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Fall Prediction

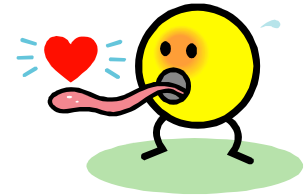
- Hx of previous falls
 - #1 Predictor – fall during the past 6 months
 - Age
 - 65+ : 30%
 - 85+ : 42-49%
 - 100+: 83% fall w/injury; 50% injury related deaths)
 - Medication use (use of 3 or more drugs)
 - Chronic Pain
 - Cognitive impairment

Fall Prediction (continued)

- Impaired balance
 - Visual impairment
 - Sensory loss
 - Vestibular problems
- Hypotension
- Decline in strength & flexibility
 - Decreased ROM
 - Decreased strength & power

Fall Prediction (continued)

- ****The muscle that gets stronger: tongue**



- Urinary incontinence
- Illness

Characteristics of Fallers

- Stop walking when talking
 - This shows an attempt to control gait parameters that are normally controlled more automatically
- Fear of falling
 - Leads to gait adaptations that increase stability but decrease gait speed
 - Wide stance
 - Decreased stride length
 - Shorter single leg stance (reduces the amount of time spent balancing on one leg)

Fall Screens

- 30 second sit → stand test (without using hands)
 - 65 to 69 year old man should be able to stand 12-18 times in 30 seconds
 - 65 to 69 year old woman should be able to stand 11- 17 times in 30 seconds
- TUG (Timed up and Go) Test
 - Stand up go 10 feet and come back, sit down
 - 60-69 yr old 8 seconds
 - 70-79 yr old 9.2 seconds
 - 80-99 yr old 11.3 seconds
 - **Greater than 14 seconds high Fall Risk

Reducing Your Risk of Falling



- Exercise

- Especially exercises for the legs & push up muscles

- Walking, chair push ups

- Balance activities

- Need to challenge balance to keep/improve balance

- Dancing, Wii B MOVING



Ja, Walking, Hiking,

Environmental Considerations: Lighting

- Adequate lighting
- Have a lamp or light switch that you can easily reach without getting out of bed
- Use night lights in the bedroom, bathroom & hallways
- Keep a flashlight handy

Bathroom

- Add grab bars in showers, tub & toilet areas
- Use nonslip adhesive strips or a mat in shower or tub
- Consider sitting on a bench or stool in the shower
- Wear nonslip, low heeled shoes or slippers that fit snugly. Don't walk around in stocking feet.
- Keep telephones & electrical cords out of pathways
- Remove all extraneous clutter in the house
- Ensure that carpets are firmly attached to the

True or False

- Falling is a normal part of aging

- FALSE.
- Remember....Fall is a 4 letter word, avoid it!