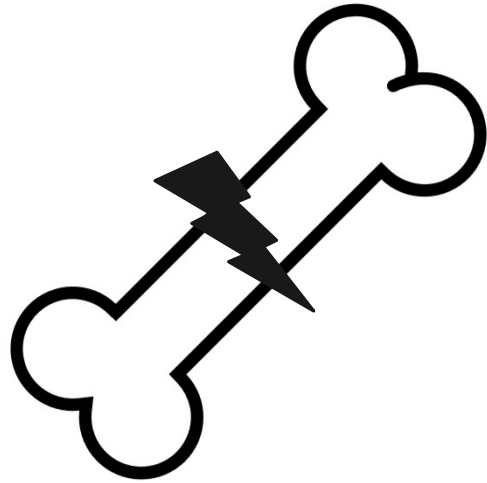


The Fall Cycle: How to Reduce Your Falls' Risk

BY: CRISTIANE B. CRUZ, MPK, R.KIN

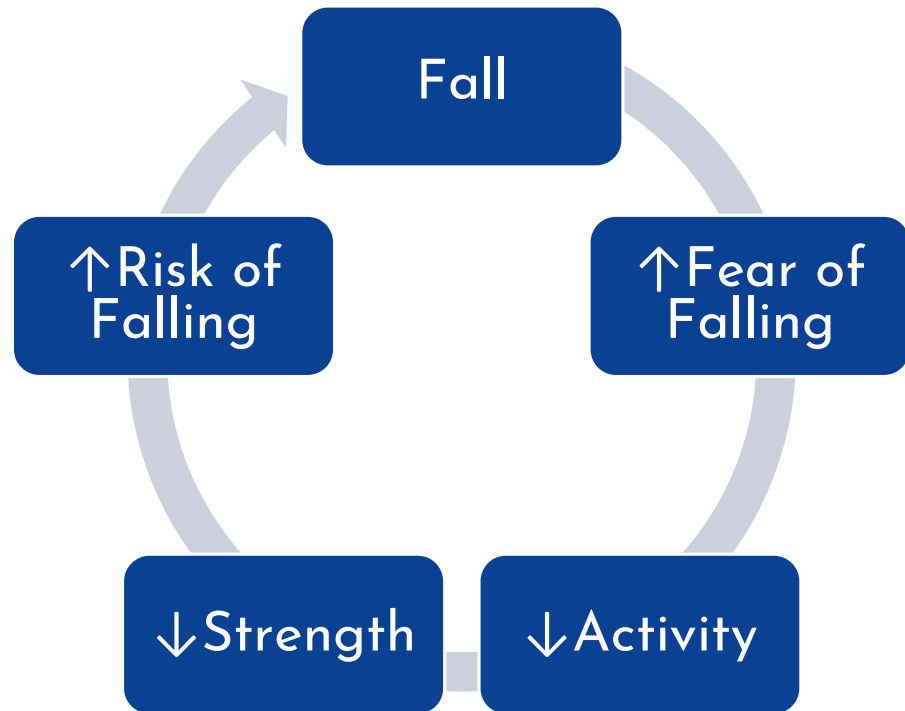


A Fall Can Have Terrible Effects

The Problem?

