



CAUTION

Fall Prevention for Older Adults

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- We thank for the guidance from faculty members in UCI School of Nursing.

*Measures taken to ensure safety and assist
in reducing accidental falls.*

Focus: Older Adults

OLDER ADULT FALLS

Startling Statistics



1 second

An older adult falls every second of every day.



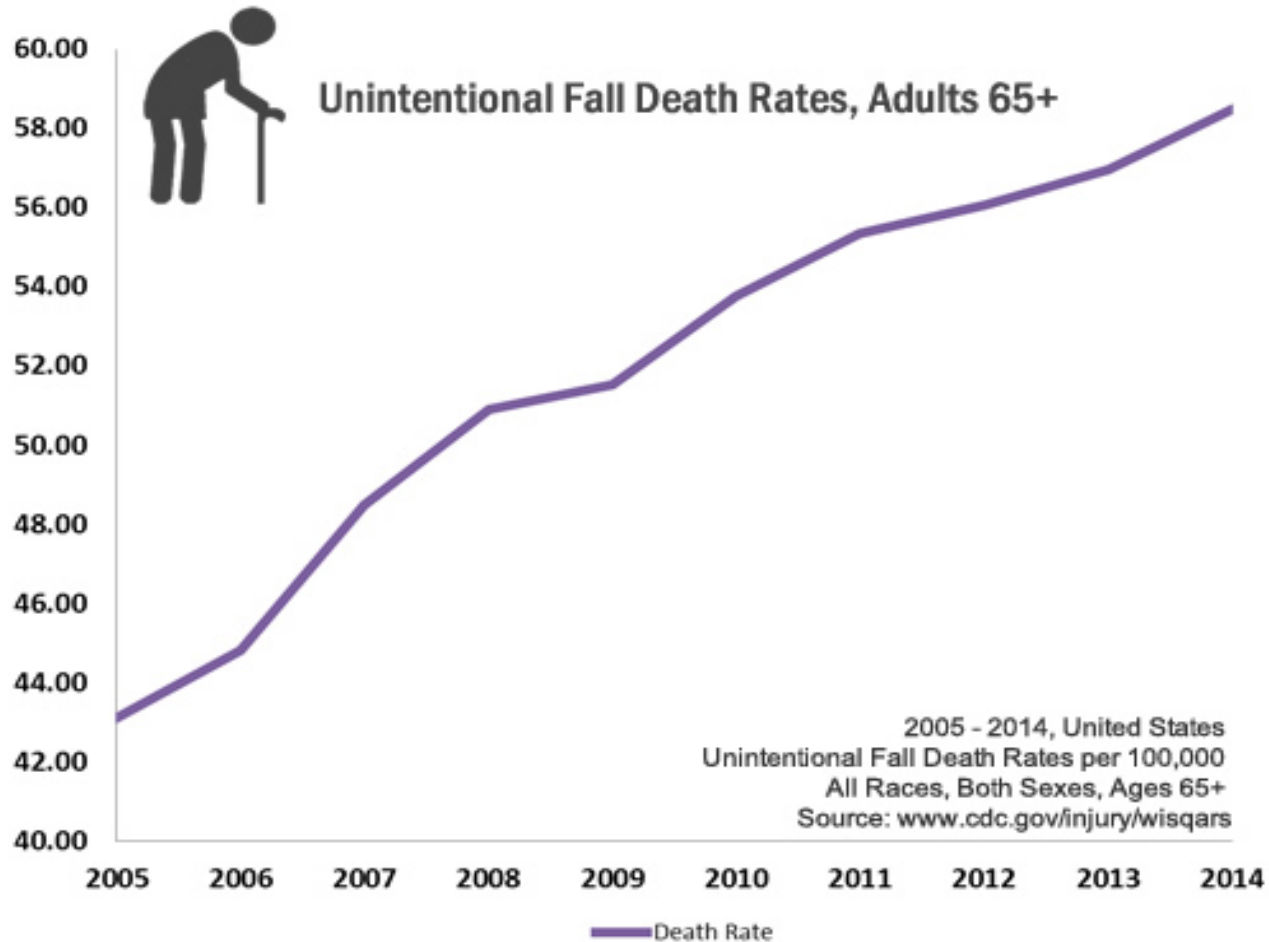
1 in 4

One in four older adults reported a fall in 2014.



