

# Falls Prevention

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Finding  
Balance



# THE INJURY PREVENTION CENTRE (IPC)

- Aims to change beliefs, attitudes, and behaviours so that Albertans can live, work, and play free from life-changing injuries.
- Shares knowledge, data, evidence, and best practices for injury prevention with our partners and Albertans.



A  
PROGRAM  
OF THE



- Provides information and resources on falls prevention.
- Aims to help adults live an active and independent lifestyle.

# Kee Tas Kee Now Tribal Council

The Kee Tas Kee Now Tribal Council (KTC) has adapted the original *Finding Balance* falls prevention resources developed by the Injury Prevention Centre, to produce culturally-appropriate tools for First Nation Elders in preventing falls.



# Learning Objectives

Participants will:

- Recognize risk factors that can lead to a fall.
- Identify interventions that help prevent falls.
- Become familiar with falls prevention resources that can be shared with Elders and family members.

Falls are the leading  
cause of injuries  
among older adults.

**1 in 3  
older  
Albertans  
fall each  
year.**

# Fall Facts for Older Adults

**101** Emergency Department  
Visits Each Day<sup>3</sup>

**27** Fall-related Hospital  
Admissions Each Day<sup>3</sup>



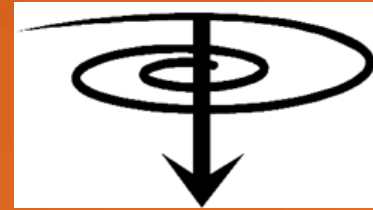
(Injury Prevention Centre. Fall Facts infographic 2021. Edmonton, AB: Injury Prevention Centre; 2021.)



THE **AVERAGE**  
LENGTH OF STAY  
**IN HOSPITAL**  
DUE TO A FALL IS  
**3 WEEKS**<sup>2</sup>

## After a fall, people may...

- Lose confidence
- Be afraid they might fall again
- Stop going out and doing things they enjoy
- Not be able to live the way they want to





# Risk Factors

**Balance**

**Leg Strength**

**In and Around the Home**

**Chronic Health Conditions**

**Cognitive Changes**

**Vision**

**Nutrition & Hydration**

**Depression**

**Medication**

**Footwear & Foot Care**

**Dizziness**

# Are you at risk of falling?



# Are you at risk of falling?



Circle YES or NO for each statement, then tally your score below.		Steps to lower your risk of falling
Have you fallen in the last 6 months?	YES 2 NO 0	Learn more about how to lower your fall risk to prevent yourself from falling again.
Do you use, or have you been advised to use, a cane or walker to get around safely?	YES 2 NO 0	Talk with a physiotherapist to get the best walking aid for your needs.
Do you sometimes feel unsteady when you are walking?	YES 1 NO 0	Exercise to improve your strength and balance.
Do you have to steady yourself by holding onto furniture when walking at home?	YES 1 NO 0	Talk with a physiotherapist for exercises to improve your balance.
Do you worry about falling?	YES 1 NO 0	Talk to your healthcare provider if you are worried about falling, especially if it stops you from being active.
Do you need to push yourself up with your hands to stand up from a chair?	YES 1 NO 0	Do 30 minutes of physical activity 5 days a week. Strengthening your muscles can reduce your risk of falling.
Do you have trouble stepping up onto a curb?	YES 1 NO 0	Be active to improve strength and balance.
Do you often have to rush to the toilet?	YES 1 NO 0	Talk with your doctor or health care provider about managing the need to rush to the toilet.
Have you lost any feeling in your feet?	YES 1 NO 0	Talk with your podiatrist or doctor because numbness in your feet can cause a fall.
Do you take medication to help you sleep or improve your mood?	YES 1 NO 0	Review your medications, vitamins, and supplements with your pharmacist or doctor yearly or if your prescription changes.
Do you take medication that sometimes makes you feel lightheaded or more tired than usual?	YES 1 NO 0	Talk to your doctor or pharmacist about medication side effects or causes of light-headedness.
Do you often feel sad or depressed?	YES 1 NO 0	Talk to your healthcare provider or doctor about how you are feeling.
Do you have difficulty avoiding hazards in your path because you don't see well?	YES 1 NO 0	Visit an eye doctor yearly to check your eye health.

Add up the number of points for each YES answer.  
If you scored 4 points or more, you may be at risk of falling.

TOTAL SCORE: \_\_\_\_\_

Talk to your healthcare provider or doctor for more information.

# Reduce Your Risk



Stay as independent as possible,  
for as long as possible.



Carry  
groceries



Teach your  
grandchildren



Garden



Live  
Independently



# Medication



The **more** medications you are on, the **higher** your **risk** of falling.

