

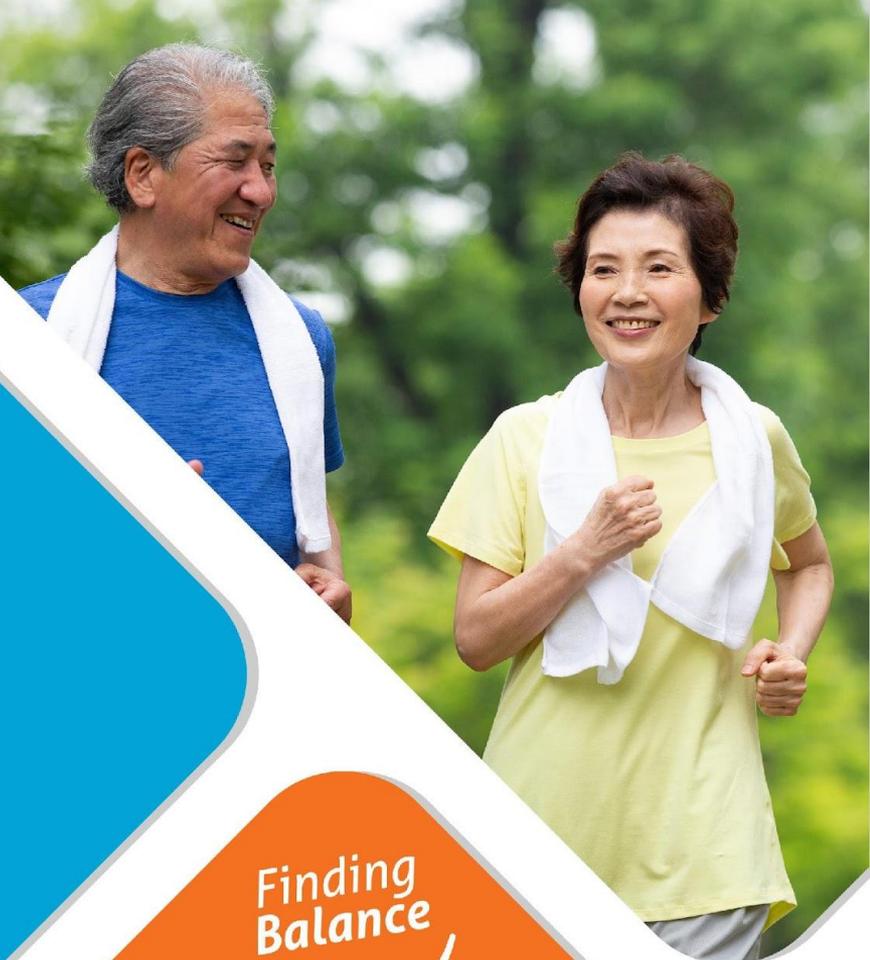
Falls Prevention

Date: January/February
2024

Presenter: Jennifer, LPN



Finding
Balance



**1 in 3
older
Albertans
fall each
year.**

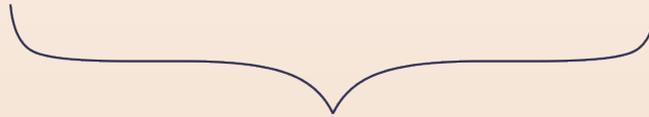
Falls are the #1 cause of injuries among older adults, but don't only happen to older adults - it can happen to anyone.



Fall Facts for Older Adults

101 Emergency Department
Visits Each Day³

27 Fall-related Hospital
Admissions Each Day³



(Injury Prevention Centre. Fall Facts infographic 2021. Edmonton, AB: Injury Prevention Centre; 2021.)



THE **AVERAGE**
LENGTH OF STAY
IN HOSPITAL
DUE TO A FALL IS
3 WEEKS²

Fall Facts for Older Adults

95% OF ALL
HIP FRACTURES
&
40% OF ALL
NURSING HOME
ADMISSIONS ARE A
DIRECT RESULT OF
FALLING¹

(Injury Prevention Centre. Fall Facts infographic 2021. Edmonton, AB: Injury Prevention Centre; 2021.)

Could a fall
change your
lifestyle?



After a fall, people may...

