

I N T E G R I S

Jim Thorpe Rehabilitation

Fall

Prevention

Program

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Falls Fact Sheet

According to the Center for Disease Control (CDC), Falls and fall injuries are increasing and costs can be over \$31 billion annually.

- 1 in 4 adults fall each year
- An older person falls every second of every day
- Even though falls are common the majority of them are not reported
- Falls are the leading cause of hip fractures and brain injuries
- Falls threaten independence and quality of life

Falls are extremely costly. About 75% of falls are paid by Medicare and Medicaid

- \$29 billion- Medicare
- \$12 billion- Private insurance/out of pocket
- \$9 billion- Medicaid



The CDC reports that to reduce falls, exercises MUST focus on improving balance and strength; be progressive (get more challenging over time); and be practices for at least 50 hours. For example, this means taking a 1 hour class 3 times a week for 4 months, or a 2 hours calls 2 times a week for 6 months.



Taken from the Centers for Disease Control website <http://www.cdc.gov>

Fall Risk Factors

There are many reasons why people fall. Some are easy to identify and others may be a combination of several things. These risk factors can be directly related to you or simply due to your environment. Below are a list of things that may put you at a higher risk to fall

- Generalized muscles weakness
- Decreased balance
- History of falls
- Decreased vision
- Hypotension
- Fear of falls
- Incontinence
- Decreased attention to surroundings
- Conditions such as stroke, Parkinson's, diabetes, dementia
- No grab bars/handrails
- Slick surfaces
- Poor lighting
- Inadequate footwear
- Pets
- Small Children
- Clutter in the home
- Alcohol Abuse
- Medications
- No adaptive equipment or limited use of equipment such as a shower chair, bedside commode, cane, walker, or wheelchair



Medications

Certain medications you may be taking can be a cause of falls. Below is a list of medications that have side effects that have the potential to cause a fall

- Opioids
- Sedatives-hypnotics
- Anticonvulsants
- Anti-depressants
- Antipsychotics
- Benzodiazepines
- Antihistamines
- Muscle relaxants
- Blood pressure medications
- Anticholinergics



If you are taking any of these medications, please be sure to monitor any interactions that you may experience such as:

- Dizziness
- Lightheadedness
- Excessive sleepiness
- Difficulty paying attention
- Falls
- Sudden drops in blood pressure upon standing



If you experience any of these symptoms please speak with your physician!!

My Falls-Free Plan

Name: _____ Date: _____

As we grow older, gradual health changes and some medications can cause falls, but many falls can be prevented. Use this to learn what to do to stay active, independent, and falls-free.

Check "Yes" if you experience this (even if only sometimes)	No	Yes	What to do if you checked "Yes"
Have you had any falls in the last six months?			<input type="checkbox"/> Talk with your doctor(s) about your falls and/or concerns. <input type="checkbox"/> Show this checklist to your doctor(s) to help understand and treat your risks, and protect yourself from falls.
Do you take four or more prescription or over-the-counter medications daily?			<input type="checkbox"/> Review your medications with your doctor(s) and your pharmacist at each visit, and with each new prescription. <input type="checkbox"/> Ask which of your medications can cause drowsiness, dizziness, or weakness as a side effect. <input type="checkbox"/> Talk with your doctor about anything that could be a medication side effect or interaction.
Do you have any difficulty walking or standing?			<input type="checkbox"/> Tell your doctor(s) if you have any pain, aching, soreness, stiffness, weakness, swelling, or numbness in your legs or feet— don't <input type="checkbox"/> ignore these types of health problems. <input type="checkbox"/> Tell your doctor(s) about any difficulty walking to discuss treatment. Ask your doctor(s) if physical therapy or treatment by a medical specialist would be helpful to your problem.
Do you use a cane, walker, or crutches , or have to hold onto things when you walk?			<input type="checkbox"/> Ask your doctor for training from a physical therapist to learn what type of device is best for you, and how to safely use it.
Do you have to use your arms to be able to stand up from a chair?			<input type="checkbox"/> Ask your doctor for a physical therapy referral to learn exercises to strengthen your leg muscles. <input type="checkbox"/> Exercise at least two or three times a week for 30 min.
Do you ever feel unsteady on your feet, weak, or dizzy?			<input type="checkbox"/> Tell your doctor, and ask if treatment by a specialist or physical therapist would help improve your condition. <input type="checkbox"/> Review all of your medications with your doctor(s) or pharmacist if you notice any of these conditions.
Has it been more than two years since you had an eye exam?			<input type="checkbox"/> Schedule an eye exam every two years to protect your eyesight and your balance.
Has your hearing gotten worse with age , or do your family or friends say you have a hearing problem?			<input type="checkbox"/> Schedule a hearing test every two years. <input type="checkbox"/> If hearing aids are recommended, learn how to use them to help protect and restore your hearing, which helps improve and protect your balance.
Do you usually exercise less than two days a week? (for 30 minutes total each of the days you exercise)			<input type="checkbox"/> Ask your doctor(s) what types of exercise would be good for improving your strength and balance. <input type="checkbox"/> Find some activities that you enjoy and people to exercise with two or three days/week for 30 min.
Do you drink any alcohol daily?			<input type="checkbox"/> Limit your alcohol to one drink per day to avoid falls.

