



**Neuro Café:
22nd September
Falls Awareness**

Steady on... Stay **SAFE**



Strength



And Balance



Falls History



Environment

Why falls occur ?

- Our bodies are intricate and our ability to remain upright depends on a complex range of systems working together.
- Our eyesight, hearing, muscle strength and balance are some of the body's functions that keep us standing but there are external factors that can impact us as well including, medication, infections, poor footwear and environmental hazards.
- Illness increases these risks with strokes, Parkinson's disease and arthritis being just a few that can have a significant impact.

Falls are not a normal consequence of ageing



Don't accept it !



Researchers have found that over 400 risk factors exist; many of these can be reduced with the correct action.

There are lots of things you can do to improve movement, strength, balance & confidence

[#ThinkFalls](#) [#FallsAwarenessWeek](#)

Falls prevention fuel tank



Falls Checklist: things to think about

1) Have you fallen in the past year?

- Yes – People who have fallen once are likely to fall again.
- No –

2) Have you been advised to use a stick or frame ?

- Yes - People who have been advised to use a cane or walker may already be more likely to fall but an aid can decrease risk
- No

3) Do you feel unsteady when walking ?

- Yes - Unsteadiness or needing support while walking are signs of poor balance.
- No

4) Do you hold onto the furniture at home when walking ?

- Yes - this is a sign of poor balance - exercise will help
- No

5) Are you worried about falling ?

- Yes - People who are worried about falling are more likely to fall.
- No

6) Can you get out of the chair without using your hands ?

- Yes - good leg strength demonstrated stronger legs decrease falls
- No – having to use your hands is a sign of leg weakness and this is a major factor in falling,

Falls Checklist: things to think about

7) Do you have trouble going up and down a kerb?

- Yes - this is often a sign of leg weakness and fear of falling both contributory factors for falling
- No

8) Do you have to rush to the toilet ?

- Yes -Rushing to the bathroom, especially at night, increases your chance of falling.
- No

9) Have you lost sensation in your feet ?

- Yes - Numbness in your feet can cause stumbles and lead to falls.
- No

10) Do you take medicine that sometimes makes you feel light-headed or more tired than usual ?

- Yes - Side effects from medicines can sometimes increase your chance of falling, it is important to discuss these with your doctor
- No

11) Do you take medication to help you sleep or improve your mood?

- Yes - These medicines can sometimes increase your chance of falling.
- No

12) Do you feel depressed or low ?

- Yes - depression or low mood can be a contributing factor as often people with low mood can be less active and more sedentary and subsequently become weaker, contributing to falls
- No



Falls Prevention Is A Team Effort

Family & Friends

Ask family and friends to help check and rid your home of falls hazards.



Falls Prevention Is A Team Effort

Pharmacist

Talk with your pharmacist about how medications—even over-the-counter ones—can affect your risk for falling.



Falls Prevention Is A Team Effort

Occupational Therapist

Meet with an occupational therapist to adjust your assistive device to best fit your needs.



FALLS PREVENTION IS A TEAM EFFORT

Don't forget your :

- PHYSIO !!
- GP
- Neurologist
- Nurse
- Gym instructors
- Support workers/ carers

Take Control of Your Health: 6 Steps to Prevent a Fall

Every **13 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

- 1** Find a good balance and exercise program
Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend. 
- 2** Talk to your health care provider
Ask for an assessment of your risk of falling. Share your history of recent falls. 
- 3** Regularly review your medications with your doctor or pharmacist
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed. 
- 4** Get your vision and hearing checked annually and update your eyeglasses
Your eyes and ears are key to keeping you on your feet. 
- 5** Keep your home safe
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas. 
- 6** Talk to your family members
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue. 

