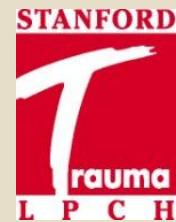


# Fall Prevention for Older Adults

## 5/8/24



**TRICIA CATIGGAY OTR/L**  
**COMMUNITY ENGAGEMENT & INJURY**  
**PREVENTION**  
**TRAUMA SERVICES**  
**STANFORD HEALTH CARE**



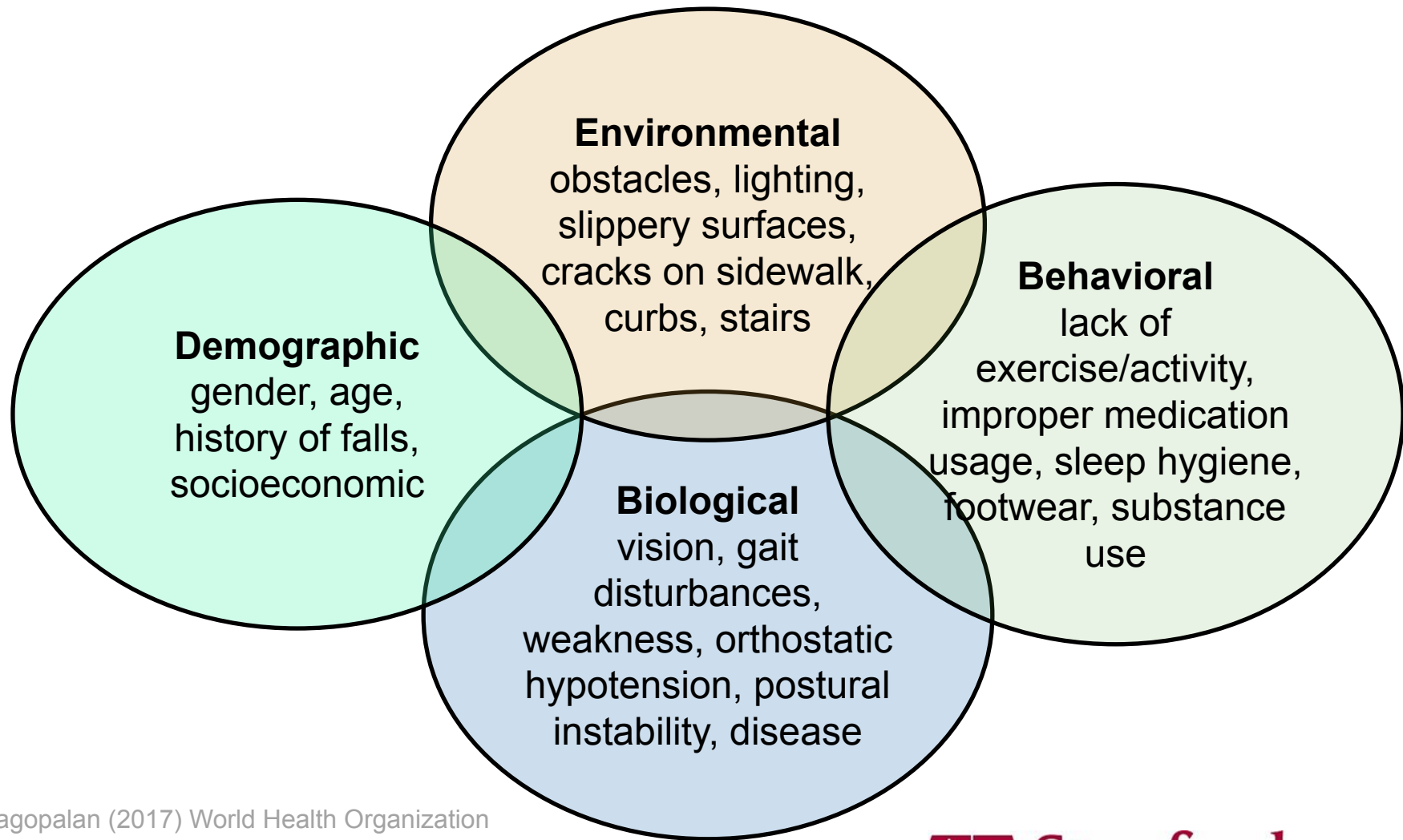


# THE FACTS....



- Among older adults, falls are the leading cause of injury deaths and the most common cause of hospital admissions due to injury.
- 1 in 4 adults had a fall in 2018 (36 million falls). 3 million required medical attention.
- Cost of non-fatal falls in 2015: \$50 billion. The cost of treating injuries caused by falls is projected to increase to over \$101 billion by 2030.
- 95% of hip fractures are caused by a fall
- Other consequences include traumatic brain injury, spinal cord injury, spinal fractures, chronic pain, fear, and debility

**Yes, falls happen. But...** If we can identify the risks for falling, then we can reduce the risks for falls. Falls are **not** an inevitable result of aging.



Rajagopalan (2017) World Health Organization



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# What We Know WORKS

- Medical Assessment
  - Annual Vision Exams
- Medication Review
- Home Assessment/Modification
- Practice Safe Behaviors
- Physical Activity

# Vision



- Change in eyesight can cause problems with glare sensitivity, light/dark contrast and more. Get eyes checked annually.
- Vision important to observe obstacles in the way. *If you can't see it – you can't avoid it.*
- Vision important for balance.