Taking more than 5 drugs can **increase** your risk of a fall by **75%**

# Medications include:

- Prescriptions
- Supplements
- Over-the-counter medications
- Vitamins



# Medication may increase the risk of falling if it makes people:

- sleepy, dizzy, weak or confused.
- go to the washroom more often.





# Medication

Encourage adults to:

- Always follow the instructions and doses.
- Keep a current medication list in their wallet and in their home.
- Not share prescription medications.
- Tell their healthcare provider about any new symptoms such as dizziness, blurred or double vision.

# Reduce Your Risk



**Challenge  
Your  
Balance**



**Build  
Strength**



**Be  
Active**



# EVERYDAY EXERCISES FOR ELDERS

## WHEN EXERCISING, REMEMBER TO:

- Check with your doctor or community health nurse before you start a new exercise program.
- Wear comfortable, supportive footwear.
- Use a counter or a firm, stable chair for support.
- Start with 5 repetitions of each exercise. Add 1 or 2 everyday until you reach 15 repetitions.
- Be aware that muscle soreness after exercise is normal.



### SIT TO STAND

- Sit in a chair, feet hip-width apart.
- Slowly stand up half way.
- Make sure your knees do not come forward past your toes.
- Keep your hips, knees, and ankles in line.
- Stand up straight and tall, then return to seated position.
- Repeat up to 15 times.



### STANDING LEG CURL

- Stand with feet hip-width apart, hold the counter for support.
- Shift weight onto one leg.
- Bend other knee.
- Raise heel toward buttocks as far as it is comfortable.
- Return to starting position.
- Repeat on each leg up to 15 times.



### SIDE LEG LIFT

- Stand with feet together, hold the counter for support.
- Shift weight onto one leg.
- Raise the other leg out to the side.
- Keep your back straight and tall.
- Slowly return leg to the floor.
- Repeat on each leg up to 15 times.



### HEEL RAISE

- Stand with feet hip-width apart.
- Hold on to the counter and look forward.
- Slowly raise both heels off the floor, standing on toes.
- Hold for 5-10 seconds.
- Return to start position.
- Repeat up to 15 times.



### TOE RAISE

- Stand with feet hip-width apart.
- Hold on to the counter and look forward.
- Slowly raise toes off the floor, putting weight onto heels.
- Hold for 5-10 seconds.
- Return to start position.
- Repeat up to 15 times.



### COUNTER/WALL PUSH-UP

- Facing the counter, stand arms' length away and place hands on the counter at shoulder height, and shoulder-width apart.
- Tighten the abdominal muscles.
- Keeping back and legs straight, bend elbows while lowering upper body toward the counter.
- Hold for 2-3 seconds.
- Straighten arms pushing against the counter and return to starting position.
- Keep elbows slightly bent.
- Repeat up to 15 times.



KEEP YOUR MOCCASINS MOVING!



KEEP YOUR MOCCASINS MOVING!

Kee Tas Kee Now Tribal Council | [injuryprev@ktcadmin.ca](mailto:injuryprev@ktcadmin.ca)

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Everyday Exercises poster

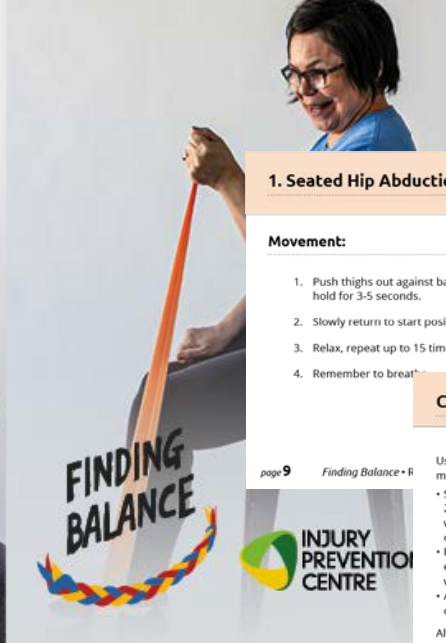
# BAND EXERCISES FOR ELDERS

## Using Resistance to Build Strength and Prevent Falls

# Tools



Sponsored by:



### 1. Seated Hip Abduction

#### Movement:

1. Push thighs out against band to open, hold for 3-5 seconds.
2. Slowly return to start position.
3. Relax, repeat up to 15 times.
4. Remember to breathe!



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### Cool Down Your Body

Use this time to cool your mind and body:

- Start your cool down with 2-3 minutes of either walking around the room or walking on the spot.
- Perform the same exercises you did during warm-up.
- Add stretching to your cool-down.

Always cool-down after exercise and before you sit down or stand still for lengths of time.



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#### Important to:

- Move slower.
- Lower heart rate.
- Breathe deeper.

# Vision



Many eye diseases have no early signs or symptoms.