The more "Yes" answers you have, the greater your chance of having a fall. **Be aware of what can cause falls, and take care of yourself to stay independent and falls-free!**

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Reviewed by: _____

Center for Disease Control Handouts

- ***What you can do to prevent falls***
- ***Check for Safety***
- ***Stay Independent***

Many falls can be prevented.

By making some changes, you can lower your chances of falling.

Four things YOU can do to prevent falls:

-  Have your healthcare provider review your medicines.
-  Exercise to improve your balance and strength.
-  Have your eyes and feet checked.
-  Make your home safer.

What YOU Can Do to Prevent Falls



For more information, contact Centers for Disease Control and Prevention 1-(800)-CDC-INFO (232-4636) or visit www.cdc.gov/steady

For information about fall prevention, visit go.usa.gov/xN9XA

For more information about hypotension, visit www.mayoclinic.com or www.webmd.com



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

STEADY

Stopping Elderly Accidents, Deaths & Injuries

Four things YOU can do to prevent falls:

① Talk openly with your healthcare provider about fall risks & prevention.

Tell a provider right away if you fall, worry about falling, or feel unsteady. Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall. Ask your provider about taking vitamin D supplements to improve bone, muscle, and nerve health.

② Exercise to improve your balance and strength.

Exercises that improve balance and make your legs stronger, lower your chances of falling. It also helps you feel better and more confident. An example of this kind of exercise is Tai Chi.

Lack of exercise leads to weakness and increases your chances of falling.

Ask your doctor or healthcare provider about the best type of exercise program for you.



Talk to your doctor about fall prevention.

③ Have your eyes and feet checked.

Once a year, check with your eye doctor, and update your eyeglasses, if needed. You may have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling. Also, have your healthcare provider check your feet once a year. Discuss proper footwear, and ask whether seeing a foot specialist is advised.

④ Make your home safer.

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to and inside the tub, and next to the toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.
- Have handrails and lights installed on all staircases.
- Wear well-fitting shoes with good support inside and outside the house.

Check for Safety

A Home Fall Prevention Checklist for Older Adults



STEADI

Stopping Elderly Accidents, Deaths & Injuries

Contact your local community or senior center for information on exercise, fall prevention programs, or options for improving home safety.

For additional information on fall prevention, visit go.usa.gov/XN9XA



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National Center for Injury Prevention and Control

2017



Use this checklist to find and fix hazards in your home.

STAIRS & STEPS (INDOORS & OUTDOORS)

Are there papers, shoes, books, or other objects on the stairs?

- Always keep objects off the stairs.

Are some steps broken or uneven?

- Fix loose or uneven steps.

Is there a light and light switch at the top and bottom of the stairs?

- Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.

Has a stairway light bulb burned out?

- Have a friend or family member change the light bulb.

Is the carpet on the steps loose or torn?

- Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

- Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.

FLOORS

When you walk through a room, do you have to walk around furniture?

- Ask someone to move the furniture so your path is clear.

Do you have throw rugs on the floor?

- Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.

Are there papers, shoes, books, or other objects on the floor?

- Pick up things that are on the floor. Always keep objects off the floor.

Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

- Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

KITCHEN

Are the things you use often on high shelves?

- Keep things you use often on the lower shelves (about waist high).

Is your step stool sturdy?

- If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

BEDROOMS

Is the light near the bed hard to reach?

- Place a lamp close to the bed where it's easy to reach.

Is the path from your bed to the bathroom dark?

- Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.

BATHROOMS

Is the tub or shower floor slippery?

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Do you need some support when you get in and out of the tub, or up from the toilet?

- Have grab bars put in next to and inside the tub, and next to the toilet.



Four Things You Can Do to Prevent Falls:

- 1 **Speak up.**
Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.
- 2 **Keep moving.**
Begin an exercise program to improve your leg strength and balance.
- 3 **Get an annual eye exam.**
Replace eyeglasses as needed.
- 4 **Make your home safer.**
Remove clutter and tripping hazards.

1 in 4 people 65 and older falls each year.

Falls can lead to a loss of independence, but they are preventable.

Learn More

Contact your local community or senior center for information on exercise, fall prevention programs, and options for improving home safety, or visit:

- go.usa.gov/xN9XA
- www.stopfalls.org

Stay Independent

Learn more about fall prevention.



For more information, visit www.cdc.gov/steadi

This brochure was produced in collaboration with the following organizations: VA Greater Los Angeles Healthcare System, Geriatric Research Education & Clinical Center (GRECC), and the Fall Prevention Center of Excellence



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

STEADI

Stopping Elderly Accidents, Deaths & Injuries

Check Your Risk for Falling

Circle "Yes" or "No" for each statement below		Why it matters	
Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total _____		Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor.	

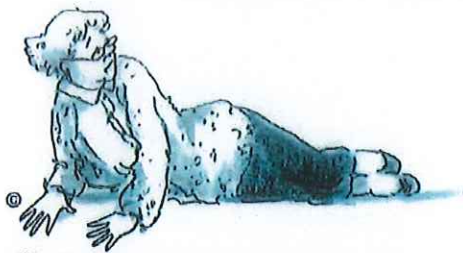
This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011; 42(6):493-499). Adapted with permission of the authors.

Assisted and Unassisted Floor Transfers

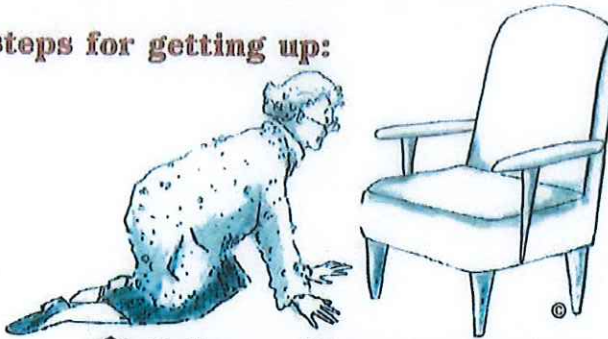
What to do after a *fall...* if you **CAN** get up

The first thing to do is to catch your breath. Check and see if you are injured. Even if you think you're OK, take your time before getting up again.

Follow these five steps for getting up:



1 Lie on your side; bend the leg that is on top and lift yourself onto your elbows or hands.



2 Pull yourself toward an armchair or other sturdy object, then kneel while placing both hands on the chair or object.

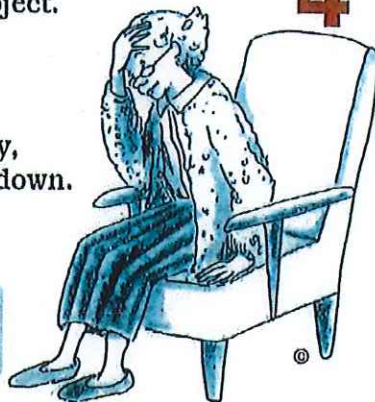


3 Place your stronger leg in front, holding on to the chair or object.



4 Stand up.

5 Very carefully, turn and sit down.



Most of all, stay calm.