The Falls Cycle

The Falls Cycle





Causes of Falls

Causes of Falls

Biological And Medical

- Medications
- Poor Eyesight



Behavioral

- Lack Of Exercise
- Alcohol Consumption



Causes of Falls

Environmental

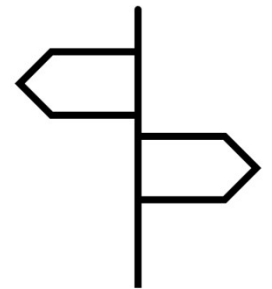


- Poor Lighting
- Improper Footwear



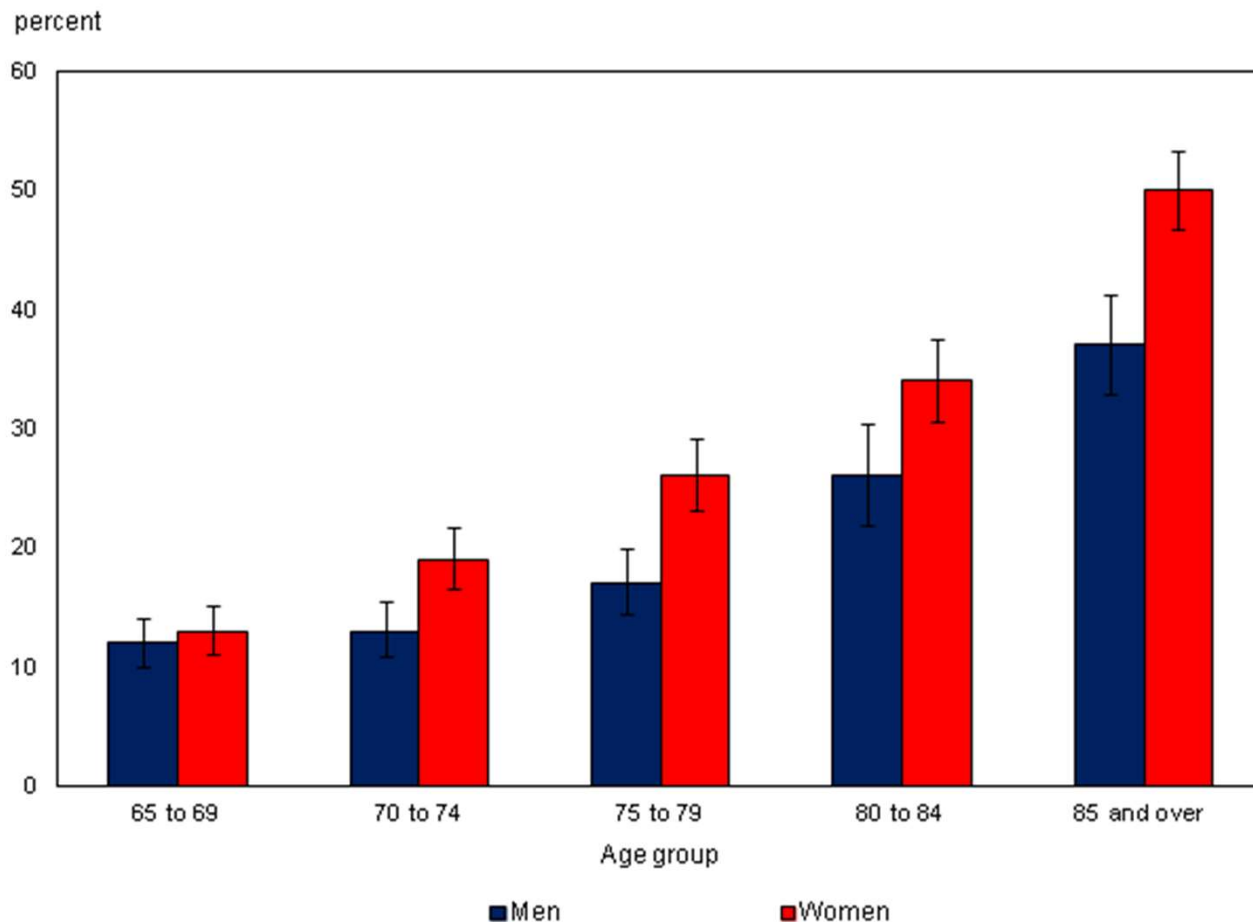
Socio-Economic

- Improper Assistive Devices
- Improper Care
- Unsafe Streets



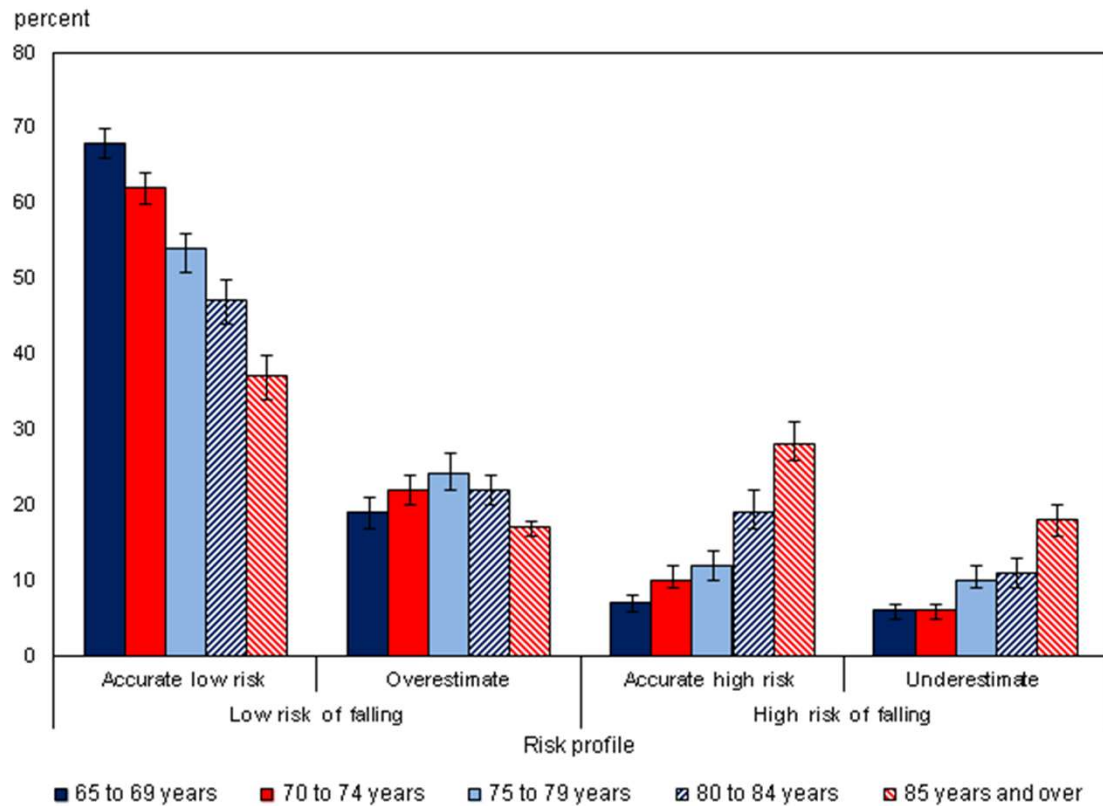
Risk vs. Perception

Chart 3
Percentage of seniors who were at a high risk of falling by age and sex, household population aged 65 and older, Canada, 2008–2009



*Risk of
Falling
Per Age
Range*

Chart 4
Age of seniors by risk profile, household population aged 65 or older, Canada, 2008–2009



Note: The lines overlaid on the bars in this chart indicate the 95% confidence interval. They enable comparison of statistical differences between estimates.

Source: Canadian Community Health Survey – Healthy Aging, 2008–2009.

Perceived Risk

The Solution?

Falls Prevention Strategies

Talk to Your Doctor

- Check Your Medications
 - Some Side Effects Include Dizziness, Slower Reaction Time, Lower Heart Rate
- Ask About The Effects Of Specific Conditions On Falls Risk
- Check Your:
 - Vision
 - Hearing
 - Heart



Remove Home Hazards



- ▶ Be On The Lookout For:
 - ▶ Loose Rugs Or Wiring
