



Finding Balance

Prevent a Fall Before it Happens

Part of “Healthy Together” wellness toolkit funded by New Horizons

Presented By: Vintage Fitness



What do they have in common?



Fall stories





Seniors' falls facts

- 1 out of 3 seniors will fall at least once a year
- If you fall once, you are twice as likely to fall again
- **Falls are not a normal part of aging**



Ontario seniors' injury hospital admissions

- Every 30 minutes one senior is admitted to hospital due to a fall
- 90% of hip fractures are due to a fall
- 40% of nursing home admissions are because of a fall
- Falls are the leading cause of death for persons over 80



After a fall you may...

- lose confidence
- be afraid you might fall again
- stop going out and doing things you enjoy



What causes a fall?



Risk Factors

**Risk
Taking**

Footwear

**Blood
Pressure**

Depression

Balance

Vision

**Home
Safety**

Leg Strength

Nutrition

Dizziness

Bathroom

Attention

Medication





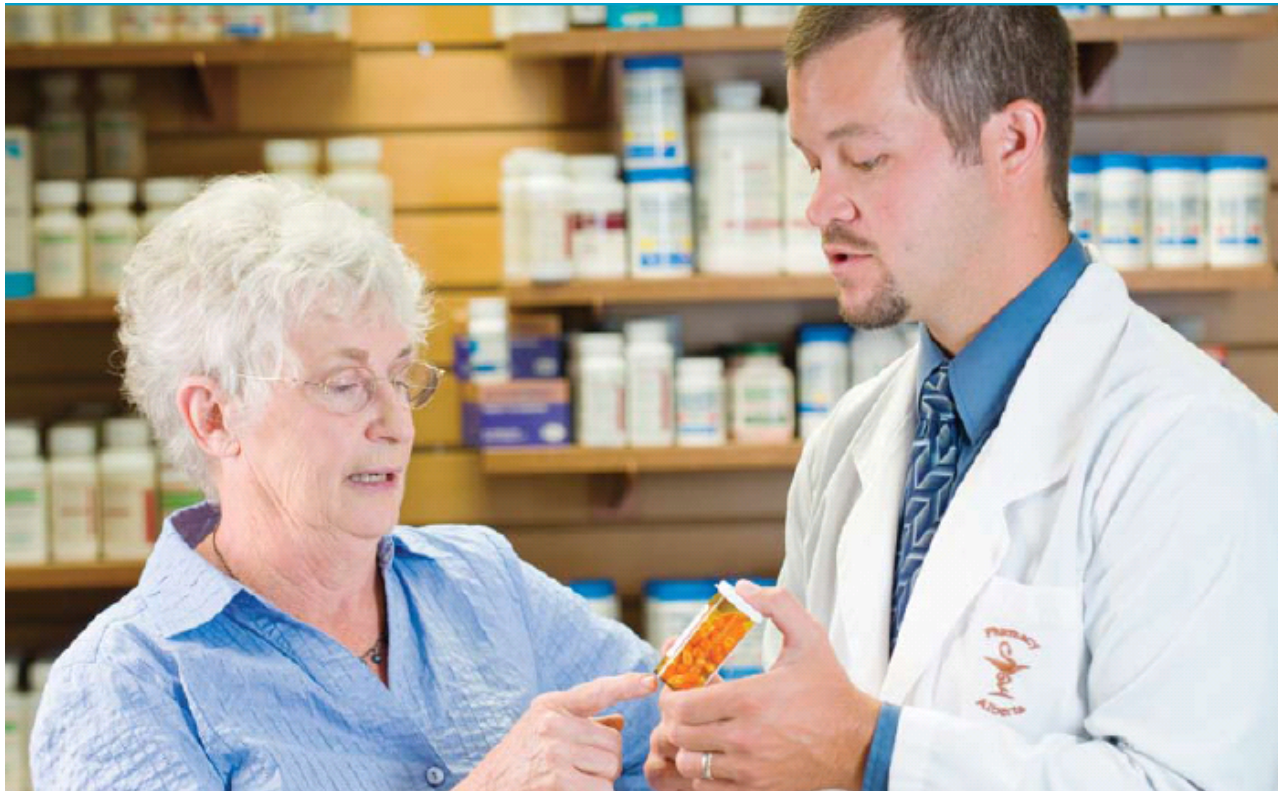
Take action

- Check your medications
- Keep active
- Watch your step



Check your medications

- Talk to your doctor or pharmacist



Check your medications

- Medications include:
 - prescriptions
 - herbal supplements
 - vitamins
 - over the counter drugs



Check your medications

- Medications that relax you, help you sleep, or improve your mood can increase your risk of falling
- Use only 1 pharmacy and never take someone else's medications
- Alcohol affects medication – be careful



Take action

- Check your medications
- **Keep active**
- Watch your step



Keep active

- Exercise for strength and balance



Keep active

- Be safe. Talk to your health care provider before starting something new
- Aim for 30 minutes every day
- You're never too old to get active



Warning:

The greatest health risk for older adults is living an inactive life.

(World Health Organization, 2002)



Take action

- Check your medications
- Keep active
- **Watch your step**



Watch your step

- Wherever you are



Watch your step

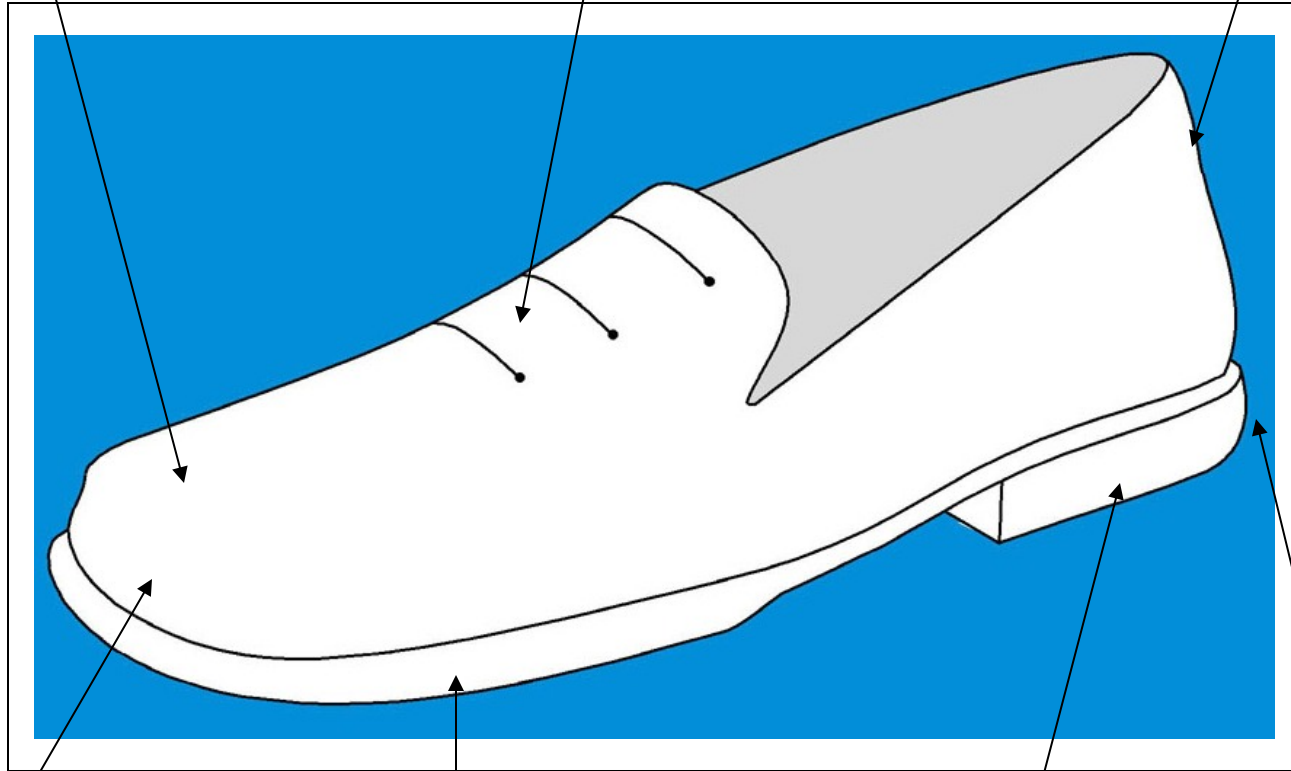
- Pay close attention
- Have your vision checked every year
- Check your footwear



Shoe length is 6 mm (1/4 ") longer than your longest toe

Laces or Velcro closure allows a snug fit and allows for swelling

Back of shoe covers the heel to provide support and prevent slipping



Toe area is deep and wide enough to allow toes to move

Sole has a good grip but does not stick to carpet

Heel height is 6mm to 2.5 cm (1/4" to 1" high)

Heel is rounded and wide to give more contact with the ground



Watch your step

- Make sure halls and stairways are well lit and pathways are clear of clutter
- Remove throw rugs
- Install grab bars for your tub, shower, and toilet



How do I get up if I've fallen?

- Are you injured? If so, call for help, stay warm and comfortable
- If not:
 - Roll onto your side
 - Crawl to a sturdy piece of furniture
 - Put your hands on the furniture
 - Put one foot flat on the floor
 - Push up with hands and foot and stand up
 - Swing your bottom around and sit down



What do I do after a fall?

- Always tell your health care provider if you have had a fall
- Find out about programs/services in your area
 - Strong & Steady
 - Home Support Exercise Program
 - Halton Hills Parks & Recreation



Conclusion

- Falls hurt
- Falls are not a normal part of aging
- Many falls are preventable
- Take action:
 - Check your medications
 - Keep active
 - Watch your step





Questions?

Thank you!