“ Practice these steps often and be prepared in case you fall. ”

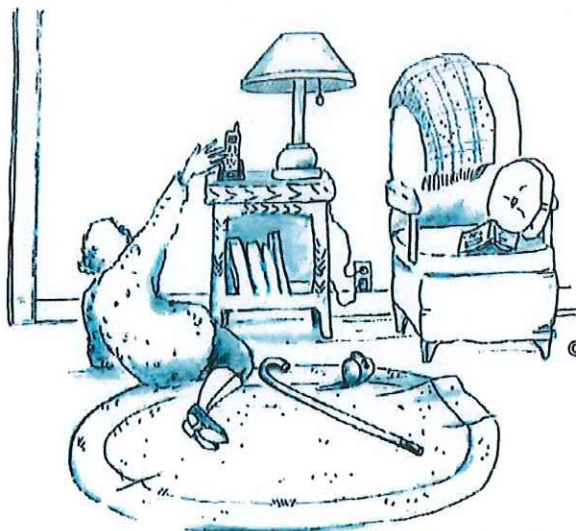
What to do after a *fall...* if you **CANNOT** get up

If you feel any discomfort or are unable to get up, try to get help.

1 Call out for help if you think you can be heard.

2 If you have an emergency call device or telephone at hand, use it.

3 If you don't, try to slide yourself towards a telephone or a place where you will be heard.



4 Make noise with your cane or another object to attract attention.

5 Wait for help in the most comfortable position for you.



6 If you can, place a pillow under your head and cover yourself with a piece of clothing or a blanket to stay warm.

7 Try to move your joints to ease circulation and prevent stiffness.

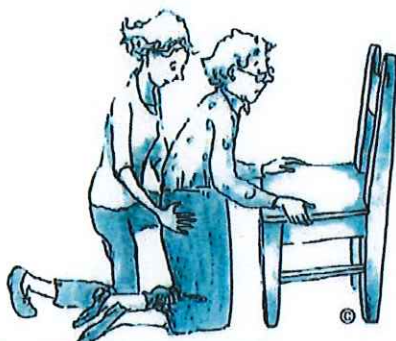
What to do after a *fall...* if you are the **WITNESS**

If you see someone fall, resist the urge to get the person up immediately. First check for condition: Is the person conscious or unconscious? Does the person appear to be injured? Reassure the person.

If the individual cannot get up, call for help and administer first aid if you are able to do so. Help the person find a comfortable position and keep him or her warm using an item of clothing or a blanket.

If the individual appears able to get up, proceed with care and follow the steps below:

- 1** Bring a chair close by; help the person turn onto one side and bend the upper leg; help the person into a semi-seated position.



- 2** Placing yourself behind the person and getting a firm grip on the hips, help the person to a kneeling position with both hands on the chair.



- 3** Holding on to the chair, the person should then place the stronger leg in front. You may help by guiding the person's leg.

- 4** With a firm grip on the hips, help the person to stand, then turn and sit on the chair.



How to get up from the floor after a Stroke

Follow these tips for getting up safely. Getting up from a fall means using the strong side of your body to support your weak side.



Step 1

Sit on your bottom with the side of your body that wasn't affected by the stroke near a heavy chair, a mattress, or something else that won't move.



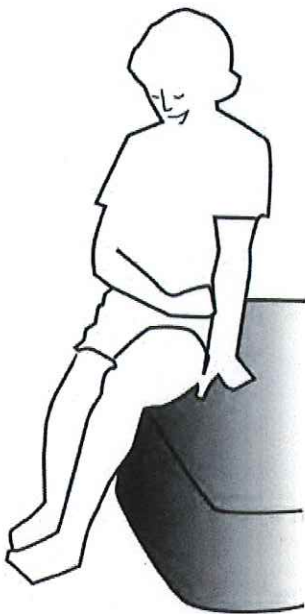
Step 2

Put your forearm on the chair, leaning on your elbow or hand. Push forward onto your knees. Lift your hips until you are kneeling.



