Staying Steady:

Reducing Fall Risk Through Prevention, Planning & Innovation



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Aging Life Care

ALCA 8 knowledge areas



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CDC DATA

Falls by the Numbers

Falls are the leading cause of both nonfatal and fatal injuries for people 65 and older.

1 in 4
older adults falls each year — over 14 million people

37%
of falls cause injury, and 1 in 5 is a serious injury

3M
ER visits a year, and 1 million hospitalizations

#1
most common cause of traumatic brain injury

HIP FRACTURES

300,000
hospitalized each year

20–30%
die within one year

ANNUAL COST OF NONFATAL FALLS, US

$80B
total cost of nonfatal falls

$53B
borne by Medicare

WHY PEOPLE FALL

Six Leading Causes of Falls

- Home hazards
- Poor vision
- Poor balance or weakness
- Medical conditions — Parkinson's, dementia, neuropathy, blood pressure
- Medications
- Vitamin D deficiency



THE JOB OF LIVING

What an Occupational Therapist Does

A licensed healthcare professional who helps people recover and keep the skills that everyday life asks of them.

- Bathing, dressing, cooking, medications, driving
- Assesses the person, the task and the home together
- Builds one individualized plan, client-centered



IT IS NEVER TOO LATE TO START

Start Today, Start Tomorrow

Start Today

Immediate fix. Low cost, low tech.

- Remove throw rugs
- Night lights
- Shower seat
- Shower grip stickers
- Raised toilet seat
- A cane, walker or rollator
- Shoe choice
- Clothing choice
- Pill organizer
- Bed rail
- Daily items within easy reach

Start Tomorrow

Gradual fix. Higher cost, high tech.

- Modify the bathroom
- Install grab bars
- Install a walk-in shower
- Ramp installation
- Install railings
- Wearable fall detection sensors
- Smart home lighting, TV, phone, blinds
- Automatic medication dispensers

WHO TO CALL

Community Resources

Aging Life Care Managers

Assess the household and recommend vetted resources in your community.

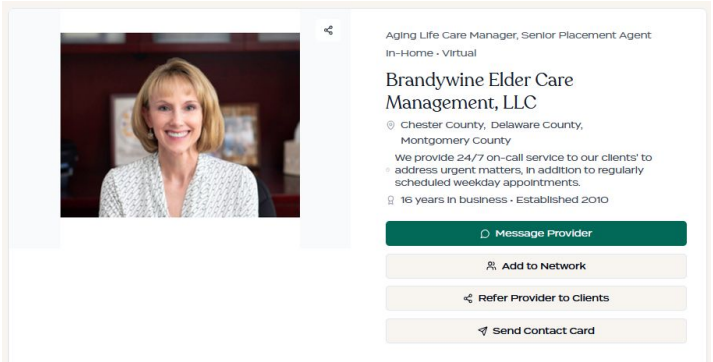
Physicians

Help patients understand that the time is now, and refer for therapy.

Occupational, Physical & Speech Therapists

Build an individualized, client-centered plan — and the rapport to keep it going.

Next Steps



Learn more about Brandywine through the bQuest profile link in your email or contact Erin directly:
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& Helpful Resources





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Thank you!

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