

FALLS PREVENTION

The winter months bring challenges for all of us, but specifically for our older adults. Because it only takes a few seconds to fall, education is important, here are some tips that will help us to prevent falls!



Factors contributing to Falls

Environmental (Home hazards)

- Poor lighting
- Clutter space
- Slippery floors
- Lack of grab bars or safety equipment

Biological

- Poor balance
- Muscle weakness
- Decreased in mobility
- Chronic health conditions
- Visual impairments

Behavioral

- Lack of exercise
- Inappropriate footwear or clothing
- History of falls
- Poor nutrition
- Fear of falling
- Medication

Resources

Sidewalk Clearing – City of Toronto, call 311

www.toronto.ca/services-payments/streets-parking-transportation/road-maintenance/winter-maintenance/clearing-snow-and-ice-from-your-property/

Snow Shovelling – City of Toronto, call 311

www.toronto.ca/community-people/public-safety-alerts/safety-tips-prevention/home-high-rise-school-workplace-safety/snow-shovelling/

Links to websites related to falls in seniors

<https://parachute.ca/en/injury-topic/fall-prevention-for-seniors/>

Winter tips:

- **Footwear:** Wear boots and shoes with a good grip, non-slip soles
- **Walking Aids:** Use assistive devices like canes with ice picks for added stability
- **Home Safety:** Remove snow from your driveway, porch and steps
- **Walk like a penguin** to increase stability:

- a. Bend slightly and walk flat-footed, not heel, toe, heel, toe
- b. Point your feet out slightly and slightly bend the knees
- c. Move slow with short steps
- d. Keep your hands out of your pockets

- Be careful of hidden ice and dark areas on pavement as they can be slippery
- Avoid carrying heavy items that may make you lose your balance
- Avoid using your phone and walking at the same time
- Be careful getting in and out of your car. Hold onto your car door to get out to give yourself extra support
- Don't rush, take your time to get where you're going

Contact us:

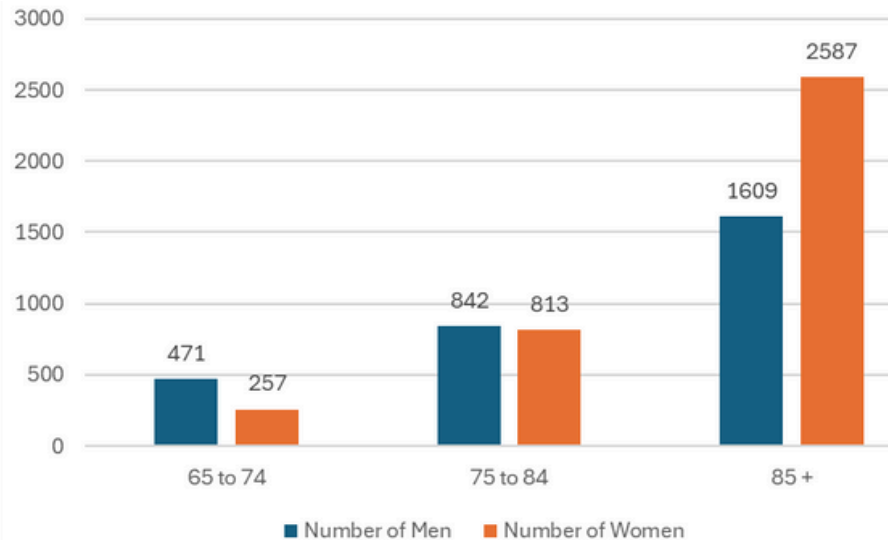
 info@lumacare.ca

 1.833.338.5862

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Statistics

Number of fall- related deaths, Canada 2021



Source: Falls among older adults in Canada – Canada.ca

Trivia

True or False

1. Falls are the leading cause of injury among Older Adults : _____
2. Falls cause 85% of seniors' injury related hospitalizations : _____
3. Falls cause 2 billion a year in direct healthcare costs : _____
4. Most falls happens outside of the home, because the hazards like ice, snow or uneven sidewalks: _____