Falls prevention

Environment :

- De clutter
- Lift the rugs
- Improve the lighting – think night light !
- Ensure floors not slippery
- Good footwear
- Non slip bath/shower mvt

Postural drop:

- Ensure your BP does not drop when moving from lying/ sitting to standing
- Check medications with pharmacist or GP

Strength and balance exercises/ classes

Sight test

Ask for help – ladders/ moving heavy furniture

Steady on... Stay SAFE



Strength



And Balance



Falls History



Environment

Prevent a fall

Falls are not an inevitable part of growing older

Take Action today

Falls Risk	Ask	Act Now
R eview medication	Do you take 4 or more medications daily? Has it been 12 months or more since you had a medication review?	Contact your pharmacist for a medication usage review (MUR). This is a free service and is not to replace your clinical review with your GP
E yesight and hearing	Do you struggle to see objects around you? Have you noticed any blurring or gaps in your vision? Do you have difficulty hearing or interference with your hearing?	Contact your optician to book your eye examination and sight test. A sight test is free if you're aged 60 and over. Many opticians and pharmacies offer hearing tests.
D ecrease your fear of falling	Have you had a fall or a 'near miss'? Do you worry about falling?	Speak to your GP about your concerns.
U rinary tract infection and other infections	Are you visiting the toilet frequently? Are you getting up at night?	Speak to your GP or Practice Nurse.
C heck your blood pressure	Has it been 12 months or more since you had your blood pressure checked?	You can ask at your local pharmacy for a blood pressure check. (Some places charge), or your Practice Nurse at your GP surgery.
I ncontinence bladder and/ bowel	Do you have trouble making it to the toilet in time?	Make an appointment with your GP. Your GP will be able to do a full assessment and discuss treatment options.
N utrition and hydration	Are you noticing a change in your eating? Are you drinking enough throughout the day? Do you ever feel dizzy or faint?	Share any concerns with your GP who can refer you to a dietician if needed
G et Active	Do you spend most days sitting? Do you avoid moving about?	Contact Age Cymru Advice on 0300 303 44 98 to find out what exercise classes are available in your area to suit your needs and interests.
F oot health and supportive footwear	Do you struggle to cut your toenails? Is it painful to walk or stand? Do you struggle to find shoes that are comfortable to wear?	Contact NHS 111 Wales to find a podiatrist or contact Age Cymru Advice on 0300 303 44 98 for information on routine toenail cutting services in your area.
A ids and equipment	Do you use a walking stick or other walking aid? Are they starting to wear? When did you last check these?	Speak to reception staff at your GP surgery to see if you can self-refer or need to see a GP or occupational therapist.
L et people know!	Have you fallen or do you worry about falling?	There's no shame in talking about this. Tell your GP who has good links with your local Falls Clinic or services that can offer a full exploration and assessment of your needs.
L imit unnecessary risk	Act with care at all times, assessing whether you are able to take on the activity/pursuit? Watch alcohol intake. Telecare might give you and family/carer peace of mind if you are worried about falling.	Recognise that your body might not be able to do what it could even a few years ago: assess the risks. Recognise the impact of alcohol intake beyond recommended levels, or when your taking medication. If Telecare and monitoring falls gives confidence then find out how to access in your area: DEWIS Cymru - https://www.dewis.wales/
S afe from hazards in the home	Have you thought about trip hazards in your home? Are you worried about lighting, or keeping warm? Do you struggle with your stairs/steps?	Contact Care & Repair on 0300 111 3333 for advice on adapting you home..

For more information visit:
www.agecymru.org.uk
www.ageconnectswales.org.uk
www.careandrepaircymru.org.uk



0300 303 4498



01639 617 333



0300 111 3333



Ariennir yn Rhannol gan
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Other exercise options in addition to LEGS !

- Make Movement Your Mission
- 10-15 minutes
- 3 times a day;
 - 8am - circulation boosts & mobiliser
 - Noon – warm up, functional strength & balance
 - 4pm- warm up, sway/co-ordination and stretches
- These are live short exercise slots with evidenced based exercises to stay active, strong and well balanced on Facebook, videos then uploaded to you tube
- <https://www.facebook.com/groups/MakeMovementYourMission/>

You will recognise some of these key recommended exercises !



Discussion about falls

- If you have fallen how did this make you feel ?
- Did you get help ?
- How did you build confidence post fall ?
- Is there anything we can do to help ?