



10 BIG STEPS
TO PREVENT FALLS

BIG Steps 1 & 2:

Understanding Your Risk for Falling

Featured Speaker:

Dr. Shawn Weiss, PT, DPT, CDP, CADDCT

Select Home Care, Senior Health and Wellness Group

Presented by:

Ohio Department of Aging
Ohio Older Adult Falls Prevention Coalition

With contributions from:

Holmes County General Health District
Ohio Northern University
Ohio State University Wexner Medical Center
Select Home Care



Today's Discussion

- An epidemic in older adults
- What factors contribute to falls?
- Learning how to reduce your risk!
- Risk Assessment and link
- Community Resources

An epidemic in older adults

- Falls are the #1 Cause of Fatal and Non-Fatal Injuries in the United States for those 65 and older.
- 1 in 4 Ohioans 65 and older will fall this year.
- On Average one Ohioan age 65 and older falls every minute.



An epidemic in older adults

In 2018, falls in Ohio resulted in:

- 78,995 Emergency Dept. visits
- 19,409 Hospitalizations
- 1309 Deaths

Estimated Lifetime Cost of Falls in Ohio

- \$1.1 Billion dollars



An epidemic in older adults

It is estimated that more than ½ of all falls go unreported

- Fear of telling a family member
- Fear of having to move to a facility



An epidemic in older adults

Fear of Falling

- Leads to decreased activity-
decreased strength



Factors that contribute to falls

Key to fall prevention is the controlling of **extrinsic** factors AND **intrinsic** factors

- Extrinsic Factors: Environmental factors (50% of falls)
- Intrinsic Factors: medical conditions, medications
 - More difficult to control

Examples of extrinsic factors

- Pathway clutter
- Bathroom
 - 80% of falls in the home take place here
- Cord placement
- Pets in the home
- Rugs
- Stairs
- Footwear
- Assistive device appropriateness
- Proper safety equipment

Examples of intrinsic factors

- Medical Conditions (Diagnoses)
- Examples:
 - Macular Degeneration, HTN, DM, PD, CVA, COPD, Muscle Weakness, Pain, Neuropathy, Pneumonia, Dementia, Arthritis, etc.
- Medications: taking more than 4 medications increases risk
- Intrinsic Factors are more difficult to control and change

What YOU can do

- Risk self-assessment (STEADY U Ohio website)
- Home assessment and modifications
- Review your medications with your physician
- Daily safe exercise!
 - Matter of Balance, Tai Chi, Otago, Physical Therapy eval
- Proper nutrition



Risk assessment

1. Have you fallen in the past year?
2. I use or have been advised to use a cane or walker to get around safely.
3. Sometimes I feel unsteady when I am walking.
4. I steady myself by holding on to furniture while walking at home.
5. I am worried about falling.

Risk assessment

6. I need to push with my hands to stand up from a chair.
7. I have some trouble stepping up on to a curb.
8. I often have to rush to the toilet.
9. I have lost some feeling in my feet.

Risk assessment

10. I take medicine that sometimes makes me feel light-headed or more tired than usual.
11. I take medication to help me sleep or improve my mood.
12. I often feel sad or depressed.

Resources

- Ohio Department of Aging
- National Council On Aging
- National Institute on Aging

aging.ohio.gov

www.ncoa.org

nia.nih.gov

Join us tomorrow for

BIG Steps 3 & 4: Exercises to Reduce Your Falls Risk

Presented by:

Kerry MacQueen

Holmes County General Health District



THANKYOU!

Find more information to help prevent falls: www.steadyu.ohio.gov



Ohio

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**OHIO INJURY PREVENTION
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Older Adults Falls Prevention Coalition