Fall Prevention Webinar

Reduce Your Risk of Falling
Preserve Your Independence!

- Who tends to fall and why
- What increases your risk of falling
- What you can do to reduce your risk of falling
- Safety Checklists
- Tools and Resources to preserve your independence

Senior Safety – By the Numbers

Why "I've fallen and I can't get up" is no joke.

2ND PLACE
BEST SENIOR CARE / SERVICES
2019
Best of Fair Oaks

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Humpty Dumpty had a great fall…

- Slips and falls are the main causes of injury for older adults.
- Every 11 seconds, an older adult is treated in the emergency department for a fall. That's about 2.8 million people per year!
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Every 19 minutes, an older adult dies from a fall resulting in over 27,000 deaths per year.
- We all know what happened to Humpty Dumpty. Do NOT let that be you or someone you love!

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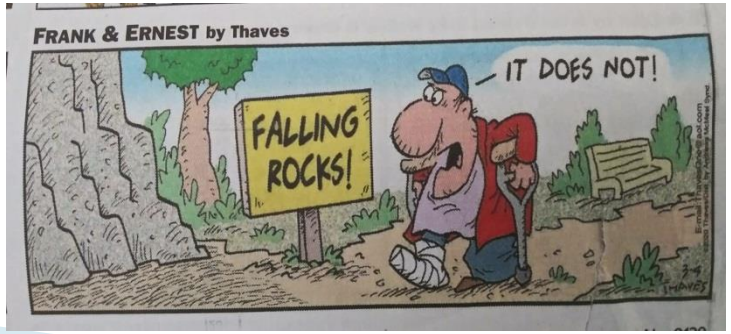
SAFETY AND INDEPENDENCE

I've fallen and I can't get up!

- The average length of time a senior suffers on the floor, or in the shower, or in the backyard after a fall or a medical emergency is 18 hours!
- 18 hours is the average because for many, the length of time is measured in days, not hours. Yes, days!
- 80% of falls occur at home. Due to increased isolation while seniors 'shelter in place', many more are at a much higher risk of not being discovered for hours and days.
- Why? Because the phone is rarely within reach and not the easiest to use in an emergency situation. Underlying it all is denial that we are more vulnerable as we age.



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What can you do?

- Find a good balance and exercise program. Please be careful if exercising alone at home.
- Have your vision and hearing tested and update your glasses or contact lenses as needed. Remember, hearing aids only work when you wear them.
- Review the side effects of any medications that you take with your doctor or pharmacist.
- If using a walking aid, be sure to have it fitted properly. And use it!
- Move a bit more deliberately, especially when getting out of bed or up from a chair. We're not 25 anymore!
- These are just some of the things you can do to reduce your fall risk.

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Got clutter?

- Be honest. How much clutter do you have at home?
- Can you walk in and about your home without tripping over anything?
- Mail and newspapers piling up on the floor? Electrical cords here and there?
- Is your home well lit, or are you putting yourself at risk in dim lighting?
- Do you have grab bars in the shower and secure railings on the stairways including down the front and back steps of your home?

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The phone is not a plan.

Can you call for emergency help if…

- you fell and broke your hip and the phone was out of reach?
- you slipped in the shower? garage? at the mailbox? taking out the garbage?
- you tripped over your dog or the neighbor's dog knocked you over?
- you're having a heart attack or a stroke? or your blood sugar surged/spiked?
- you were in a car accident?
- someone grabbed you at the store?
- someone was breaking into your house in the middle of the night?
- You get it. Everyday life. It's real. The phone is not a plan.

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Examples of Portable Emergency Alerts

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Examples of Home Based Emergency Systems

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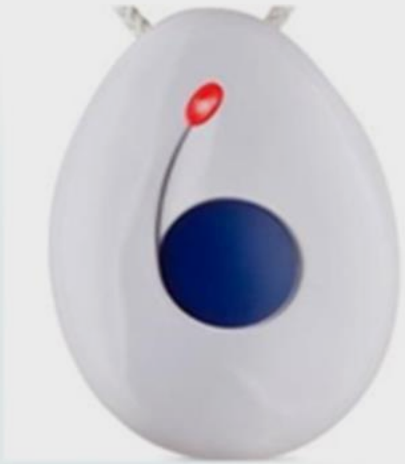
Automatic Fall Detection

