

Effective Fall Prevention

Each year nearly one-third of older adults experience a fall and the long-term consequences of fall injuries, such as hip fractures and traumatic brain injuries (TBI), can significantly impact the health and independence of older adults. Compassionate Care by MEDRelief Staffing understands the risk factors you or your loved ones are facing and we will provide each client an individualized fall prevention plan.

Risk Factors:

Biological Factors

- Mobility problems due to muscle weakness or balance problems
- Chronic health issues such as arthritis and stroke
- Vision changes and vision loss
- Loss of sensation in feet

Biological Factors

- Inactivity
- Medication side effects and/or interactions
- Alcohol use

Environmental Factors

- Home and environmental hazards (clutter, poor lighting, etc.)
- Incorrect size, type, or use of assistive devices (walkers, canes, crutches, etc.)
- Poorly designed public spaces

Prevention Tips

Falls don't have to be an inevitable part of aging. In fact, our tips can prevent many falls when executed properly and applied to daily life. Everyone can contribute to protect his or her elderly loved ones.

1. Make an Appointment With Your Doctor

- Review your medications and their side effects with your physician. Some medicines - or combinations of medicines - can have side effects such as dizziness or drowsiness. This can make falling more likely.
- Keep your vision sharp. Certain eye and ear disorders may increase your risk of falls.
- Muscle weakness, joint pain or numbness. Discuss with your physician if you are experiencing any of these issues as they can evaluate your muscle strength, balance and walking style as well.

How We Can Help: Our caregivers can provide transportation to and from your doctor's appointment and take notes during the appointment.

2. Keep Moving

- Physical Activity can go a long way towards fall prevention. With your doctor's permission, consider activities such as walking, water workouts, or tai chi.
- Physical Therapy can be utilized to create a customized exercise program aimed at improving your balance, flexibility, muscle strength and gait.

How We Can Help: Compassionate Care exercise programs and Range of Motion (ROM) exercise can increase strength and improve balance, making falls much less likely.

3. Remove Hazards at Home

- Take a look around and remove any tripping hazards in high traffic areas such as kitchen, living spaces, bathrooms and bedrooms.
- Secure loose rugs
- Use non-slip mats in bathtub and shower.

How We Can Help: We provide a home safety check so we can help identify potential fall hazards that need to be removed or changed, such as tripping hazards, clutter, and poor lighting.

Did You Know?

Compassionate Care by MEDRelief Staffing provides each client with an individualized fall prevention plan based on your needs and specific to your environment.