 - ▶ Poor Lighting
 - ▶ Liquid Spills
 - ▶ Items Near A Staircase

Eat Well!



- ▶ Be Sure To Get Enough:
 - ▶ Water
 - ▶ Fruits And Vegetables
 - ▶ Protein
 - ▶ Calcium And Vitamin D

- ▶ Be Sure To Limit:
 - ▶ Salt
 - ▶ Sugar

Using An Assistive Device



- ▶ An Assistive Device Can Help To:
 - ▶ Improve Balance
 - ▶ Increase Independence
- ▶ There Is Government Funding That Can Help!
 - ▶ You May Get Up To 75% Of The Cost Covered By ADP Funding
 - ▶ May Require An Assessment From An Occupational Therapist

Proper Footwear and Foot issues



- ▶ One Shoe Is Not Best For All Situations
 - ▶ Ex: Rainboots Cause Can Falls If Used On Carpet Floors
- ▶ Be Mindful Of Your Foot Movements
- ▶ See A Professional If You Are Losing The Feeling In Your Feet

Get Active!

- ▶ Exercise Can Help To:
 - ▶ Improve Your Balance
 - ▶ Strengthen Your Bones & Muscles
 - ▶ Decrease Blood Pressure
 - ▶ Prevent Disease
 - ▶ Improve Mental Health
- ▶ Areas To Focus On:
 - ▶ Lower Body Strength
 - ▶ Core Strength
 - ▶ Balance Training





Exercises To Practice

Sit To Stand & Heel Raises



Exercises To Practice

Single Leg Stance



Exercises To Practice

Wall Plank & Trunk Stretch



Exercises To Practice

Bridge With Ball & Arm Leg Raise

**We May Not Be Able
To Prevent All Falls,
But We Can Work To
Decrease Its Impact
On Our Health**