- Lose confidence
- Be afraid they might fall again
- Stop going out and doing things they enjoy
- Not be able to live the way they want to



Risk Factors

Balance

Leg Strength

In and Around the Home

Chronic Health Conditions

Cognitive Changes

Vision

Nutrition & Hydration

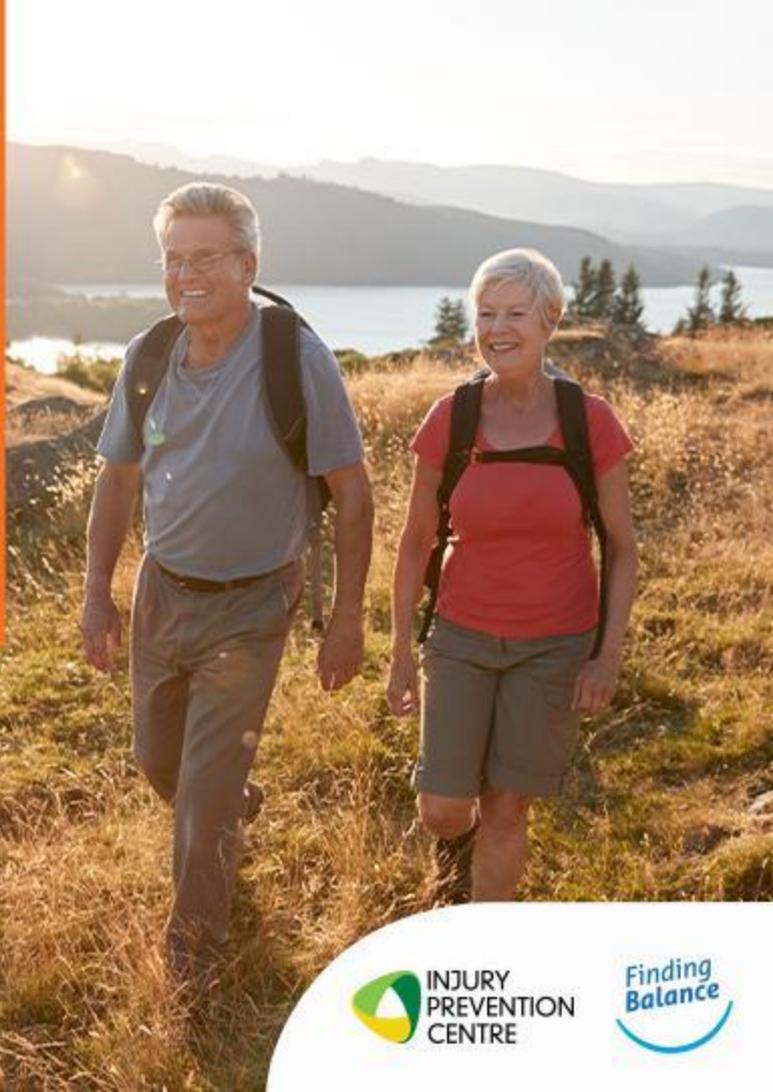
Depression

Medication

Footwear & Foot Care

Dizziness

Are you at risk
of falling?



Are you at risk of falling?



Circle YES or NO for each statement, then tally your score below.		Steps to lower your risk of falling
Have you fallen in the last 6 months?	YES 2 NO 0	Learn more about how to lower your fall risk to prevent yourself from falling again.
Do you use, or have you been advised to use, a cane or walker to get around safely?	YES 2 NO 0	Talk with a physiotherapist to get the best walking aid for your needs.
Do you sometimes feel unsteady when you are walking?	YES 1 NO 0	Exercise to improve your strength and balance.
Do you have to steady yourself by holding onto furniture when walking at home?	YES 1 NO 0	Talk with a physiotherapist for exercises to improve your balance.
Do you worry about falling?	YES 1 NO 0	Talk to your healthcare provider if you are worried about falling, especially if it stops you from being active.
Do you need to push yourself up with your hands to stand up from a chair?	YES 1 NO 0	Do 30 minutes of physical activity 5 days a week. Strengthening your muscles can reduce your risk of falling.
Do you have trouble stepping up onto a curb?	YES 1 NO 0	Be active to improve strength and balance.
Do you often have to rush to the toilet?	YES 1 NO 0	Talk with your doctor or health care provider about managing the need to rush to the toilet.
Have you lost any feeling in your feet?	YES 1 NO 0	Talk with your podiatrist or doctor because numbness in your feet can cause a fall.
Do you take medication to help you sleep or improve your mood?	YES 1 NO 0	Review your medications, vitamins, and supplements with your pharmacist or doctor yearly or if your prescription changes.
Do you take medication that sometimes makes you feel lightheaded or more tired than usual?	YES 1 NO 0	Talk to your doctor or pharmacist about medication side effects or causes of light-headedness.
Do you often feel sad or depressed?	YES 1 NO 0	Talk to your healthcare provider or doctor about how you are feeling.
Do you have difficulty avoiding hazards in your path because you don't see well?	YES 1 NO 0	Visit an eye doctor yearly to check your eye health.