- Multi-focal lenses increase fall risk.

# Medications



- As many as 1/3 of all falls in older adults may be related to medication problems
- 4 or more medications increase fall risk
- Take prescription, over-the-counter, vitamins and herbals to doctor or pharmacist for review.



# Home Safety

- More than 50% of falls happen at home.
- Remove clutter and cords in pathways.
- Make sure rooms are lit well.
- Check each room in home to create safe environment.
- Install grab bars in shower



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# What are the hazards in this bathroom?



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# What are the hazards in this kitchen?



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# What are the hazards in this room?





# Simple changes can make a difference



# Pets



# Personal Habits



- Improper footwear, climbing on chairs and ladders and other behaviors can increase fall risk.
- Rushing and not being mindful, trying to do too many things at the same time are also personal habits that could increase fall risk.





Strength and balance are important in order to stand tall, lift feet and regain balance if you begin to trip.



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# Stability

- Ankle Circles



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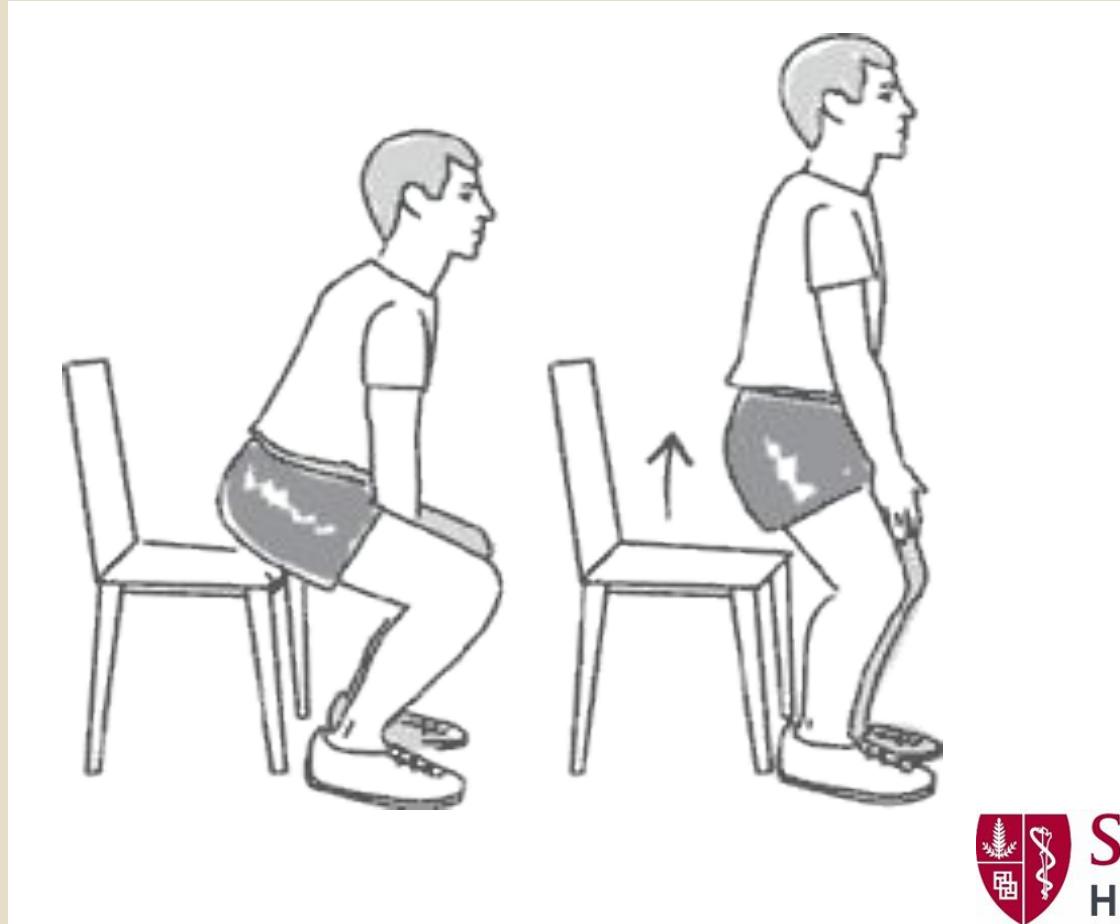


# Strength and Flexibility

- Marching



# Sit to Stand for Balance and Strength



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# Join Community or Virtual Exercise Programs



- Matter of Balance classes – in-person or virtual
- YMCA – in-person or YMCA 360
- Sit and Be Fit – public TV or DVDs
- Seated YOGA
- Functional activity which includes light household chores





# Making Changes to Prevent Falls



- Talk about Falls and Near Falls to your Health Provider.
- Get Regular Vision and Hearing Exams.
- Review Prescriptions and Over-the-Counter Medicines with your Doctor or Pharmacist for Fall Risk Side Effects.
- Make Pro-Active Changes and Home Safety Modifications.
- Keep Your Feet Healthy and in Supportive Footwear.
- Participate in a Regular Balance and Exercise Program.



# STANFORD TRAUMA SERVICE NEWSLETTER

*Join our mailing list*



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