Automatic Fall Detection (Add-On)



- Automatically detects falls
- Up to 400 ft. range (Fall Detector to Handset)
- Breakaway Necklace style Lanyard
- Fall Detector will only function when worn around the neck.
- Auto-Fall Technology:
  - "Although the fall detection performs well, NO such system is 100% accurate and the pendant may not detect certain falls. Therefore, it is important to remind our clients to push the button on the pendant in the event of a fall"

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BATH • HAND • RAILS
FALL PREVENTION • MODIFICATIONS
SAFE, ARTFUL LIVING AT HOME

CAPS

CERTIFIED
AGING-IN-PLACE
SPECIALIST

NATIONAL ASSOCIATION
OF HOME BUILDERS

CSLB

DEPARTMENT OF CONSUMER AFFAIRS
CONTRACTORS
STATE LICENSE BOARD

BAY
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BAR

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Fall Prevention Checklist

Falls occur in bathrooms, bedrooms and on stairs.

Approach to House

- Park close to your door.
- Be sure there is a clear pathway from the car to the door.
- Make sure the surface of the pathway is smooth and does not have cracks or ice.
- Make sure there is a good light to show you the way to the door.
- If you have stairs do you have handrails? Are they steady and secure?
- Are you nervous, uncomfortable or unable to use your stairs? have a stairlift or handrail expertly installed
- Is the door wide enough to get through without straining?
- Make sure the door is easy to open and close.

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Living Room

- Is the seating adequate and safe?
- Can you get in and out of the furniture easily?
- Be sure the pathways are clear of electrical wires, clutter or cords.
- Be sure you have adequate lighting in the room.
- Be sure light switches are easy to reach and are at the entrance to the room.
- Make sure you have the telephone near and access to turn the television off and on without getting up from your chair.
- If you have area rugs, remove them and wear non-slip, low heeled shoes or slippers with rubber soles on the bottom.
- Do not walk around in stocking feet.

Kitchen

- Is the seating adequate and safe?
- Be sure there is good lighting both in the room and in the work areas.
- Do not use a step stool. Move the tough to reach items you use mostoften into a container on the counter or to shelves that you can easily reach without a step stool.
- If a step stool is absolutely necessary, use one with high and steady handrails.
- Wear an alarm device that will bring help in case you fall and can't get up.
- Ask someone to help you if you must reach for something.
- Are your appliances in good condition and accessible?

Bedroom

- Place a lamp close to the bed where it is easy to reach without getting out of bed.
- Be sure the path from the bed to the bathroom is clear of clutter and is lit by a nightlight.
- Put a nightlight in the bedroom and hallways.
- Remove any slippery floor rugs.
- Have the telephone close to the bed so you can reach it without getting out of bed.

Bathroom

- Do you have grab bars inside and outside the shower or tub and by the toilet? How many? Where?
- Remove any slippery bathroom area rugs.
- Use non-slip adhesive strips or bathmats.
- Consider sitting on a chair in the shower and adding a handheldshower head.
- Use an elevated toilet seat and a grab bar to make it easier to sit and stand. Pull / Push?
- Clear the pathway to the bathroom of any clutter, wires or cords.
- Be sure to turn the lights on when you enter.

Stairs and Steps

- Pick up things on stairs such as books, shoes, laundry or other objects.
- Be sure the stairway is well lit.
- Garage 2 step? Mary
- Repair any broken or loose handrails and steps.
- Install a Stairlift , an additional handrail opposite the existing handrail or add strategically placed grab bars for extra safety and stability.
- Have glowing light switches installed at the top and bottom of the stairwell.
- Paint a brightly colored strip on the top and bottom steps.

New Product Spotlight

Zibrio

Measure Balance and Fall Risk

CES INNOVATION AWARDS 2020 HONOREE

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REASONS IN-HOME SAFETY CAN OFTEN REMAIN UNADDRESSED

- The need for safety solutions is not considered urgent until an accident occurs
- A person may not know where to start or who to call when addressing a safety issue
- A person may not know which hardware to get, or how to install it
- Insurance doesn't cover the need
- In-Home Care Companies see the need but don't have a resource
- Medical professionals often see a need for safety but don't have a specialized resource to refer

Bay Grab Bar Declares Grab Bars Are The New Seat Belts

There was a time we didn't think we needed them either….

