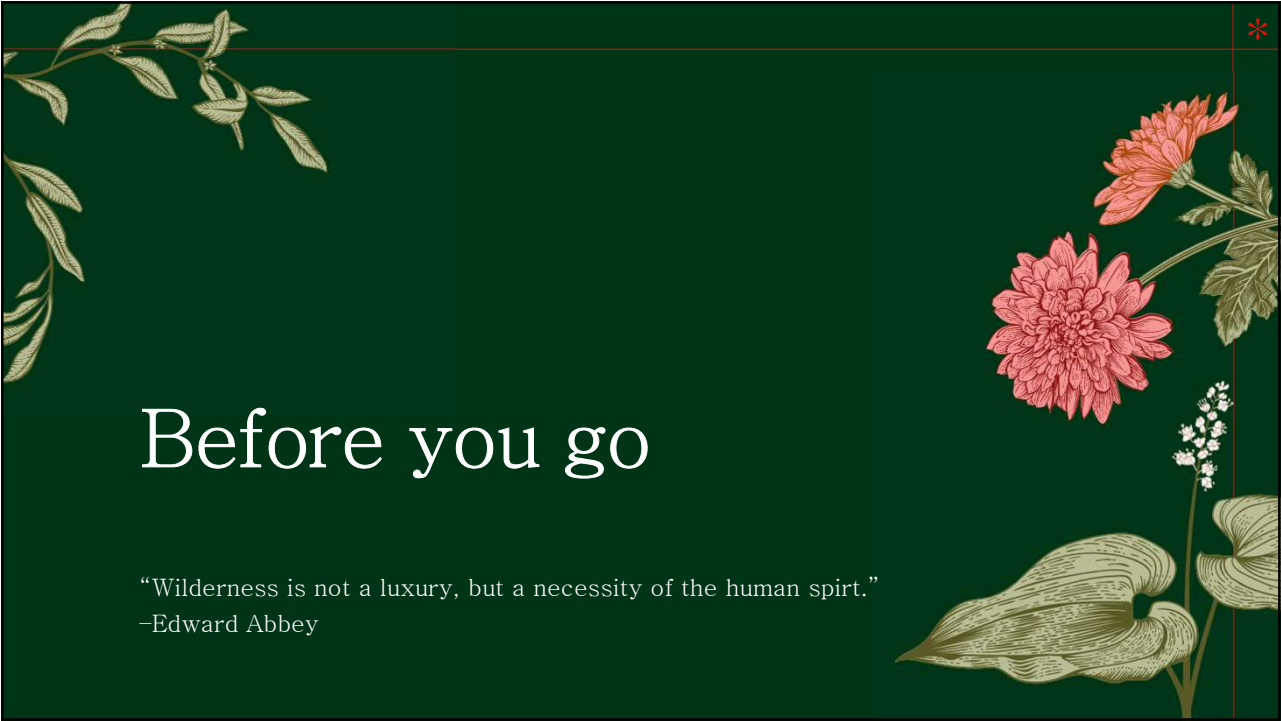
- Strength/endurance training
- Walking
- Hydration
- Nutrition
- Sleep
- Balance exercises
- Vision care
- Medication review