#1 cause

Falls are the #1 cause of hip fractures.



Source: Centers for Disease Control and Prevention (CDC)

How to Reduce the Risk of Falling



Reduce Risk
of Falls



Reduce Risk
of Injury



Warn
Caregivers

1. Speak Up
 - Talk to Health Care Provider about fall risks and preventions
2. Keep Moving
 - Do activities that strengthen legs and help balance
3. Check Your Eyes
 - Have vision screening once a year and update glasses as needed
4. Check Home Safety
 - Add grab bars in bathrooms
 - Have handrails and lights installed on staircases
 - Make sure there is plenty of light

Conditions that make it more likely to fall...

According to the Centers for Disease Control:

- Lower body weakness
- Vitamin D deficiency (that is, not enough vitamin D in your system)
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants. Even some over-the-counter medicines can affect balance and how steady you are on your feet.
- Vision problems
- Foot pain or poor footwear
- Home hazards or dangers such as
 - broken or uneven steps, and
 - throw rugs or clutter that can be tripped over.



Nutrition

- Bone & Muscle Health
- Muscle loss after age of 75
 - 15% muscle loss per decade
 - Leads to:
 - Diminish strength
 - Mobility issues
 - Osteoporosis
 - Frailty
- Solutions:
 - Vitamin D
 - Calcium
 - Protein



Nutritional Solutions for Falls

- **Vitamin D**

- 600-800 IU/day
 - Age: <70 → 600 IU/day
 - Age: ≥70 → 800 IU/day
- Supplements, Sunlight, Fortified foods (cereals)

- **Calcium**

- 1200 IU/day
- Milk, Spinach, Tofu, Orange juice, Supplements


- **Protein**

- 1.0 to 1.3 g/kg/day
- Cheese, Meat, Chicken, Fish, Tofu, Yogurt, Eggs, Beans, Milk