- remember cars without seat belts or clicking them closed and sitting on top of them.
- In the late 60's there were many misconceptions around seat belts such as saying that seat belts would prevent passengers from escaping their cars if submerged in water or in the case of a fire.
- By taking the simple action of installing grab bars, Americans can significantly reduce trauma-related hospital admissions among older adults, and the skyrocketing cost of fall-related injuries.

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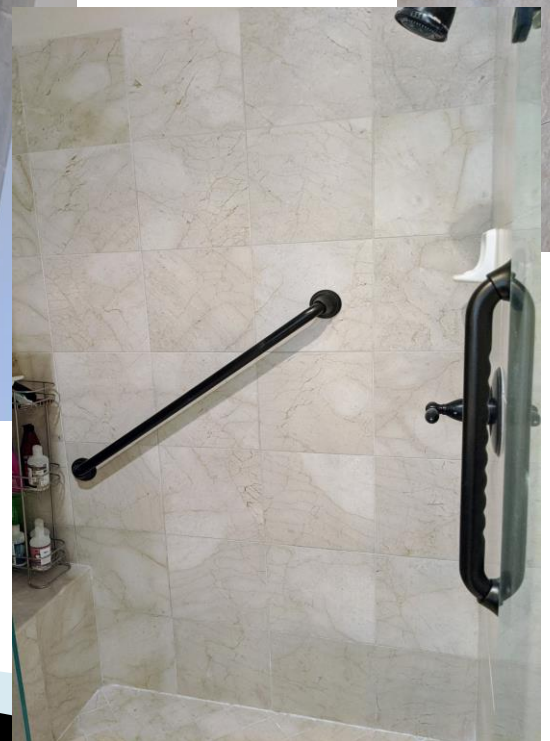
Grab Bars



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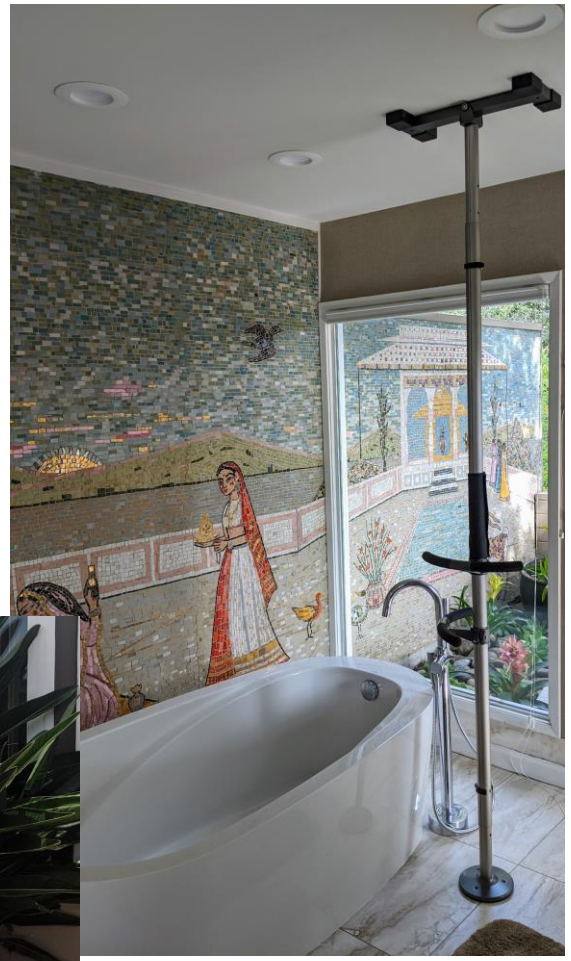
Poles and Specialty Rails



