

A Simple Introduction and Guide about

# Falls Prevention



thebracingexperts



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## CHAPTER ONE

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# What is the problem and how

## BIG is it?

**Each year, one in every three adults age 65 and older falls. Falls can cause moderate to severe injuries, such as hip fractures and head injuries and can increase the risk of early death. Fortunately, falls are a public health problem, that is largely preventable.”**

Centre for Disease Control and Preventions

**Problem #1:** Elderly who have fallen once are more likely to fall again.

**Problem #2:** Less than half of the elderly that fall talk to their healthcare providers about their fall.

**Problem #3:** Falling creates a fear of falling. This fear may cause them to limit their activities, which leads to reduced mobility & loss of physical fitness , and in turn increases their actual risk of falling.



**“Falls are a public health problem, that is largely preventable.**



# Are you at the Risk of Falling?

1. Have you fallen in the past?
2. Do you have arthritis in your feet or ankles?
3. Do your legs or ankles feel weak or unsteady?
4. Do you drag your feet, stumble or shuffle when walking?
5. Do you find it necessary to grasp stationary objects, like walls / furniture / rails, to gain balance when walking?

If you answered “**YES**” to any of these questions, ask your healthcare provider about your strategy for preventing falls..

## Facts on Falls

- Almost 1/3 of seniors experience a fall each year
- If you have fallen, there is a 50% chance you will fall again
- Almost 50% of fall victims have to reduce their activity level after the incident

## CHAPTER THREE

# Strategy for prevention.

If you have fallen or have a fear of falling **please speak to your doctor about the following strategy:**

- **Being active** is one of the most important ways to lower your chances of falling. Lack of exercise or physical activity leads to weakness and increases your chances of falling.
- **Review your medicines**, both prescription and over the counter. With aging some medicines or combination of can make you dizzy or drowsy.
- Have your **eyes checked**. Poor vision can increase your risk of falling.
- **Make your home safe**. About half of all falls happen at home. Simple adjustments around the house can prevent an unnecessary fall.
- **Having the way you walk & feet checked** once a year by your doctor or foot & ankle specialist may help reduce the chance of falling.



### Build your TEAM

Having a **TEAM** of Doctors, Physiotherapists and Kinesiologists to help you strategize your game plan to prevent falls is highly important.

There are many organizations and resources available to help build your Team.

### Home Safety Assessment and Grab Bar Program

Windsor Essex Community Health Centre provides assistance to individuals to keep them safe and independent in their homes. An Occupational therapist (OT) will come to your home to identify potential changes in your home that could improve your safety & reduce your chances of falling.

## Quick Tips to make your Home Safer

- Remove loose items from stairs and walkways:
  - Rugs
  - Papers & books
  - Clothes & shoes
  - Boxes
- Use double sided tape or slip-resistant backing under rugs or do not use rugs at all
- Use a raised toilet seat or one with armrests
- In the shower/tub, bathe sitting down on a strong plastic seat & use a hand held shower nozzle
- Make sure your rooms have adequate lighting
- Put staircase lights on before walking up or down
- Use a night-light in hallways, bedrooms and bathrooms

Be active

Review  
Medicine

Eyes  
Checked

Safer  
Home

Feet  
Checked

Prevent  
Falls

## Active living

Being physically active can reduce your risk of falling by giving you:

- more flexible joints
- stronger bones and muscles
- better heart and lung function
- more energy & less fatigue
- better sleep
- less anxiety and depression.

Being active includes everyday activities, such as walking, climbing stairs, gardening and shopping, as well as exercise classes and recreational activities like swimming, golfing and Tai Chi. Ask us about our Walking Club.

# Kinetic Konnection can help prevent falls.

Talk to our educated staff of Human Kinetics graduates or Foot & Ankle specialist about devices that can help prevent falls. We offer practical and effective recommendations that not only alleviate pain but improve balance and confidence.

- Proper footwear
- Custom made foot orthotics
- Foot & ankle balance braces
- Hip Protectors
- Canes and walkers
- Walking poles and other assistive devices

## Join our Walking Club.

We believe that walking is a great way to become active.

- Walk Talks
- Workshops on Arthritis & Nordic Poles
- Community Social Walks
- Exclusive offers on walking & running shoes, heart rate and activity monitors, pedometers, walking poles and other walking related gear.



Simply talk to our staff or visit us online and join!

[www.thebracingexperts.com/walkmoredomore](http://www.thebracingexperts.com/walkmoredomore)



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Vaughan

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This information provided by Kinetic Konnection Ltd. is not intended to replace the medical advice of your doctor or health care provider. Please consult with your health care provider for advice about a specific medical condition and being physically active.

Resources used:

World Health Organization [www.who.com](http://www.who.com)

Centres for Disease Control & Prevention [www.cdc.gov](http://www.cdc.gov)

Public Health Agency of Canada [www.publichealth.gc.ca](http://www.publichealth.gc.ca)

Veteran Affairs Canada [www.veterans.gc.ca](http://www.veterans.gc.ca)

Finding Balance [www.findingbalanceontario.ca](http://www.findingbalanceontario.ca)