Stations Overview

1. Transferring
 2. Equipment
 3. Home Safety
 4. Range Of Motion
- 

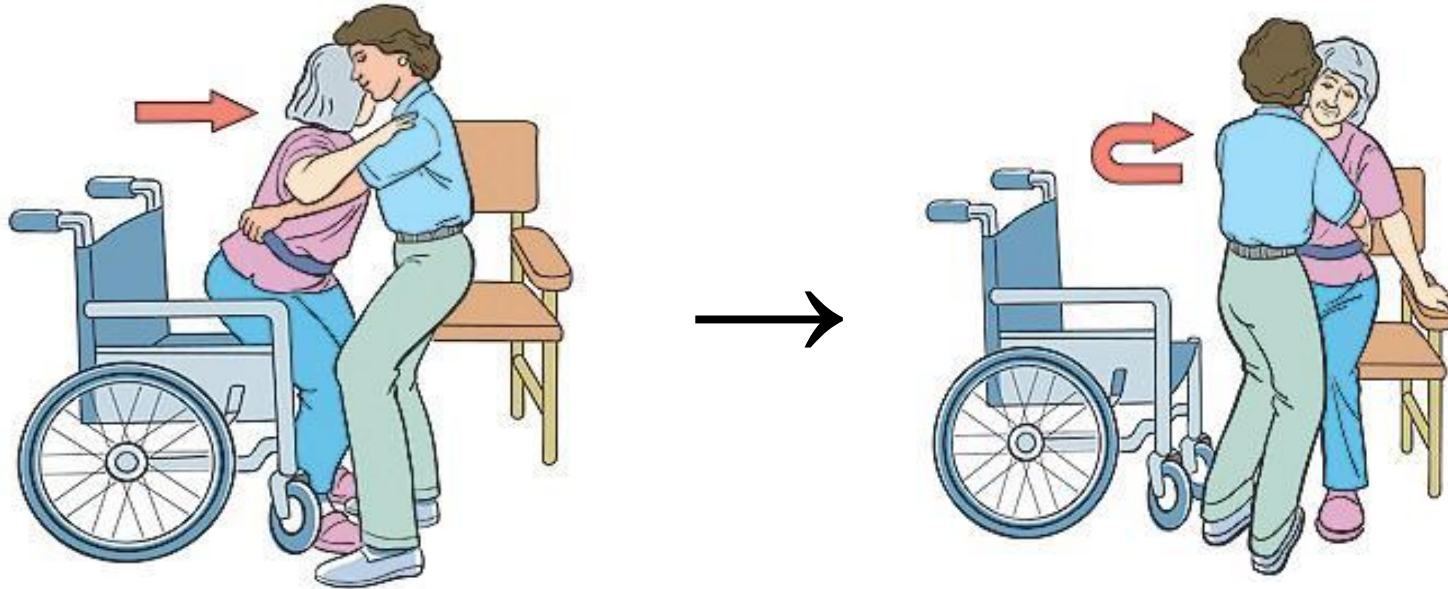


Transferring

Many older adults need assistance transferring from one place to another. It is important to properly transfer these adults in order to keep them safe and also prevent injury to both the caregiver as well as the person being transferred.




Transferring Using Proper Body Mechanics





Equipment

Since many older adults use assistive devices, it is important that these devices are setup correctly and that the older adults are taught how to use them appropriately.



Common Assistive Devices



Home Safety

The number of older adults living independently continues to increase. Thus, it is important to ensure a safe environment at home.

What can be improved?



What can be improved?

- Extension cord
- Items on the table
- Rug
- Items on the floor
 - Shoes
 - Boxed etc.
- Throw Rug

- Bathroom Safety
- Bedroom Safety
- Living Room Safety
- Kitchen Safety
- General Safety
 - Awareness of changes in surfaces
 - Appropriate lighting
 - Non-skid socks / shoes



ROM/Exercise

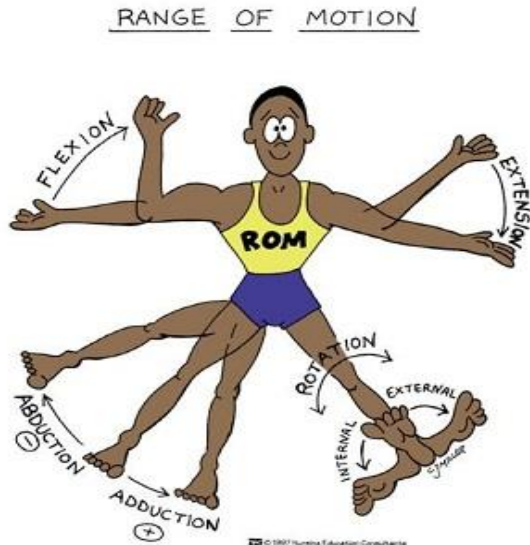
Improves balance and strength.
Can prevent falls from
occurring.



ROM/Exercise

ROM (Range of Motion)

- Helps prevent muscle weakness.



Exercise

- It is important to stay active because limiting activities can lead to weaker muscles and poor balance—which only make future falls more likely.
- The CDC recommends Tai Chi

A yellow triangular warning sign stands on a highly reflective floor. The sign features the text "CAUTION WET FLOOR" and a red icon of a person slipping. The background is a blurred indoor setting with a window and a table with flowers. The entire image is framed by black and yellow diagonal hazard stripes on the left and right sides.

ANY

QUESTIONS ?

References

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