Multiple Choice

1. What percentage of all hip fractures are the direct result of falling?
 - a. 60%
 - b. 95%
 - c. 40%
2. What percentage of Older Adults experience at least one fall each year in Canada?
 - a. 15 %
 - b. 30%
 - c. 48%

Trivia answers

True or False

1, 2, 3 : True

4: False

Multiple choice

1, 2 : b

EXERCISES TO IMPROVE BALANCE

Feeling unbalanced may prevent you from performing daily tasks and affect your quality of life. Don't let balance issues keep you down! Try these strengthening exercises that your physical therapist may recommend to help improve your balance.

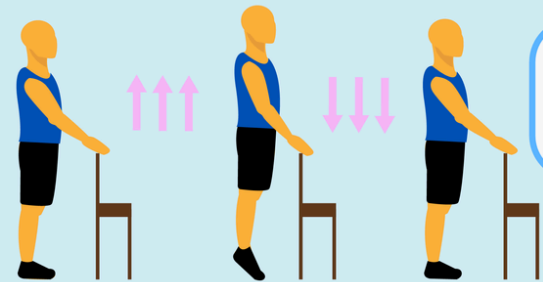
UP ON TOES

1: BEGIN STANDING ON A FLAT SURFACE, USING A TABLE OR CHAIR FOR STABILITY.

2: SLOWLY LIFT YOURSELF ONTO YOUR TIPTOES AND HOLD FOR SEVERAL SECONDS.

3: SLOWLY LOWER YOURSELF BACK DOWN UNTIL YOUR FEET ARE FLAT ON THE FLOOR. REPEAT SEVERAL TIMES.

MAKE SURE YOU ENGAGE YOUR CORE MUSCLES AND KEEP AN UPRIGHT POSTURE THROUGHOUT.



TIP! ONCE YOU FEEL COMFORTABLE, REMOVE THE SUPPORT OR ADD DIFFICULTY BY STANDING ON A FOAM ROLL.

LOWER LEG LIFTS

1: BEGIN IN THE SAME STARTING POSITION, FEET FLAT ON THE FLOOR.

2: SLOWLY RAISE YOUR RIGHT LOWER LEG UNTIL ALL YOUR WEIGHT RESTS ON THE LEFT. HOLD FOR ABOUT 10 SECONDS.

3: BRING YOUR RIGHT LOWER LEG BACK DOWN UNTIL BOTH FEET REST ON THE FLOOR. THEN REPEAT THE EXERCISE WITH THE LEFT LEG.



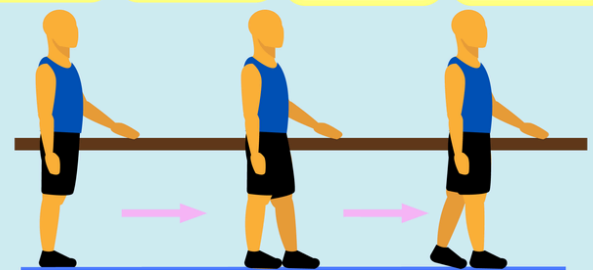
HEEL TO TOE

1: BEGIN STANDING UP STRAIGHT, HOLDING ONTO A COUNTER OR OTHER SUPPORT IF NECESSARY.

2: WALK IN A STRAIGHT LINE BY PLACING ONE FOOT DIRECTLY IN FRONT OF THE OTHER, HEEL TO TOE.

3: YOU CAN LAY A PIECE OF PAINTER'S TAPE ON THE FLOOR TO HELP YOU WALK IN A STRAIGHT LINE. THE LINE SHOULD BE ABOUT 10 FT LONG.

4: ONCE YOU REACH THE END OF THE TAPE, TURN AROUND AND REPEAT THE EXERCISE IN THE OPPOSITE DIRECTION.



SOURCE: MOVEFORWARDPT.COM