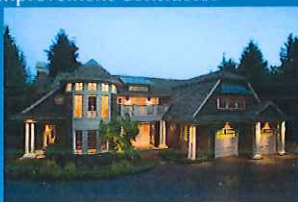


## Aging in Your Home Safely

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## The Statistics say:



- Two-thirds of all falls are preventable!
- Two-thirds of those who experience a fall will fall again within 6 months
- At least one-third of all falls with seniors involve environmental hazards in the home
- More than one in three seniors over 65 fall each year
- 80% of senior falls occur in the bathroom

## What causes a fall?

The causes of falls are known as risk factors.

The greater number of risk factors to which a person is exposed, the greater the probability of a fall. **The good news is many of these risk factors are preventable.**



## How to Prevent Falls!!!

### Important Equation

People with a higher fear of falling do fall more.  
Fear = decreased confidence = decreased activity = further deconditioning/disability leading to more falls.

### Exercise: Keep Moving

Targeted balance and mobility exercises are most effective at reducing fall risk. Failure to exercise regularly results in poor muscle tone, decreased strength, loss of bone mass and decreased balance.

**To prevent falls be proactive:**

**Remove Home Hazards and install safety devices before you need them!**

**Let's take a look around your home.**

### Avoid Clutter!

The most common hazard is tripping on objects on the floor.



### Remove electrical cords and phone cords from walkways.



### Throw Rugs

Remove throw rugs, or use rubber backing or apply double-sided adhesive carpet tape to the backs to prevent slipping.



### Handrails

- Install handrails on both sides of stairs.



### Outdoor Railings



### Entrance from the Garage



### No Rails?



### Proper Lighting

- Make sure there is adequate light. Consider installing motion detectors.
- Install night lights in bathroom, hallways and bedrooms.



**Not a grab bar**

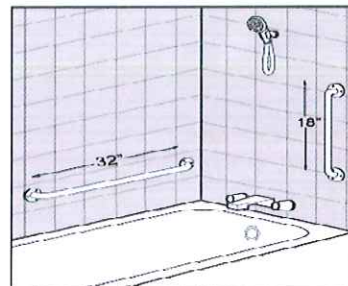


**Not a grab bar either**



### **Grab Bars !!!**

- Have grab bars properly installed in the bathroom





## Wear Sensible Shoes

- If they can slip off they are a fall hazard
- floppy slippers, High heels, and shoes with extra-thick or slippery soles can make you slip, stumble and fall
- Choose lace-up shoes instead of slip-ons, or Velcro shoes



## Don't Reach

Store dishes, clothing and food within easy reach



Don't use the shower door to hold on to!



## Emergency Communications

- Use a portable phone that you can take with you or use a Life-line pendant around your wrist or neck



### Vision: Get your vision checked regularly

- Age-related vision diseases can increase the risk of falling.
- Cataracts and glaucoma alter a person's depth perception, peripheral vision, and susceptibility to glare. This can impair your ability to safely walk around your home.
- Obviously wear glasses if needed and clean your glasses regularly.
- Impaired vision can be corrected with glasses, however quite often glasses are bi-focals so that when the person looks down through the lower half of the glasses, the depth perception is altered. To prevent this practice look straight ahead and avoid lowering the head.
- Add contrasting color or reflective strips to first and last steps.

### Medication

- Periodically review your medication with your physician from a fall prevention perspective. Anti-depressants, Sedatives, blood pressure medication drugs can all contribute to falls by altering balance, decreasing mental alertness and causing drops in blood pressure when going from sitting to standing. If you take more than four medications you have a higher risk of falling.
- Know the common side effects of all meds you are taking
- Talk with your physician or pharmacist about ways to reduce the side effects of your medications.
- Follow all of the instructions carefully !

Other products that available to allow you to remain safe in your homes...

### Security Pole



Seat Lift Chairs



Washlet

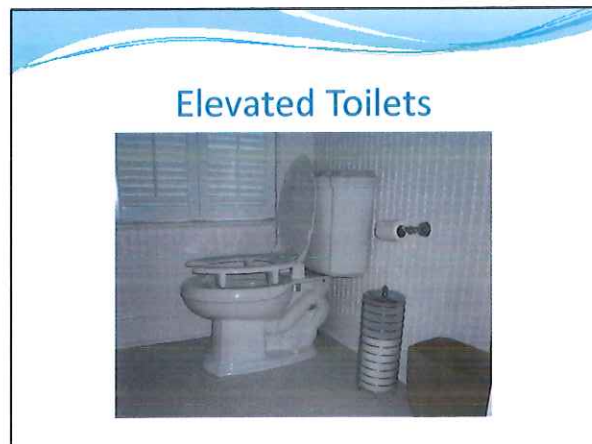
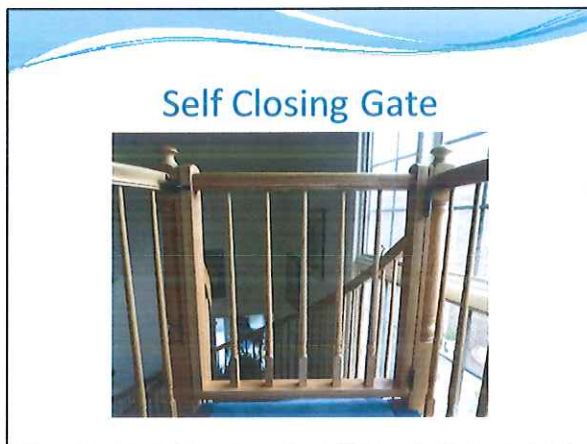
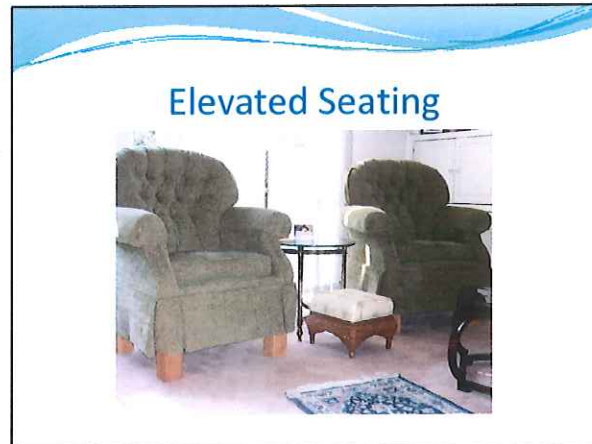


Handy Bar



Barrier Free Shower







Threshold Before



Stair Lift



Vertical Platform Lifts



Ramps