Add up the number of points for each YES answer.
If you scored 4 points or more, you may be at risk of falling.

TOTAL SCORE: _____

Talk to your healthcare provider or doctor for more information.

Medication



The **more** medications you are on, the **higher** your **risk** of falling.

Taking more than 5 drugs can **increase** your risk of a fall by **75%**

Medications include:

- Prescriptions
- Supplements
- Over-the-counter medications
- Vitamins



Medication may increase the risk of falling if it makes people:

- sleepy, dizzy, weak or confused.
- go to the washroom more often.



Risk of Falling	Type of Medication	Potential Side Effects
<p>Lower Risk</p> 	<ul style="list-style-type: none"> » Blood Pressure Medications » Anti-inflammatory Medications 	<ul style="list-style-type: none"> » Low blood pressure medications can make you feel dizzy, weak, or confused. » Anti-inflammatory medications can make you feel sleepy and dizzy.
	<ul style="list-style-type: none"> » Water pills » Diabetes Medications 	<ul style="list-style-type: none"> » Water pills make you go to the washroom more, and make you feel dizzy. » Low blood sugar medications can make you feel dizzy, weak, or confused.
<p>Higher Risk</p>	<ul style="list-style-type: none"> » Sleeping Pills » Antidepressants » Anti-anxiety Medications » Seizure Medications » Opioid Painkillers (e.g.: Tylenol 3, morphine) 	<ul style="list-style-type: none"> » Medications that affect your brain can make you feel more sleepy, dizzy, confused, or reduce your balance.

Adults need to review their medications with a doctor or pharmacist.

-  **DO NOT** stop taking your medications without talking to your healthcare provider.
-  **DO** talk to your doctor or pharmacist about your medications, symptoms, and potential to experience falls. They can assess you and your medications and determine the best plan of action.

Medication

Encourage adults to:

- Always follow the instructions and doses.
- Keep a current medication list in their wallet and in their home.
- Not share prescription medications.
- Tell their healthcare provider about any new symptoms such as dizziness, blurred or double vision.

Drinking Guidelines for Older Adults

FOR WOMEN, no more than 1 standard alcoholic drink per day, with no more than 5 alcoholic drinks per week in total.

FOR MEN, no more than 1–2 standard alcoholic drinks per day, with no more than 7 alcoholic drinks per week in total.



If you're worried about a person's drinking, connect them with a healthcare provider.

Q. For how many minutes each week should older adults (65+) be active?

- a) 60 minutes
- b) 120 minutes
- c) 150 minutes
- d) 180 minutes



Q. For how many minutes each week should older adults (65+) be active?

- a) 60 minutes
- b) 120 minutes
- c) 150 minutes
- d) 180 minutes



A: c) 150 minutes

Challenge
Your
Balance



Build
Strength



Be
Active



Benefits of being active:

Reduces
the risk of
falling.

- Improves mood and concentration.
- Reduces stress and anxiety.
- Improves sleep quality.
- Keeps lungs, heart, muscles and bones strong.
- Stay at a healthy weight and have a good appetite.
- Keeps bowels healthy.
- Reduces the risk of other health conditions.
- Improves balance.

Vision



Alberta Health coverage is available towards the annual eye exam for Albertans 65 years and older.

Encourage people to get their eyes checked every year!



Find an optometrist nearby.

Home and Community



In the Bathroom:

- Safety grab bars by the shower, tub and toilet.
- Toilet paper roll within reach.
- **Non-slip mats** inside and outside the bathtub and shower.
- Keep floors dry.
- Night light on in the bathroom.



Steady on the Stairs



- Handrails on both sides.
- Well lit with light switches at the top and bottom of the stairs.
- Free of clutter.

Eliminate Trip Hazards

- Keep pathways clear and eliminate clutter.
- Have non-slip mats.
- Keep a phone nearby.
- Use nightlights or motion sensors in the bathroom and hallways.
- Use mobility aids correctly.

Nutrition and Hydration



Footwear & Foot Care



Feet that are healthy and pain-free can help people keep their balance.