Step 3

Using your strong arm, bring your strong foot forward and put it flat on the floor.



Step 4

Lift yourself up by pushing off with your strong arm and leg. Twist your hips toward the chair or mattress and sit down.

Premise Attachment Form



The City of
OKLAHOMA CITY
 POLICE DEPARTMENT
 William City
 Chief of Police

Premise Attachment Request Form

I request the following information be entered into the Computer Aided Dispatch system. This request is for the safety of the citizens of Oklahoma City and the officers of the Oklahoma City Police Department.

Address: _____ Apt. #: _____

Telephone: _____ Business or Residence

Name of Person at Address: _____

Nature of Impairment: Blind / Vision Impaired Deaf / Hearing Impaired
 Confined to Wheelchair Confined to Bed
 Speech Impaired Other (Specify Below)

Other Impairment and/or reason for 9-1-1 Premise request: _____

Emergency Contact Information:

Name: _____ Relationship: _____

Address: _____

Telephone: _____

Telephone (2): _____

Premise requested by / Title: _____

Signature: _____ Date: _____

This form may be mailed to the Oklahoma City Police Department Communications Unit at:

715 Robert S. Kerr
 Oklahoma City, OK 73159

<u>For Communications Unit Use Only</u>	
Date Entered: _____	Entered By: _____
Comment: _____	

Medical Alert Systems

1.



- Most popular choice: A+ Rating with BBB
- \$25 per month (billed twice a year)
- 1,000 ft. Range with waterproof pendant
- 36 hour battery life
- Landline or Cellular
- No contract & Discounts available!

Contact: 1-844-778-3895 or website: www.bayalarmmedical.com

2.



- A+ Rating with the BBB
- 1,300 ft. button range with 72 hour back-up battery
- Mobile (with GPS) & Fall detection system available
- Five Diamond Certified Monitoring Centers
- No long-term contracts
- Free equipment, activation, and shipping
- Price lock guarantee & lifetime warranty on equipment

Contact: 1-800-224-6400 or website: www.medicalguardian.com

3.

greatcall splash.

- Starts as low as \$19.99/month
- Unlimited range with GPS technology
- Mobile, waterproof, 1-button medical alert
- No contracts or installation fees
- Fall detection & device replacement

Contact: 1-800-650-5807 or website: www.greatcall.com/splash

4.

LifeFone. MEDICAL ALERT SYSTEM

- Plans starting at \$24.95 (landline) or \$32.95 (cellular)
- 480 ft. standard range, but extendable up to 1,500 ft.
- A+ rating with BBB
- Unique consumer protective policies
- Full product suite, including caregiver tools
- 30-day money back guarantee
- Waterproof pendants
- No time commitment

Contact: 1-844-253-7939 or website: www.lifefone.com

5.



- No equipment purchases
- No long term contract
- Lifetime price guarantee
- 24/7 monitoring services
- 30 day free trial
- Fall detection, GPS, & 2 way cellular voice communication

Contact: 1-866-7796 or website: www.medicalcarealert.com

6.



- Plans starting at \$26 per month
- 600 ft. range
- Month to month plans

Contact: 1-866-9919 or website: www.alert-1.com

7.



- Prices start at \$26 a month
- 500 ft. range
- No landline required
- A+ rating with BBB

Contact: 1-855-992-0414 or website: www.lifestation.com

8.

Life Alert®

- Price start at \$26 per month
- 150 ft. range
- 60 hours of backup battery life
- Waterproof pendent

Contact: 1-800-990-0636 or website: www.lifealert.com

9.

PHILIPS Lifeline

- Plans starting at \$29.95 a month
- 24/7 support
- Fall detection

Contact: 1-855-600-6126 or website: www.lifeline.philips.com

Falls are Preventable.



Speak up.



Keep moving.



Check your eyes.



Make your home safer.

www.cdc.gov

STEADI

Stopping Elderly
Accidents, Deaths & Injuries