Fall Prevention

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- Jaclyn Wilkerson
Who are we and what do we do . . .

- What is Occupational Therapy?
- What do we look at?
Why learn about fall prevention?

- Injury
- Hip Fracture
- Injury-related Death
- Traumatic Brain Injury
- Costly

(Painter, 2009)
The good news . . .

- Many falls can be prevented through:
  - Home/Environment Modification
  - Use of adaptive equipment
  - Exercise

(National Center for Injury Prevention and Control, 2002)
How to make your home safer

- Floors:
  - Create a clear path
- Rugs
  - Tape rugs down
  - non-slip mat underneath rug
  - Remove rugs

(National Center for Injury Prevention and Control, 2002)
(Stevens & Olson, 1999)
How to make your home safer

- Floors
  - Carpet
  - Remove clutter
  - Cords
  - Bright colored tape

(National Center for Injury Prevention and Control, 2002)
(Stevens & Olson, 1999)
How to make your home safer

- Light
  - Accessible
  - Lamps
  - Night lights
  - glow-in-the-dark or illuminated switches
  - Stair lights
  - Flashlights

(Staff of Mayo Clinic, 2008)
(National Center for Injury Prevention and Control, n.d.)
How to make your home safer

- Stairs and steps
  - Remove objects
  - Good condition
  - Handrails

(Stevens & Olson, 1999)
(National Center for Injury Prevention and Control, n.d.)
How to make your home safer

- Kitchen
  - Cabinets
  - Cabinet doors.
  - Step stool

Stevens & Olsons, 1999)
(National Center for Injury Prevention and Control, n.d.)
(Painter, 2009)
How to make your home safer

- Kitchen
  - Spills
  - Clutter
  - Accessible

(Painter, 2009)
How to make your home safer

- Bedroom
  - Lights
  - Clutter
  - Path

(Stevens & Olson, 1999)
How to make your home safer

- **Bathroom**
  - Non-slip surfaces
  - Rugs
  - Bath/shower benches
    - grab bars
    - hand held shower head
  - Raised toilet seat with handle bars

(National Center for Injury Prevention and Control, n.d.)
(National Center for Injury Prevention and Control, 2002)
How to make your home safer

- Outside your home
  - Clutter
  - Walkway
  - Lights
  - Slip resistant strips

(Painter, 2009)
Other helpful hints!

- Phones
- Emergency numbers
- Alarm device

(Stevens & Olson, 1999)
Other helpful hints:

- Portable commode
- Assistive Devices

(National Center for Injury Prevention and Control, n.d.)
SHOES SHOES SHOES!

- Sturdy
- Non-slip
- Thinner soles
- Measure feet
- Lace up/Velcro
- Wide enough
- Shoe horn/sock aide

(Mayo Clinic staff, 2008)
(National Center for Injury Prevention and Control, 2002)
Doctor visit

- Medications
- Vision.
- Fall history
- Specialist

(Mayo Clinic staff, 2008)
Exercise!

- Regular exercise
- Talk to doctor
- Balance, strength, & coordination!

PREVENT FALLS

(National Center for Injury Prevention and Control, 2002)
Exercise

- You can participate in activities such as:
  - Walking
  - Water aerobics
  - Tai Chi
  - Weight bearing

(Mayo Clinic staff, 2008)
Walking

- Parking
- Parks
- Breaks
- Shop
- Pedometer
Water Aerobics

- Water temperature
- Reduce pain sensitivity
- Increase strength
- Balance

(Bates, 1996)
Tai Chi

- Martial arts
- Gentle/dancelike
- Coordination

(Mayo Clinic staff, 2008)
(Painter, 2009)
(Cross Country Education, p. 4)
Weight-Bearing

- Stimulation
- Strength
- Decrease falls
Are you ready to work it out!!!

- Workout routine to get you going!
  - Breathing
  - Stretching/Weight bearing
  - Walking in place
  - Tai Chi
  - Cool Down
References:


