

# GOAL FOR TODAY

- To talk about falls.
- To identify common risks for falling.
- To learn about ways to prevent falls.



Project UPRIGHT: NL Falls  
Prevention

# HOW COMMON ARE FALLS?

- Annually 30% of seniors fall in their homes



Project UPRIGHT: NL Falls  
Prevention

# What are the effects of falls?

- Fear of falling
- Loss of independence
- Injury (fractures of the hip, upper arm, forearm, ankle, ribs, vertebral column, and pelvis)
- Death



Project UPRIGHT: NL Falls  
Prevention

# Talking about falls

- WHAT ARE THE RISKS?
  - Personal Factors
  - Environmental Factors



Project UPRIGHT: NL Falls  
Prevention

# What are PERSONAL RISK FACTORS

- Dizziness
- Taking 3 or more medications
- Drinking alcohol frequently
- Not using canes etc. properly or when needed
- Foot problems



Project UPRIGHT: NL Falls  
Prevention

# PERSONAL RISK FACTORS

## (Continued)

- Weak muscles or stiff joints
- Rush to the bathroom or phone
- Use or lack of use of equipment
- Vision or hearing difficulties
- Not placing safety as a priority by not paying attention or rushing



Project UPRIGHT: NL Falls  
Prevention

# What are ENVIRONMENTAL RISK FACTORS?

- Poor lighting
- Slippery floors
- Clutter
- Telephone or other cords
- Pets
- Throw rugs



Project UPRIGHT: NL Falls  
Prevention

# What you can do to reduce your risk

- Identify the areas of risk for you.
- Identify what may be causing this risk factor.
- Determine what you can do.
- Act on reducing your risk factors.



Project UPRIGHT: NL Falls  
Prevention

# My Falls Prevention Plan

1. Have my vision checked.
2. Have my hearing checked.
3. Have my medications reviewed by my doctor or pharmacist.
4. Have my blood pressure checked.
5. Take better care of my feet and review the shoes I have to ensure they are safe and appropriate.

# My Falls Prevention Plan

6. Participate in a regular exercise program.
7. Review my home for safety hazards
8. Learn more about equipment for home independence and safety.
9. Other



Project UPRIGHT: NL Falls  
Prevention

# Resources Available

- A workshop that explores possible causes of the risk factors is available.
- A video and a presentation on how to make sure your home is safe is available.
- Further information and ideas about falls prevention projects is available.



Project UPRIGHT: NL Falls  
Prevention

# Questions?

Please let me know if we can contact you for a follow up questionnaire.



Project UPRIGHT: NL Falls  
Prevention