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Before you go

“Wilderness is not a luxury, but a necessity of the human spirt.”
-Edward Abbey

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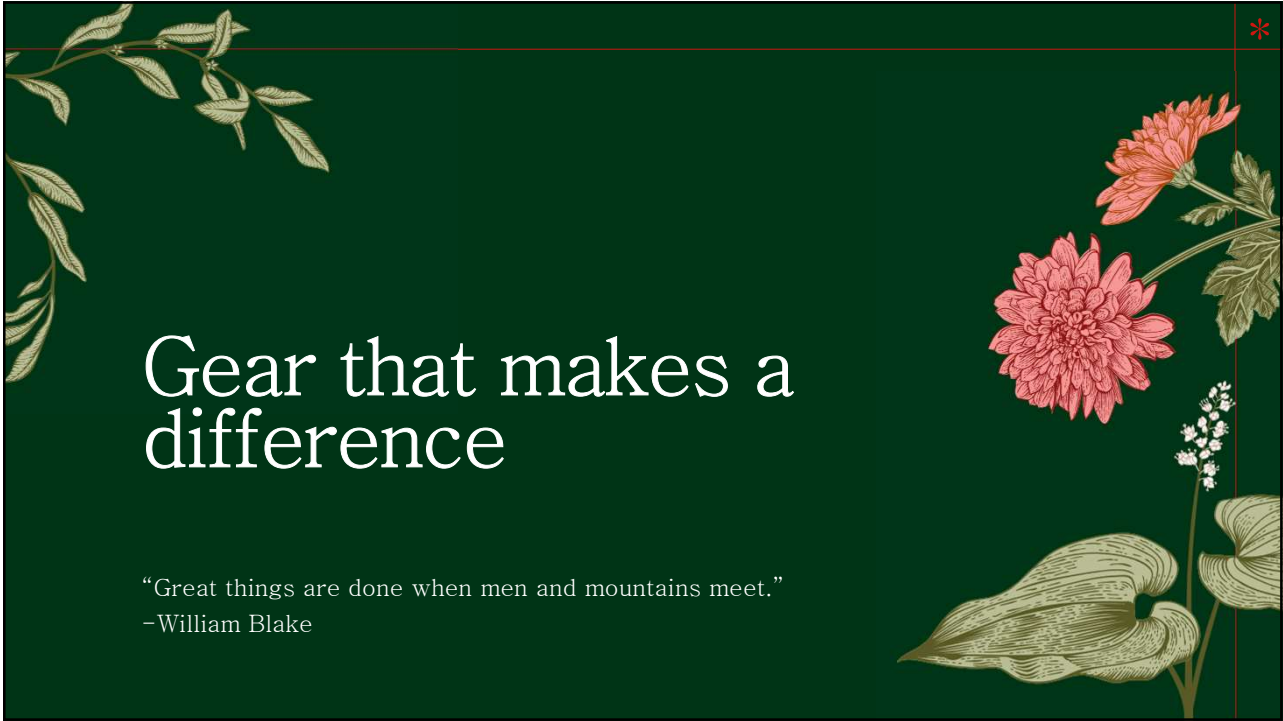
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- Weather
- Trail selection
- Elevation gain/loss
- Accessible trail research
- Length
- Cell service
- Parking
- Tell someone your plan
- Emergency contacts
- Medication
- Water
- Maps/Navigation

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Gear that makes a difference

“Great things are done when men and mountains meet.”
-William Blake

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- A person wearing a blue hoodie, khaki pants, and a red baseball cap is wading through a swampy area. They are holding a long wooden pole. The water is dark and murky, and the trees are tall and thin, with some having Spanish moss hanging from their branches. The person is smiling at the camera.

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“The secret of making the best person is to grow in the open air and to eat and sleep with the earth.” –Walt Whitman



- Reading trail markers
- Pacing yourself
- Rest breaks
- Crossing streams
- Stepping over obstacles
- Going downhill
- Using poles
- Leave no trace
- Recognizing when to turn around
- Scanning
- Looking ahead
- Maintaining orientation
- Landmarks
- Auditory cues
- Sun positioning
- Trail edges
- Safe trailing

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Special considerations

“Hiking and happiness go hand in hand or foot and boot.”
-Diane Spicer

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- Stay calm
- Check for injury
- Don't rush
- How to stand safely
- When NOT to stand
- Calling 911
- SOS features
- Satellite
- Helping someone else
- Heat illness
- Getting lost

A photograph of a person wearing a light blue long-sleeved shirt and patterned shorts, crouching in a forest with tall evergreen trees and dense green undergrowth. The person appears to be examining something on the ground.

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A dark green background featuring botanical illustrations. In the top left, there are green leaves. In the top right, there is a red asterisk. On the right side, there are two large, detailed flowers: one is orange and the other is pink. At the bottom right, there are large green leaves and a small cluster of white flowers.

Community Resources

“One of the great things about travel is that you find out how many good, kind people there are.” –Edith Wharton

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- Ridge to Rivers Trail System
- All Trails
- Caltopo
- Reddit
- Local hiking groups
- Boise Greenbelt
- City of Boise Recreation Programs
- Adaptive recreation
- Idaho State Parks

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What Questions Do You Have?

- Enter questions into the Q&A or CHAT

We will pose questions to Emily and Sam and answer as many as time allows

Their contact info:

Emily Elsner
grace.93emily@gmail.com

Sam Picciano
sampicciano@gmail.com



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Thank you for Your support

Participants

- We hope you understand how to enjoy nature AND stay falls-free

Presenters

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

ZOOMbie

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

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We hope you continue to be falls-free in ID!

Join us in September

Falls Prevention Awareness Month

Several seminars planned!

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