

Prevention Checklist:

Secure cords to floor and move them out of walkways.

Clear pathways around furniture and in hallways. Get assistance as needed.

Secure grab bars and hand rails in bathrooms and stairways. Do not use towel bars as grab bars.

Assess all adaptive equipment for safety and proper fit before use. If you are given a cane, walker or wheelchair for safety, **USE IT CONSISTENTLY.**

Have your vision checked. Wear your glasses or contacts as prescribed.

Place nightlights in the path to the bathroom. When traveling, remember to bring a nightlight or keep a flashlight with you.

Arrange for assistance if you are having ANY periods of confusion or difficulty navigating around. Confusion directly affects your safety.

Have shoes with non-slip soles on before you stand up.

Recommendations:

Avoid getting up too quickly or moving if you feel dizzy or light headed.

Avoid rushing anywhere; including to the bathroom.

Exercise regularly; seek therapy if you have balance or strengthening impairments.

At *EntireCare*, our mission is to improve the health of the people and community we serve.

EntireCare understands the importance of good health, exercise and daily activity. With a physician's order, most insurance companies will cover some or all of the cost associated with therapy programs. We will be happy to assist you in determining your coverage.

EntireCare is located within Verde Valley Medical Center, 269 S. Candy Lane, Cottonwood, off W. State Route 89A. Please enter through the Outpatient Services entrance.

For more information contact:



928-639-6383

Hand Therapy

Occupational Therapy

Physical Therapy

Speech Therapy

Falls Prevention Planning



Healthcare team



Cognition/Vision



Environmental Upkeep



Proper Footwear



Medications/Blood Pressure



Health / Exercise

It all makes a difference!



Did you know?

- More than one-third of adults 65 and older fall each year.
- Fall-related fractures negatively affect one's ability to perform activities of daily living.
- Among people 75 and older, those who fall are four to five times more likely to be admitted to a long-term care facility for at least one year than those who do not fall.
- Falls, or complications from falls, are the leading cause of death in adults over age 65.



The good news is that you have information in your hands to help reduce the risk of falling.

The questions in this brochure will help you identify areas that may increase your risk for falls.

Falls Prevention

Falls may not be 100 percent preventable, but the risks can be considerably reduced. This occurs by making the decision to change habits and surroundings that pose hazards for you or your loved ones.

There are many factors that can contribute to falls. These include, but are not limited to, household clutter, poor footwear, poor lighting, weakness, impaired balance, impaired vision, dizziness, confusion, or poor judgment.

Utilize your **healthcare team** to assist you with implementing your personal falls prevention program.

Discuss with your **physician** medication side effects that may cause dizziness or low blood pressure. Learn how to monitor your blood pressure at home.

Request a **physical therapy** evaluation to assess balance, strength, and endurance for safety with mobility; an **occupational therapy** evaluation to assess home safety, vision and activities of daily living, and a **speech therapy** evaluation to assess cognition as it relates to mobility and function.

Questions to be asked:

When walking through your house, do you have to walk around furniture or clutter?



Are papers, pets, magazines, books, shoes, throw rugs, towels, or other objects on the floor or stairs?



Do you have a secure grab bar for getting in/out of your tub/shower and up from the toilet?



Do you have secure railings and adequate lighting at all stairways?



Do you have a light switch at both the top and bottom of the stairs?



Are the items you often use stored in hard to reach locations?



Do you have a nightlight in the path to your bathroom?



Do you have non-slip strips or a mat on the tub/shower floor?



Do the shoes you wear provide good support and tread?



Is your vision limiting your ability to navigate your surroundings?



Do you find yourself not wanting to 'bother' others for help when you really need it?