

**SPECIAL
POINTS OF
INTEREST:**

- We strongly advise adult children and other caregivers to create a fall prevention strategy for the seniors in their lives. Attitude is a key component of successful aging.
- A vital element of any fall prevention plan is removal and/or securing of all home hazards.
- The use of proper lighting throughout the home is important for avoiding slips, trips, and falls.

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9/22/2011

Fall Prevention

When summer's heat and humidity finally fade into cooler sweater weather, we look forward to that changing season. However, the word "fall" has a more significant meaning for us and our caregivers. Falls are a leading cause of injury within the senior population. Therefore, we strongly advise adult children and other caregivers to create a fall prevention strategy for the seniors in their lives.

According to the Mayo Clinic, it's a good idea to schedule a doctor's appointment for your loved one and review all current medications to determine if any side effects are putting Mom or Dad at risk for falls. The doctor may ask other relevant questions about previous "close calls" and potential walking issues.

It's no surprise that physical activity, with a doctor's approval, can be an incredibly proactive method of fall prevention. Any gentle exercise like walking, a water workout



or light weight training in a group setting can reduce falls by increasing seniors' balance, coordination, flexibility, and strength.

Also, certain types of footwear should be avoided. In particular, high heels, floppy slippers, and shoes with slippery soles can make anyone trip or fall. The best option for seniors living alone is a pair of sturdy, properly fitted lace-up shoes with nonskid soles.

A vital element of any fall prevention plan is removal and/or securing of all home hazards. Each room, hallway, and stairway in the home should be checked and "fall-proofed" for safety

purposes. In fact, we encourage A+ caregivers to assist our clients by removing clutter and wires/cords from walkways and high-traffic areas. Relocating necessities (food, plates and

silverware, clothing, etc.) within easy access is another way our caregivers help out.

The use of proper lighting throughout the home is important for avoiding slips, trips, and falls. Night-lights, a lamp placed strategically near the bed, and illuminated switches should be implemented. We suggest turning on lights before going up or down stairs and having flashlights readily available in case of a power outage, regardless of age.

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“Regarding personal safety, we at A+ Senior Care believe using assistive devices in the home when needed trumps vanity and pride every time.”

Fall Prevention (continued)

Regarding personal safety, we at A+ Senior Care believe using assistive devices in the home when needed trumps vanity and pride every time. A cane or walker isn't a reminder of weakness – it's a sign of someone who wants to remain safe and mobile! Other helpful tools include: stairway handrails (both sides if needed), nonslip treads for steps, a raised toilet seat (or one with armrests), and shower or bathtub grab bars and plastic seats.



We think any money spent on fall prevention resources is a wise investment compared with the

cost of unnecessary emergency room and doctor's office visits. In fact, the CDC states that, "By 2020, the annual direct and indirect cost of fall injuries [for people 65 and older] is expected to reach \$54.9 billion. So enjoy the upcoming fall season, but please, help your loved

ones avoid taking a fall.

Related online resources: www.mayoclinic.com , www.caring-for-aging-parents.com , www.stopfalls.org , www.boomers-with-elderly-parents.com and www.cdc.gov.



Announcement

Preventative Measures

Fall Prevention Awareness Day

Come to Fox Rehabilitation's Fall Prevention Awareness Day for your comprehensive fall risk assessment, because fall prevention deserves your attention.

SCREENINGS AND INFORMATION WILL BE AVAILABLE

Strength, Mobility, & Balance, Vision & Hearing, Medication Review, Home Safety, Nutritional Counseling, Exercise Classes, Assistive Device Assessment, CarFit.



Free Events & Activities
September 22, 2011
11AM – 2PM

Fox Rehabilitation
Education Center
7 Carnegie Plaza
Cherry Hill, NJ 08003

Free Lunch plus Raffle
Prizes and Giveaways