# Home and Community





# Safe at Home



Make your home safer

- Improve lighting.
- Keep pathways clear and eliminate clutter.
- Have **non-slip** mats.
- Keep a phone nearby.
- Use nightlights or motion sensors in the bathroom and hallways.
- Use mobility aids correctly





# Footwear & Foot Care



Feet that are healthy and pain-free can help people keep their balance.

Wear supportive, non-slip footwear inside and outside.

Heel cup is deep with a snug collar to provide support and prevent heel slipping

Laces or Velcro® closure allows a snug fit and room for swelling

Heel is wide and flat to provide better side stability

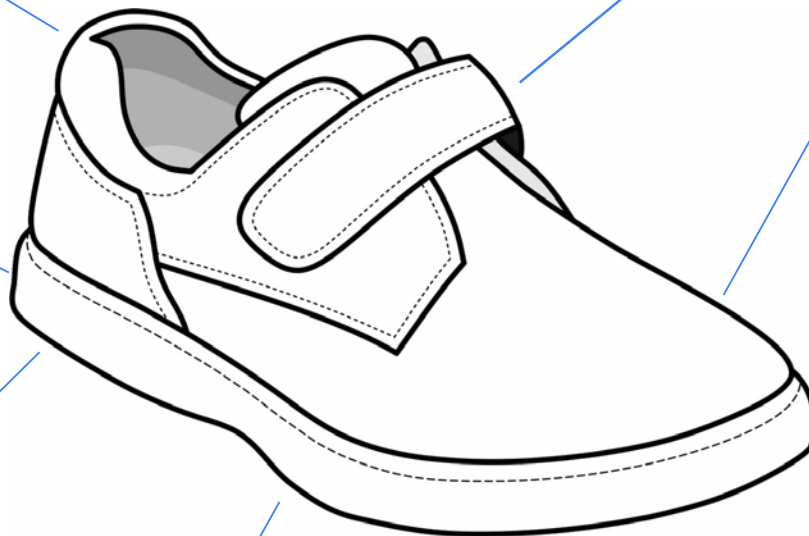
Toe box is deep and wide enough to allow toes to move

Heel should be no more than 10 mm (3/8") higher than the toe

Shoe length is no more than 7 mm (1/4") longer than your longest toe

For better stability, the thickness of the midsole should not be thicker than 25 mm (1")

Sole provides good grip but does not stick to carpet



# Tips for Winter in Alberta



- Choose footwear with soles that stay flexible in the cold.
- If you use a cane, put a retractable ice pick on the end of it.
- Carry a small bag of sand to sprinkle on icy spots you cannot avoid.
- Keep your hands free for gripping handrails or supports.



# How to Get Up from the Floor



Name one change  
you will try to make  
to lower an older adult's  
risk of falling.



# KEEPING **WELL** for older adults



in partnership with



## Finding Balance & Alberta's Elders

The Kee Tas Kee Now Tribal Council (KTC) has adapted the original Finding Balance falls prevention resources developed by the Injury Prevention Centre, to produce culturally-appropriate tools for First Nation Elders in preventing falls. These resources can be used by caregivers and professionals to support Elders across Alberta in all Treaty areas. By including input from Elders, the resources and guides highlight the strength, independence, and unique needs of each area.

### GETTING AROUND IN YOUR COMMUNITY

Every year,  $\frac{1}{3}$  of Alberta Elders will fall... The good news is that there are actions you can take to prevent falls. Being aware of hazards in the community can help you to avoid falling when on the go.



Take action to be safe in your community.

- Take your time to avoid rushing.
- Watch for uneven surfaces, cracks, or obstacles.
- Use your walking or mobility aids.
- Sit down and rest when you feel tired.
- Keep your hands free for balance and to use hand rails.
- Watch out for slippery surfaces.

### GET A GRIP ON SLIPPERY SURFACES



KTC Health Administration strives to build partnerships and relationships, internally and externally, looking for opportunities that support and improve overall health outcomes.



**KEE TAS KEE NOW  
TRIBAL COUNCIL**



**KEEP YOUR MOCCASINS MOVING!**

Kee Tas Kee Now Tribal Council | [www.ktccadmin.ca](http://www.ktccadmin.ca)

For more information, visit [FindingBalanceAlberta.ca](http://FindingBalanceAlberta.ca)



# Resources Available from the *Finding Balance* website: [findingbalancealberta.ca/resource-catalogue](https://findingbalancealberta.ca/resource-catalogue)

Order FREE resources from the resource order form on the website.

Download resources from the *Finding Balance* website. Our catalogue consists of resources in various formats and languages.

Tools for Presentations, additional resources to support Practitioners.

Finding Balance E-newsletter - stay informed



# QUESTIONS?



Find out more at:

Website:

[www.findingbalancealberta.ca](http://www.findingbalancealberta.ca)

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