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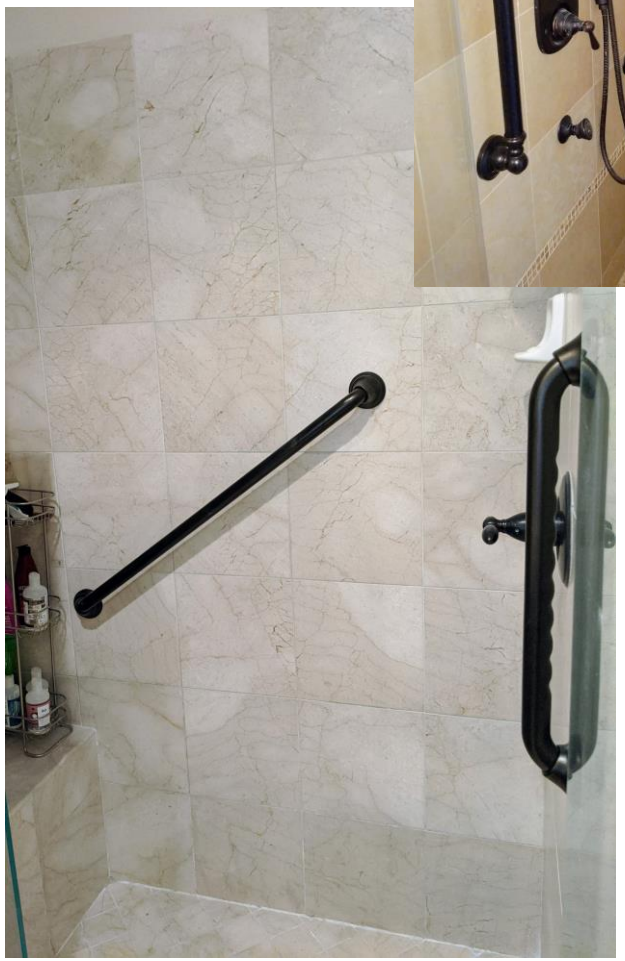
Designer Grab Bars



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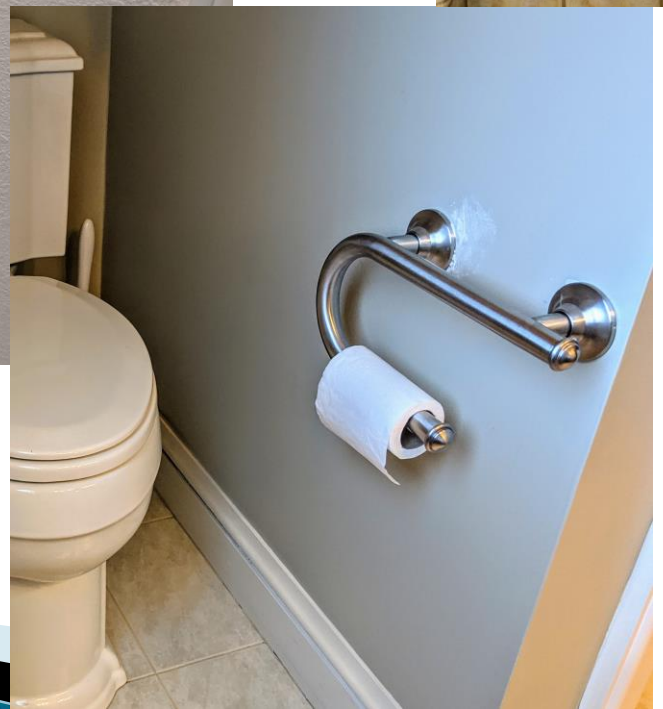
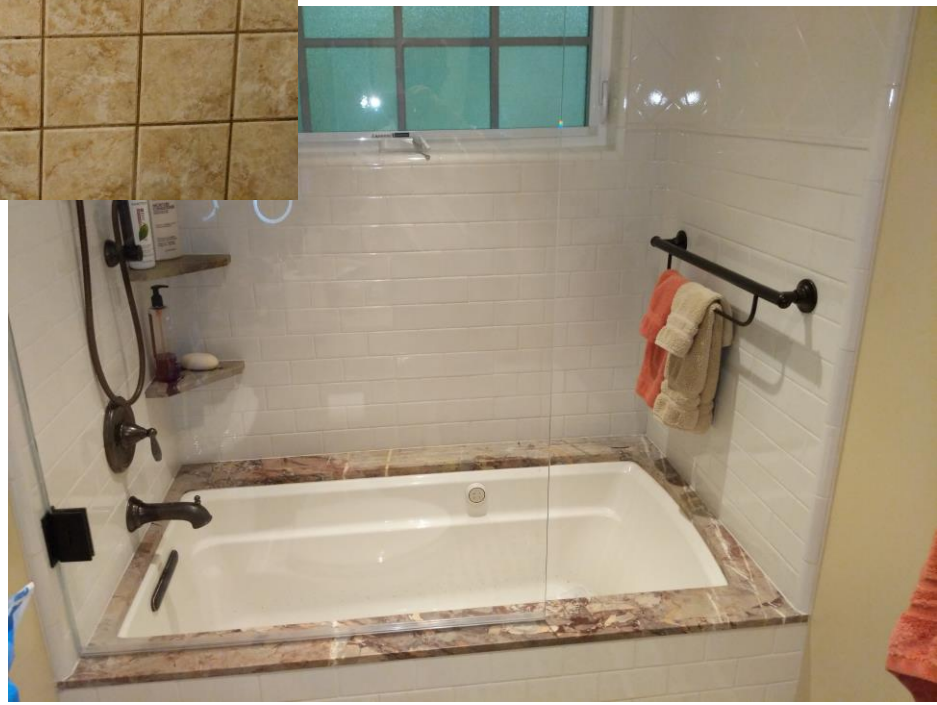
2 for 1 Grab Bars





