



Keeping Your Elderly Loved One Safe at Home

July 18, 2017



The Facts and Figures

- Falls are the leading cause of fatal and non-fatal injuries for older Americans.
- Every 11 seconds, an older adult is treated in an ER for a fall
- Every 19 minutes, an older adults dies from a fall
- 1 out of 3 Age 65-79 will fall every year
- 1 out of 2 Age 80+ will fall every year





What can you do?

- Falls are preventable!
- Look at underlying causes and risk factors
- Find solutions
- Make changes





Biological Underlying Causes and Risk Factors

- Age and gender
- Poor balance and gait
- Impaired vision or vision changes
- Chronic or acute illness
- Physical disability





Behavioral Underlying Causes and Risk Factors

- History of falls
- Fear of falling
- Inactivity and muscle weakness
- Inadequate diet
- Prescription medications





Behavioral Underlying Causes and Risk Factors

- Excessive alcohol use or drug use
- Sitting or standing too quickly
- Foot problems
- Slower reflexes





Environmental Underlying Causes and Risk Factors

- Inadequate lighting
- Clutter
- Unsecured rugs
- Slippery floors
- Uneven surfaces
- Poor weather conditions





Solutions

- Personalize your approach to fall prevention
- Talk with your doctor
- Review past fall(s), if applicable
- Exercise and be active
- Research evidence-based fall prevention programs
- Perform a home safety review





When Choosing a Senior Care Partner

- Continuum of Care
- Resident-Centered Care
- Inter-Generational Connections
- Spiritual Care
- Environmentally Responsible
- Innovative
- Values-Centered





Any Questions?

Alyssa Poland alyssa.poland@perrylutheranhome.org

Melissa Gannon melissa.gannon@perrylutheranhome.org

