

Fall Prevention Reducing Fall Risks

Falls are the main reason why many older adults lose their independence. Reducing the risks of a fall begins at home. Through education, we can reduce the likelihood of falls.

A Senior Home Care by Angels care coordinator can meet with you to provide a no-cost, no-obligation home care consultation. During this coordinators also include complimentary home safety and fall-risk assessments, as well as a discussion of individual safety needs.

Home Safety Assessment

Review the questions below carefully. For best results, address the items checked off.

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| <p><input type="checkbox"/> How well lit is the home?
Good lighting can help to reduce the risk of falling.</p> <p><input type="checkbox"/> Are multiple medications taken daily by the senior?
Multiple medications can cause dizziness, drowsiness and balance problems. Have all of your medications reviewed at least once a year by a pharmacist or doctor.</p> | <p><input type="checkbox"/> Does the senior wear floppy slippers or a long bathrobe?
Wear well-fitting slippers with nonskid soles. Avoid sleepwear that drags on the ground. Keep robe tied.</p> <p><input type="checkbox"/> Have there been any noticeable changes in hearing?
Dizziness can occur with hearing loss. Set up an appointment to have your hearing checked.</p> <p><input type="checkbox"/> Does the home's stairway have handrails installed?
Handrails on stair ways increase safety for seniors and those with physical limitations.</p> | <p><input type="checkbox"/> Have there been any noticeable changes in vision?
Keep your glasses clean and have your eyes examined once a year.</p> <p><input type="checkbox"/> Has the senior fallen two or more times in the past six months?
Schedule a checkup! Falls lead to injuries. You need to find out why the senior is prone to falling.</p> <p><input type="checkbox"/> Does the home have throw rugs?
Throw rugs pose a tripping hazard. They should be tacked down or removed entirely.</p> |
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Safety Precautions

In addition to causing a physical injury and potential hospitalization, falls can impact a person emotionally and socially. Often, seniors are hospitalized due to falls each year and a lot of them need to move to a long-term care facility afterward.

You can make the following changes to improve safety and quality of life, around the home for your loved one:

- Install grab bars in the tub or shower to assist with bathing. Non-skid tub mats and a hand held shower head can also be useful.
- Avoid overreaching and place frequently used items within easy reach.

- Choose to sit in chairs with arms to make getting in and out of seats easier.
- If seniors feel unsteady while walking, they may need a cane or walker. A health care provider should be consulted.

Understanding Risk Factors

Falls are usually caused by one or more risk factors. A

risk factor is something that increases a persons chances of falling. Risk factors may be linked to a physical condition, a medical problem, or the home environment. Arthritis, poor eyesight, taking multiple medications, dehydration, and lack of grab bars in the bath tub are a few contributing examples of risk factors. By identifying and addressing risk factors promptly, many falls can be prevented.

Locally Owned & Nationally Known

The following services can be provided for a few hours a day up to 24/7 care.

Bathing & Dressing Assistance
Assistance with Walking
Medication Reminders

Errands & Shopping
Light Housekeeping
Meal Preparation
Companion Care

Respite Care for Families
Transitional Care
End-of-Life Care