Wear supportive, non-slip footwear inside and outside.

Tips for Winter



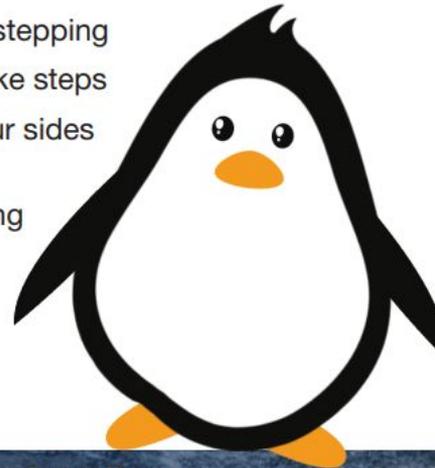
Tips for Winter

- Make sure footwear for winter has:
 - the proper amount of grip, try ice grips over footwear.
 - soles that stay flexible in the cold.
 - a wide, flat heel.
- When possible, avoid walking on snow and ice.
- Put a retractable ice pick on the end of a cane.
- Carry a small bag or container of sand to sprinkle on icy spots that can't be avoided.
- Keep hands free for gripping handrails or supports.

Do the Penguin Walk!

Stay healthy and active, avoid a fall and possible injuries.

- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance
- Go S-L-O-W-L-Y



www.penguinwalk.ca

How to Get Up from the Floor



Every year, 1 in 3 older Albertans will fall but there are things you can do to prevent falling.

Clear vision is critical to preventing falls.

Ensuring your eyeglass prescription is correct is a good first step in fall prevention, but your eye health is equally important.

Your optometrist can help!

Did you know . . .

- ▶ You'll benefit from early intervention. Many eye diseases have no early symptoms such as cataracts, glaucoma, macular degeneration, a tear in the retina, bleeding and tumours.
- ▶ Your optometrist can see early signs of medical conditions, such as high blood pressure, diabetes, and cardiovascular disease. Your optometrist and physician will work together to protect your eyes.
- ▶ Your eyes need more time to adjust to changes in light as you age. You may need to increase lighting.
- ▶ We can lose depth perception which makes it harder to judge the height and depth of stairs and curbs.
- ▶ We become more sensitive to glare, so it's important to use sunglasses year-round.
- ▶ Some medications can cause blurred or double vision.



Alberta Health coverage is available towards your annual eye exam for Albertans 65+.

To find an optometrist, just enter your postal code at:
www.optometrists.ab.ca/findanoptometrist

Alberta Association of Optometrists

Email: info@findingbalancealberta.ca
Phone: 780.492.6019
Website: www.findingbalancealberta.ca



Funding provided, in whole or in part, by Alberta Health. Provision of funding by Alberta Health does not signify that this project represents the policies or views of Alberta Health. | Sources available upon request. | REV: 09-2022

© Copyright 2022 - Finding Balance & Injury Prevention Centre.

LOCAL CONTACT INFORMATION:

Every year, 1 in 3 older Albertans will fall but there are things you can do to prevent falling.

If you have a fall:

- Lie still a minute.
- Stay calm.
- Check yourself for injuries.
- If you are not injured, use a sturdy piece of furniture to get up.
- If you are injured, call for help.

Even if you are unhurt, tell a healthcare professional, family member, or health care practitioner that you have fallen to lower your risk of falling again.

1

Roll onto your side, and then push up onto your elbows.



2

Use your arms to push yourself onto your hands and knees.



3

Crawl towards a very stable piece of furniture (a sturdy chair or bed) and hold onto it for support.



4

Slide or raise the foot of your stronger leg forward so it's flat on the floor.



5

Lean forwards and push up using your arms and front leg, slowly rising to a standing position.



6

Turn around and sit down. Sit for a minute or two and catch your breath.



Email: info@findingbalancealberta.ca
Phone: 780.492.6019
Website: www.findingbalancealberta.ca



Funding provided, in whole or in part, by Alberta Health. Provision of funding by Alberta Health does not signify that this project represents the policies or views of Alberta Health. | Sources available upon request. | REV: 09-2022

© Copyright 2022 - Finding Balance & Injury Prevention Centre.

LOCAL CONTACT INFORMATION:

Name one change
you will make
to lower your
risk of falling.

QUESTIONS?

And remember... there are NO falls
in Day Program because it's too
much paperwork and takes away
from us having fun !