



FALL PREVENTION FOR OLDER ADULTS

FALL RISK FACTORS



Physical risk factors:

- Changes in your body that increase your risk for a fall
example: weakness from inactivity, poor vision, medications

Behavioral risk factors:

- Things we do or don't do that increase our fall risk.
example: trying to reach something on a high shelf

Environmental risk factors:

- Hazards in our home or community
example: a low toilet seat, poor lighting

- **Fear of Falling** is a lasting concern about falling that may cause a person to *stop doing activities* he or she remains able to do.



- Fear of falling increases future fall risk.

Tinetti and Powell, 1993

FEAR OF
FALLING



Individual stops
participating in
activities



Legs weaken from
inactivity



Inactivity leads to
greater risk of falls



Inactivity causes
feelings of
isolation and
depression



KEYS TO FALL PREVENTION

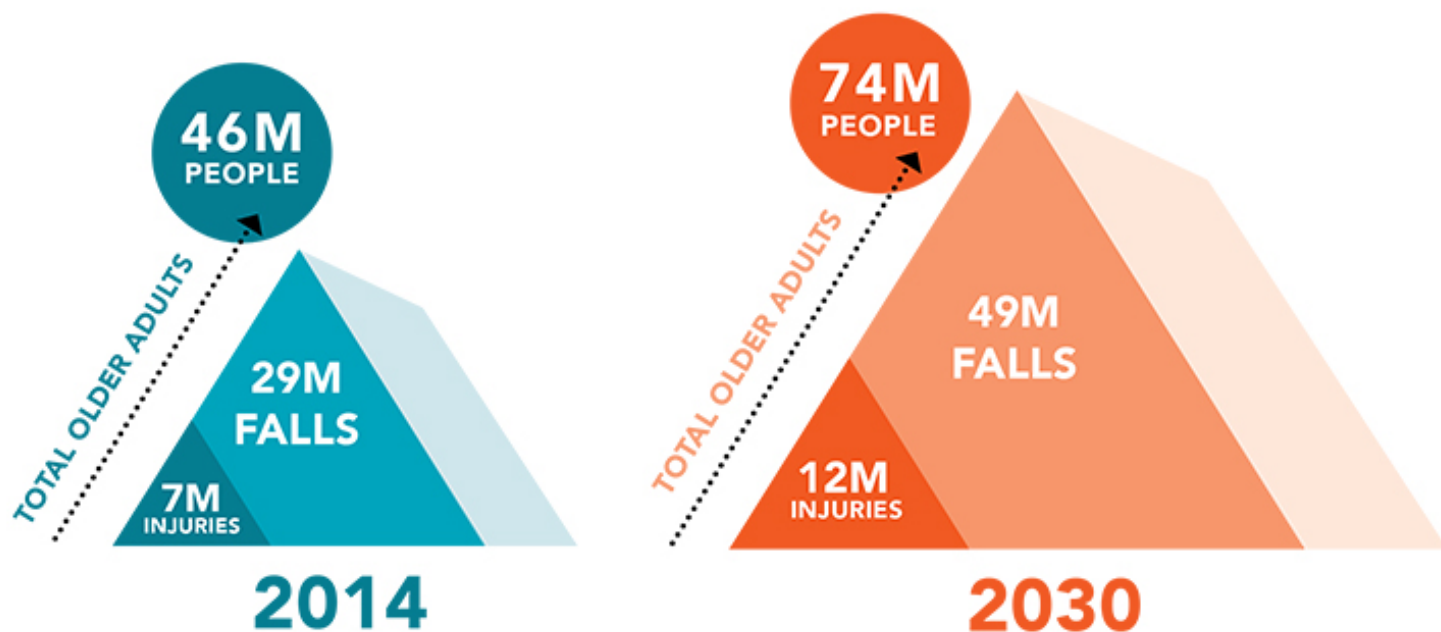
PREVENTION

RISK ASSESSMENT

BALANCE TRAINING

STRENGTH TRAINING

OLDER ADULT FALLS A Growing Burden





STRENGTH MATTERS

One clear reason why strength is important to seniors is for better balance and fall prevention.



The GOOD NEWS



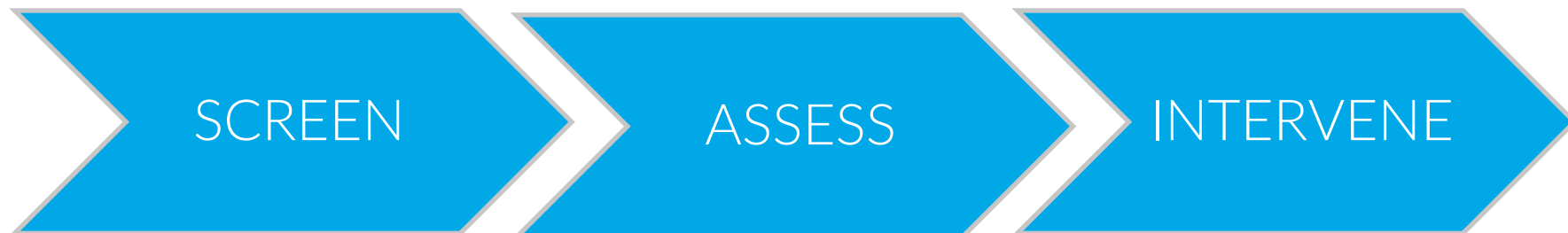
- **Muscular strength** is directly connected to functional ability and balance control, both of which help older adults better manage everyday activities.
- Research indicates that the correct type of resistance and muscular training, helps maintain balance and functional ability.

Simple strength and balance training exercises can reduce fall risk by 40%.



FALL RISK ASSESSMENT

FALL PREVENTION





FALL ASSESSMENTS

- It is widely accepted that falls are a multifactorial event resulting from multiple risk factors
- A multifactorial assessment includes **not only** balance and gait assessments: **strength, vision, medications, behavioral and environment**
- Evidence regarding fall prevention supports **multifactorial falls prevention** programs



*There is a need for a simple to administer, quick, assessment tools to classify a patient's fall risk & also provide direction to the treatment team for further assessment and/or targeted intervention.

NEXT COURSE:

SMARTBALANCE

How to use SmartBalance for fall risk assessment and balance training