

PREVENTING FALLS

Residents should be encouraged to:

- Wear proper footwear with rubber soled shoes
- Wear comfortable clothing that is easy to remove but not so loose that it drags across the floor
- Use their canes, walkers and wheelchairs properly
- Keep mobility assistive devices within arms reach
- Change positions slowly to avoid orthostatic hypotension and prevent dizziness
- Participate in a Falls Prevention Program
- Ambulate around the home
- Perform strength and balance exercises
- Participate in their own care



Tips for Health Care Workers:

- Know the Residents' goals, abilities and limitations.
- Be consistent in care and approach.
- Place items such as call bells within reach
- Facilitate positive feedback which will increase Residents' confidence

ACHIEVA HEALTH'S FALLS PREVENTION PROGRAM WILL:

- Reduce falls in your home
- Improve Resident's mobility and function.
- Improve Resident's self confidence and well being.
- Improve Resident's quality of life.
- Make your jobs more rewarding!



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FALLS PREVENTION PROGRAM

Achieva's Falls Prevention Program is aimed at increasing Residents' mobility and function by increasing their strength and balance.



Upon implementation of the Falls Prevention Program, Residents will learn appropriate strengthening and balancing exercises that will help prevent falls and increase their confidence to ambulate safely.

A multidisciplinary approach is most successful to preventing falls. Education of staff, Residents and families about Falls Prevention is a critical component of the intervention program.

FALLS STATISTICS

- By 2036, the number of seniors is projected to reach between **9.9 million** and **10.9 million**, **more than double** the level of 4.7 million in 2009 (Statistics Canada).
- Almost 1/3 of person's who fall are over **the age of 65 years old**. Many older people who survive falls **never fully recover**
- In Canada, falls account for **85% of injury hospital admissions** for people aged 65 years and older.
- **1.7 million** individuals reported an injury from a fall in 2009 (Statistics Canada).
- The cost of injuries caused by falls in Canada in 2004 was **\$6.2 billion**, representing 31% of total costs (SmartRisk).
- Most common fracture sites are those of the distal forearm and hip.
- **Over 50%** of Long Term Care Residents will fall each year.
- Studies show that getting help quickly after a fall can **reduce the risk of hospitalization by 26%**.



The Falls Prevention Program will greatly help to decrease the number of falls.

BIOLOGICAL FACTORS THAT CAUSE FALLS

Vision/Hearing

- Difficulty distinguishing light and dark
- Increased glare
- Problems with acuity and depth perception
- Impaired hearing/audiology

Balance

- Increased sway
- Decreased proprioception

Gait

- Decreased speed
- Decreased stride length
- Decreased base of support



Musculoskeletal System

- Decreased muscle mass and strength
- Decreased postural control
- Slower reaction and movement times
- Neuropathy

Other

- Acute and chronic disease
- Cognitive impairments

ENVIRONMENTAL FACTORS THAT CAUSE FALLS

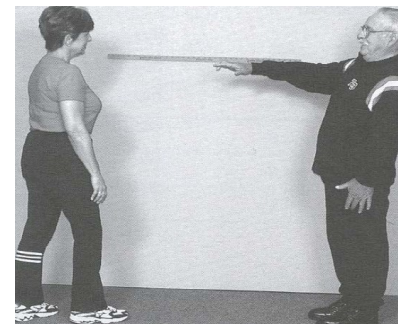
- Improper footwear
- Loose clothing
- Improper use of glasses and hearing aids
- Orthostatic hypotension and dizziness
- Improper use of Mobility Devices
- Poor nutrition
- Sudden surface changes
- Taking 'high risk' medications
- Lack of handrails/grab bars
- Unfastened rugs and carpeting
- Reactions to falls – fear of falling



IDENTIFYING RESIDENTS AT RISK

Achieva Health uses the following objective tests to identify Residents who are at risk for falling:

1. Functional Reach Test
2. Timed Up & Go
3. Tinetti Balance Test
4. Berg Balance Scale
5. Elderly Mobility Scale
6. MDS Sitting Balance Test



Functional Reach Test