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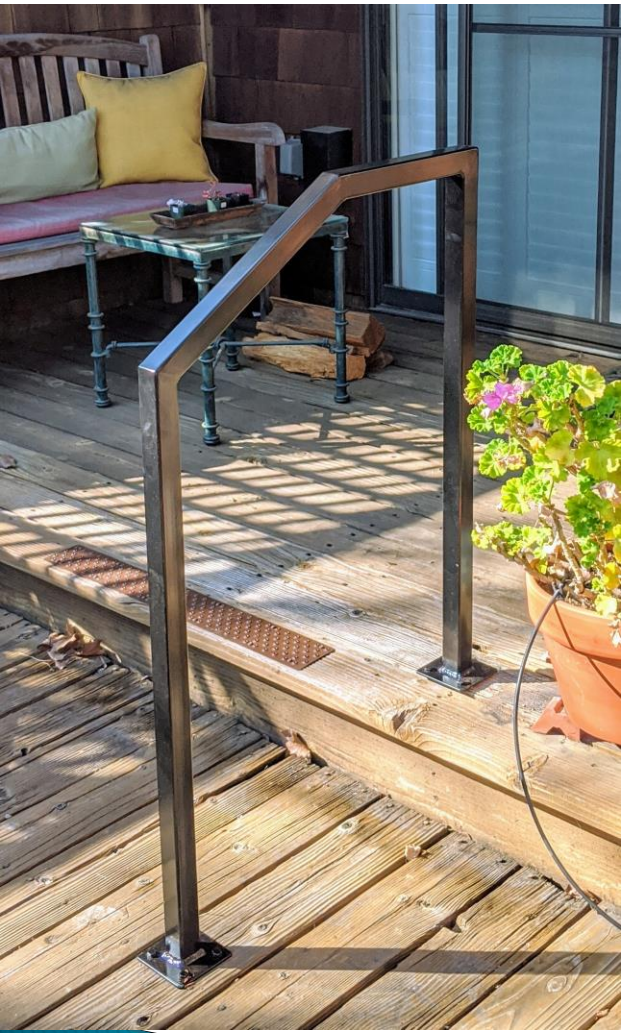
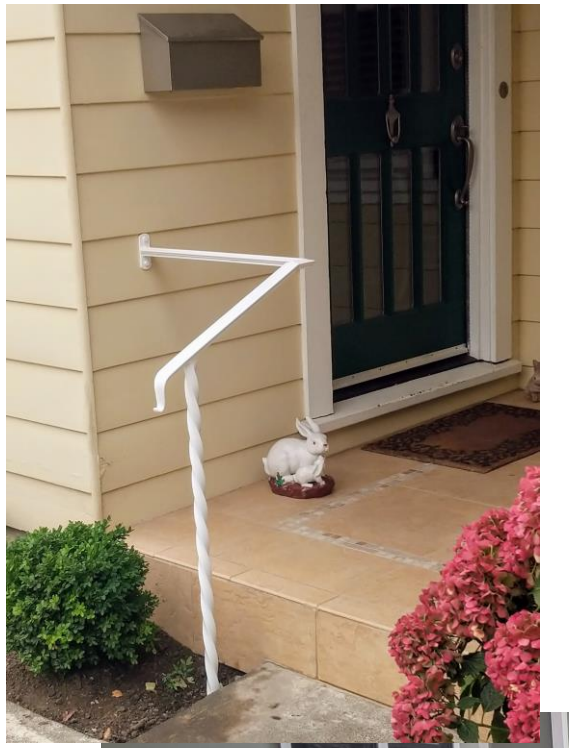
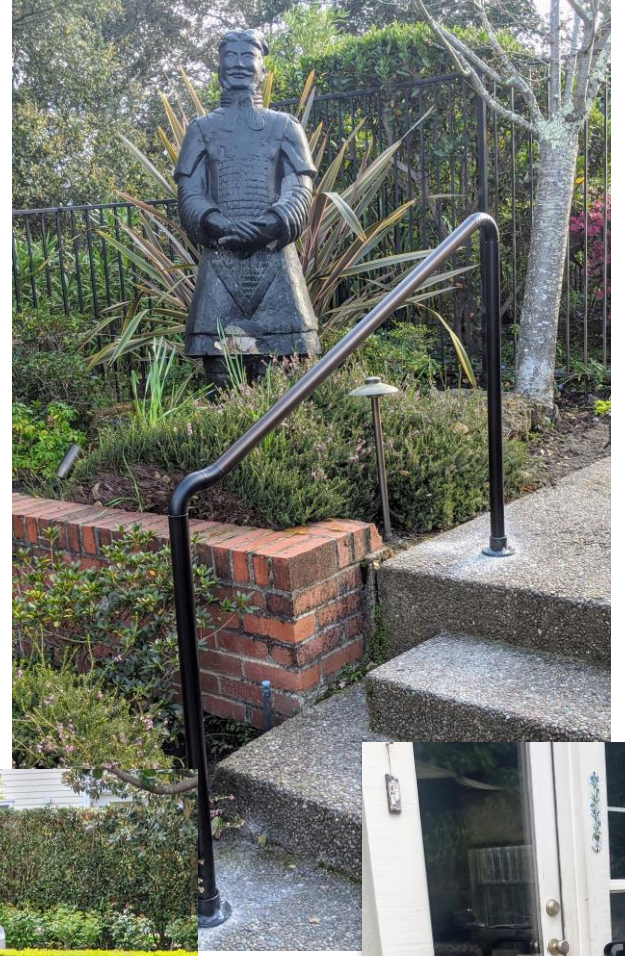
Handrails







