

ADVICE ON PREVENTING FALLS

AS GIVEN BY MEMBERS OF THE ERIE COUNTY FALLS PREVENTION COALITION

The Center for Disease Control recently reported that the number of American seniors who die from fall-related injuries has nearly doubled since 2000 and, that while roughly 30 seniors in every 100,000 died following a fall in 2000, that figure jumped to nearly 57 per 100,000 by 2013. The following is some expert advice from members of the Erie County Falls Coalition.



Suzanne Desfosses-Gilliam, President, Touching Hearts at Home

Falling is the number one reason that older individuals enter the emergency room but it is also the most preventable. The Falls Prevention Coalition exists to review and appraise all of the available falls prevention information, services and exercise programs. Seniors here in Erie County are fortunate because all over the age of 60 are eligible to participate in the CLUB 99 body strengthening exercise sessions being held at senior centers throughout Erie County. Developing stronger legs will significantly reduce your chances of falling.



Amy Braun BSW, CCM BlueCross BlueShield of Western New York

Tips for Caregivers for Preventing Senior Falls

1. Talk to your loved one about the risks of falling. 2. Encourage seniors to talk to their health care providers to assess fall risk. 3. Ask if they are experiencing any vision, hearing, or balance changes. 4. Talk about the medications they are taking and any side effects. 5. Make sure your loved one gets regular eye and hearing checkups. 6. Encourage older loved ones to attend balance and exercise programs.



Beth Moses BSN, RN, AEMT, Trauma Injury Prevention/Education Coordinator ECMC

Make your home safer by picking up the clutter, removing trip hazards, lighting your way to the bathroom, lighting your stairs, installing hand rails on both sides of any stairs, fixing uneven walkways, installing grab bars or assistive devices in the bathroom. Regular exercise and activities play a major role in reducing your fall risk. It's up to you; making your home safer will significantly reduce your chances of falling.



David May – Physical Therapist, Cert.MDT. Sisters Hospital Buffalo NY.

- 1) **Keep active** through exercise such as walking, exercise classes, Tai Chi, Yoga and line dancing. 2) **Vision:** Make sure your glasses prescription is up to date and that your lenses are clean. **Vestibular system:** Your inner ears play an important part in balance. If they are weak, you may get dizzy, experience vertigo and/or lose your balance easily. Practice keeping it strong by moving your eyes and neck to the right and left while sitting and progress to standing / walking. If you feel dizzy while performing – seek the advice of a health professional to help you.
- 3) **Appropriate (sensible) foot wear** for the activity you will be performing (example: don't wear flip flops or high heels while walking for exercise).

KEEP YOUR LIFE AND HEALTH IN BALANCE.

Free

Home safety evaluations, CLUB 99 Exercise (Leg Strength) classes, Matter of Balance Classes
For Information call Erie County Senior Services /NY Connects at 858-8526.