



# Fall Prevention & Fitness

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Falls rank among the top five causes of death from injuries in U.S.

- "Older adults are 4 to 5 times more likely to be admitted to a nursing facility for a year or longer after a fall".
- Bodily changes that increase falls are:
- Skeletal - osteoporosis, brittle bones
- Circulation - position changes, go from sit to stand too quickly
- Vision – cataracts, macular degeneration



# Fall Risk Identification

- Identify people who are at risk for falls and the impact a fall will have on them
- Identify steps residents can take to reduce their risk of falling
- Identify ways to modify the environment



# “Timed Get Up and Go” test

- Ask resident to stand up from a standard chair and walk approximately 10 feet, turn around and walk back to the chair and sit down again. (approx 7-10 seconds).
- This test will help establish a resident’s “baseline”. Conduct the test upon admission and yearly. If any changes in mobility repeat the test.



# Identifying Environmental Risks

- Adequate lighting, easy to reach light switch within reach of bed. Flashlight nearby in case of power failure. Use of nightlights, or outside lighting available
- Clear pathways, frayed carpeting, scatter rugs, pets in walking paths, floor surfaces, handrails in good repair



# When to call 911 and what to document for the incident

- Resident is not able to get up off the ground
- Use the acronym "SPLAT"
- (S)ymptoms prior to the fall such as dizziness, or lightheadedness
- (P)revious falls or near falls, fear of falling
- (L)ocation to identify environmental factors
- (A)ctivity what activity the person was doing
- (T)ime of fall



# Simple exercise promotes balance, strength and confidence

- Regular exercise helps keep bones strong and improves muscle tone.
- Improves flexibility in joints, tendons and ligaments
- Exercise is a natural way to boost the immune system and release endorphins "the feel good hormones"



# Assess for proper fit and use of assistive devices for safety