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SAVE THE DATE

AGING IN PLACE WEBINAR WITH DOT AND BILL

TUESDAY, OCTOBER 20, 2020 2:30PM

Aging-in-place means being able to remain in one's home safely, independently and comfortably regardless of age, income or ability level. It means the pleasure of living in a familiar environment throughout one's maturing years and the ability to enjoy the daily rituals and the special events that enrich all our lives.

It means being able to call your house a "home" for a lifetime.

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Fall Prevention Resources

Bill Essert, Certified Aging in Place Specialist - 707-509-8882 http://baygrabbar.com bill@baygrabbar.com

Dot Boyd, Senior Safety Specialist – 916-799-1660 Dotforseniorsafety.com dot@dotforseniorsafety.com

National Council on Aging resources for Falls Prevention Awareness Week, including Falls Free Checkup quiz -https://www.ncoa.org/healthy-aging/falls-prevention/

AARP HomeFit Guide – www.aarp.org/homefit

Center for Disease Control - https://www.cdc.gov/steadi/

National Institute on Aging - https://www.nia.nih.gov/health/topics/falls-and-falls-prevention

A Matter of Balance Classes - https://mainehealth.org/healthy-communities/healthy-aging/matter-of-balance

Zibrio - Balance Coach App https://apps.apple.com/us/app/zibrio-balance-coach/id1452909451

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Questions?

Thanks to our host, Vintage House!

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