

PREVENTING ELDERLY FALLS IN SARATOGA, WYOMING

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Purpose:

Educate seniors (age 65+) on fall prevention by:

- Changing the physical layout and making alterations to their home
- Encouraging physical activity for strength



Discussion:

- Multifactorial approach -- home modification and exercise)
- Many seniors are aware of fall risk
- The handouts were received well
- Offering fitness classes at the senior center (yoga, Tai Chi) may be an option later
- There is a need for increased involvement of non-profits in town who are able to assist seniors with obtaining equipment. Ie. Toilet extenders, walkers, canes, etc

Background:

- 1,700 year-round residents
- Large senior population
- No options for assisted living
- Very limited in home care options
- Many single senior females living alone into their 80's and 90's

Methods:

- Observing the senior patients in the clinic and nursing home
- Literature review indicated need for multiple approaches, ie. Physical intervention with exercise
- Partnered with the Senior Center

Results:

- Presentation at Saratoga Senior Center discussing fall prevention and exercise options in this community
- 25 people attended
- Large print handouts were distributed
- Many were aware of interventions, some were not

Floors:

- Make sure you have adequate space to navigate around furniture!
- Remove throw rugs or use double-sided tape to secure them to the floor.
- Keep floors and walkways clear! Pick up books, magazines, and make sure extension cords are out of the way.

KITCHEN

- Move items you use often to lower shelves so they are easily accessible.
- Use a steady step stool with a bar to hold on to. Do not use a chair to reach items that are too high!

STAIRS AND STEPS: both inside and outside your home

- Keep objects, papers, shoes, and books off of the stairs.
- Fix broken or uneven stairs and handrails
- Make sure your stairs are well lit! If you can, have a light switch at both ends of the stairs.
- Make sure carpet is firmly secured to the stairs.

BATHROOMS: A common place for falls!

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower for extra stability.
- Have grab bars installed inside the tub and next to the toilet.

Making Your Home a Safe Place to Live



Making house calls.