

PREVENTING FALLS

Keeping safe and reducing the risk of falls

Falls are not an inevitable part of ageing

Many people assume that falls are an inevitable part of getting older. We're here to bust that myth and talk about how you can help prevent yourself or your loved one from falling over, with some simple and logical tips to keep seniors living independently for as long as possible.

Active involvement from your older loved one is crucial in preventing falls and reducing their impact. With a collaborative approach, including family members, caregivers, and healthcare providers, effective falls prevention strategies can be implemented to enable you or your loved one to remain safe and confident at home.

What to consider

Care support

When considering care support for yourself or your loved one, ask yourself these questions:

- Are you worried about them falling?
- Are they worried about falling?
- Have they had a recent fall?
- Could they benefit from extra support to prevent falls?

Engaging health professionals

Older people benefit from personalised support provided by a variety of healthcare professionals. This person-centred approach emphasises individual needs, with guidance and involvement from caregivers.

To set the wheels in motion, a great place to start is to request an occupational therapist for a home assessment and a physiotherapist or exercise physiologist for a physical evaluation.

Reduce falls risks in the home

There are practical steps you can take to aid falls prevention in your/your loved one's home. These include:

- ✓ Rearranging furniture
- ✓ Increasing lighting
- ✓ Installing night lights
- ✓ Checking footwear (fit and grip)
- ✓ Removing trip hazards like mats and rugs
- ✓ Placing bright tape on steps
- ✓ Installing ramps in place of stairs
- ✓ Placing gates on stairwells
- ✓ Arranging professionally fit rails

Staying up to date with medical check-ups and sticking to healthy lifestyle habits

Ensuring certain medical check-ups have taken place and that good daily lifestyle habits are followed can reduce the risk of falls.

Remember to:

- Seek a medication review if you or your loved one is taking four or more types of medication and more than 12 doses per day
- Talk to the GP about undertaking a bone health check
- Get eyes tested regularly to ensure glasses prescriptions are up to date
- Avoid bifocals or multifocals when outdoors
- Stay adequately hydrated
- Keep active with falls prevention exercises (see below)

Doing the right exercise

Increasing physical strength and improving range of movement can significantly improve balance and mobility. Many local communities have falls prevention exercise programs, consisting of either one-on-one support or group classes, with suitable balance exercises and strength and flexibility exercises such as Tai Chi to help reduce the risk of falls.

Knowing which injuries, illnesses, and diseases can increase the chances of falling

If you or your loved one is diagnosed with the following, the risk of falls increases:

- Dementia
- Stroke
- Reduced joint mobility
- Parkinson's disease
- High or low blood sugar (diabetes)
- Peripheral neuropathy
- Postural hypertension
- Vertigo
- Reduced strength following a period of illness
- Vitamin D deficiency
- Weight loss

Contact Feros Care today.

 **1300 418 418**

 **feroscare.com.au**

Technical support

Check out the easy-to-use Goods, Equipment, and Assistive Technology (GEAT) to help prevent falls.

Care@Home Basic Alarm Kit

This kit includes 24/7 emergency response monitoring, a base alarm unit, and a standard emergency pendant. It's a great cost-effective and user-friendly solution, and a falls detector pendant can be added for an additional cost.



GPS Pendant or GPS Watch

A GPS pendant or watch is the ideal solution for people who aren't looking for 24/7 emergency response monitoring, but still want the peace of mind of having help at the touch of a button. Your contacts will be alerted when you press and hold the SOS button (GPS pendant) or other button (GPS watch) for 4 seconds. They will receive a text alert with a GPS location and can also call the device at any time with two-way voice capability. It also allows your contacts to send a text message to locate the pendant or watch.



If you'd like any more information or support about preventing falls we're here to help. Whether you're being supported by government funded aged care services (such as a Commonwealth Home Support Program, Home Care Package or Short Term Restorative Care Program), or would like to access services privately, our friendly team are here to support you!

Please call 1300 418 418 to learn more about how Feros Care can support you to live a happier, healthier and better-connected life at home.

 **feros care**
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References

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