



# Fall Prevention

**Presenter: Lynne Finnegan, D'Youville College Occupational Therapy Student**



# Why do people fall?


- ▶ First sign of a possible problem
- ▶ A progression or onset of a chronic condition
- ▶ Onset of age related changes
- ▶ Changes in medications
- ▶ New medications
- ▶ Accident



# Facts

- Falls are the leading cause of injury death for older Americans
- One-third of Americans aged 65+ falls each year

# Facts

- Every 13 seconds, an older adult is treated in the emergency room for a fall
  - Every 20 minutes, an older adult dies from a fall
- 

# Facts

- Falls result in more than 2.5 million injuries treated in the emergency room annually, including over 734,000 hospitalizations & more than 21,7000 deaths

# Facts

- In 2013, the total cost of fall injuries was \$34 billion. By 2020, the annual indirect and direct cost of fall injuries is expected to reach \$67.7 billion



# Risk Factors

- ▶ Age
- ▶ Gender
- ▶ Fear of falling
- ▶ Side effects of medications
- ▶ Poor mobility, cognition, and vision



# Risk Factors

- ▶ Muscle weakness
- ▶ Vitamin D deficiency
- ▶ Vision problems
- ▶ Foot pain or poor footwear





# Risk Factors

- ▶ Home Hazards or dangers
  - Clutter
  - Throw rugs
  - Broken or uneven steps
  - No handrails
  - Poor lighting



# 6 Steps to Prevent a Fall

Step 1: Find a balance or exercise program

Step 2: Talk to your doctor

Step 3: Review your medications

Step 4: Get your vision and hearing checked

Step 5: Keep your home safe

Step 6: Talk with your family



# 6 Steps to Prevent a Fall

Preventing Falls





# What is Occupational Therapy?

“Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations)” (AOTA, 2016).

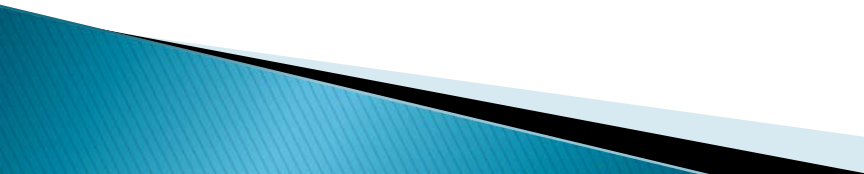




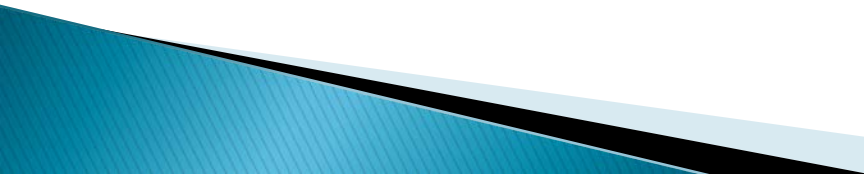
# Occupational Therapy Settings

- ▶ Hospitals
- ▶ Schools
- ▶ Nursing Homes
- ▶ People's homes
- ▶ Workplaces
- ▶ Community


# What is the OT's Role?

- ▶ Work with the clients and caregivers to scan the home environment for hazards
  - ▶ Evaluate the individual for limitations that contribute to falls
- 

# What is the OT's Role?


- ▶ Make recommendations
    - Improving physical abilities to safely perform daily tasks
    - Modifying the home
    - Changing activity patterns and behaviors
- 

# What is the OT's Role?

- ▶ Train clients, families, and interdisciplinary team members on strategies to support fall prevention initiatives
- 



# What is the OT's Role?

- ▶ Assist in falls prevention on a larger scale
    - Consultation to staff of community centers, nursing homes, and assisted living environments
    - Identifying environmental factors that contribute to falls
    - Improve safety and reduce health care costs while enhancing older adults participation
- 



# How to Reduce Falls



# Remember

**FALLS CAN BE PREVENTED!**



# Resources

American Association of Occupational Therapy (AOTA). (2008). Extra precautions cut risk of falls (Part 2). Retrieved from <https://www.youtube.com/watch?v=TAm893Yeyz0>

American Association of Occupational Therapy (AOTA). (2012). Occupational therapy and the prevention of falls. Retrieved from <http://www.aota.org/~media/Corporate/Files/AboutOT/Professionals/WhatIsOT/PA/Falls.pdf>

American Association of Occupational Therapy (AOTA). (2016). What is occupational therapy? Retrieved from <http://www.aota.org/conference-events/otmonth/what-is-ot.aspx>

Centers for Disease Control and Prevention (CDC). (2016). Important facts about falls. Retrieved from <http://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

National Council on Aging (ncoa). (2016). 6 Steps to prevent a fall. Retrieved from <https://www.ncoa.org/resources/video-6-steps-to-prevent-a-fall/>

National Council on Aging (ncoa). (2016). Why focus on falls. Retrieved from <https://www.ncoa.org/healthy-aging/falls-prevention/falls-free-initiative/>

# Resources

- ▶ World Health Organization (WHO). (2016). Falls. Retrieved from <http://www.who.int/mediacentre/factsheets/fs344/en/>

ANY  
QUESTIONS  
?