

WHAT IS YOUR FALL RISK? ASK YOURSELF THESE QUESTIONS

	Yes	No
Have you fallen in the past year?		
Do you have trouble getting out of a chair or feel unsteady when you walk?		
Do you take four or more medications (including over the counter)?		
Do you feel dizzy when you get up?		
Do you have any vision problems (reading, driving)?		
Do you have problems with your feet (pain or numbness)?		
Do you have difficulty getting up from the floor without help?		

If you answered YES to any of these questions, you are at a higher risk for falling. Please bring this to your next visit with your healthcare provider or call Day Kimball Healthcare's Geriatric Care Management Program.

GERIATRIC CARE MANAGEMENT PROGRAM IN-HOME FALL EVALUATION

Individualized in-home fall evaluations and education provided to persons age 60 and older who have fallen within the past year or who have multiple risk factors for falls. Referrals can be made by physicians, home care staff, service agencies, family caregivers or individuals themselves.

For more information or to make a referral call: (860) 779-9270.

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For Seniors at Risk of Falling

DKH DAY KIMBALL HEALTHCARE

Geriatric Care Management Program
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DON'T LET FALLS HAPPEN TO YOU

The Painful Facts of Falling:

- Falls are more common than strokes and can be just as serious in their consequences.
- Falls are the most preventable cause of needing nursing home placement.
- Among adults 70 years and older:
 - 3 in 10 fall each year
 - Falls cause over 90% of broken hips

The common risks for falling include:

- Trouble getting up, standing or walking
- Taking four or more medications
- Foot problems and unsafe footwear
- Dizziness upon standing up
- Problems with vision and hearing
- Environmental hazards in your home



WHAT YOU CAN DO TO REDUCE YOUR RISK FOR FALLING

Talk to your healthcare provider and ask him or her to:

- Check your balance, strength and walking.
- Consider a referral to physical medicine.
- Review your medications and ask if any can be reduced or stopped. Also, ask if any of the medications cause dizziness or a drop in blood pressure.
- Check your blood pressure lying down, sitting and standing.
- Report any symptoms of dizziness, weakness, unsteadiness or confusion to your healthcare provider.

Medications

Always carry an up-to-date list of your medications with dosages, especially to all medical and pharmacy visits.

Bring your medications or a medication list with you to every visit with your healthcare provider for review.

Get your medications filled at one pharmacy and ask your pharmacist to review your medication list when buying a new medication.

Vision and Hearing

Get annual vision and hearing exams

Have ears checked for wax

Feet and Footwear

If you have pain, numbness or any other foot problems, see a podiatrist or speak with your healthcare provider.

Always wear supportive shoes.

Hazards in Your Home

Remove anything that narrows your walking paths. Walking paths should be clear and wide.

Remove all possible tripping hazards in your home (rugs, cords, low lying objects).

Use extra caution on stairs, curbs, thresholds and uneven ground.

Have adequate lighting wherever you are walking.

Use chairs and sofas that have armrests, and that are not too low, too high or too soft.

Make changes in your home so that daily routines do not require stooping or reaching overhead.

Have a Safety Plan

Think ahead and plan what you will do if you fall at home:

- Have at least one telephone that's accessible from the floor (a table phone, cordless phone, cell phone).
- Consider a personal emergency response system, especially if you live alone.