

Participant's Workbook Fall Prevention Program 2020

Online privacy is an important issue. Our meetings are confidential. What you hear and who you see here are confidential even if this is a different format than any in person meetings. That includes not repeating things you hear, sharing details on social media, or taking photos/screenshots/video of this meeting.

Best Practices:

- Please do not share the Zoom link or access codes with others but you are welcome to share the sign-up form with others (below).
- The screensharing for participants is disabled.
- The meeting will be locked at 5 minutes after the start time.
- Participants will be muted. There are slides where you can unmute and participate in discussions.
- We do not record this meeting. Do not record or take any screen shots of the meeting.
- Should there be any concern about trolling/doxing/Zoom Bombing, that person participating in disruptive behavior will be removed from the meeting.

Sponsored by Villages of Santa Fe and AARP

August 17 & 24, 9 am MT, 90 minutes each session

October 12 & 19, 9 am MT, 90 minutes each session

November 9 & 16, 9 am MT, 90 minutes each session

December 7 & 14, 9 am MT, 90 minutes each session

Register at <http://aarp.cvent.com/aarpm2020events>

Fall Prevention Program

Two Part Series Specifically Designed for Seniors

In just an instant, a fall can lead to loss of independence. Older adult falls result in traumatic brain injury, hip and lower extremity fractures, and reduced ability to live independently. Falls **are not** a natural part of aging and many can be prevented. Some of the false beliefs surrounding aging and falls are as follows:

Myth: *"As long as I stay home, I can avoid falling."*

Reality: Over half of all falls take place at home.

Myth: *"Muscle strength and flexibility cannot be regained."*

Reality: While we do lose muscle as we age, exercise can restore strength and flexibility.

This two-part, on-line workshop is designed to reduce fear of falling and increase activity levels, focusing on:

- The importance of an exercise routine
- The importance of speaking up and being assertive
- Reviewing medications, hearing, and vision issues
- Positive interaction with healthcare providers and family
- Making the home environment safer

QUESTIONS? Email Ann or Maria at fitnessvillages505@gmail.com

Attitudes Associated with Falls

Agree

Disagree

☐☐

Most falls cannot be prevented.

☐☐

Falling is humiliating.

☐☐

Almost every day I think about the fact I could fall and hurt myself.

Myths About Falls

True

False

☐☐

Falling is something normal that happens as you get older.

☐☐

Muscle strength and flexibility can't be regained.

☐☐

If I limit my activity I will not fall.

☐☐

Using a walker or cane will make me more dependent.

(Bad) Habits that Increase your Chances of Falling:

List habits or behaviors that are increasing your chances of falling:

From the list above select the highest risky habits:

Do you think you can change it? Explain how:

Balance Problems and Disorder:

Do you feel that you have a Balance Disorder? What are your symptoms?

If yes, have talked to your doctor?

Assertive Communication:

What does it mean to be assertive?

What difference does it make if you assertive or not?

What if you have fallen?

Have you fallen in the past 12 months?

Were you injured?

Did you ask for help or talk with your doctor?

Are you afraid that it will happen again?

Exercises:

How important is exercise as you age?

Do you have an exercise routine?

Barriers to Exercising:

Do you have any barriers to exercising on a regular basis?

Mindset:

What the two things you miss the most during the pandemic?

Do you feel isolated and alone?

Do find yourself anxious at times?

Can you share any specific coping techniques or ideas?

Nutrition:

Do you find difficult to eat nutritional meals every day?

Resources

Villages of Santa Fe

www.villagesofsantafe.org

Exercise Classes

Balance and Beyond with Maria Francis

Tuesday/Thursday, 2pm MT

Gentle Yoga with Judith Rhodes

Wednesday/Friday, 10am MT

Register in advance for classes at <http://aarp.cvent.com/aarpm2020events>

Sponsored by Villages of Santa Fe and AARP

Contact us at:

Fitnessvillages505@gmail.com 505-501-8187

AARP

AARP/Villages of Santa Fe Exercise Classes

Register at <http://aarp.cvent.com/aarpm2020events>

AARP Home Safety Check List

https://assets.aarp.org/external_sites/caregiving/checklists/checklist_homeSafety.html

National Council on Aging

www.ncoa.org

New Mexico Department of Health

<https://www.nmhealth.org/>

CHRISTUS ST VINCENT'S 2020-2021 COMMUNITY HEALTH NEEDS ASSESSMENT

https://796ea106-b958-491e-aa97-36fc15e11644.filesusr.com/ugd/97f7ee_09fdaef0979c495f9d0bb4a74e983401.pdf

Alert Santa Fe

<https://www.santafenm.gov/alertsantafe>

YouTube Videos

Sit to Stand Test

https://www.youtube.com/watch?v=1px_iFpCWaM

Getting Out of Bed Safely

<https://youtu.be/af314XsPsf0>

Getting down and up from the floor – make the floor your friend

<https://www.youtube.com/watch?v=Vu1WPJcXGwE>

Zoom – register for a free account

<https://zoom.us/>

ASSESSMENT

30-Second Chair Stand

Purpose: To test leg strength and endurance

Equipment: A chair with a straight back without arm rests (seat 17" high), and a stopwatch.

① Instruct the patient:

1. Sit in the middle of the chair.
2. Place your hands on the opposite shoulder crossed, at the wrists.
3. Keep your feet flat on the floor.
4. Keep your back straight, and keep your arms against your chest.
5. On "Go," rise to a full standing position, then sit back down again.
6. Repeat this for 30 seconds.

NOTE:

Stand next to the patient for safety.



② On the word "Go," begin timing.

If the patient must use his/her arms to stand, stop the test.
Record "0" for the number and score.

③ Count the number of times the patient comes to a full standing position in 30 seconds.

If the patient is over halfway to a standing position when 30 seconds have elapsed, count it as a stand.

④ Record the number of times the patient stands in 30 seconds.

Number: _____

Score: _____

Patient _____

Date _____

Time _____ ☐ AM ☐ PM

SCORING

Chair Stand Below Average Scores

AGE	MEN	WOMEN
60-64	< 14	< 12
65-69	< 12	< 11
70-74	< 12	< 10
75-79	< 11	< 10
80-84	< 10	< 9
85-89	< 8	< 8
90-94	< 7	< 4

A below average score indicates a risk for falls.



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

2017

STEADI Stopping Elderly Accidents
Deaths & Injuries

How to Get Back Up After You Have Fallen

1. Stay calm and take a few deep breaths.
2. Examine yourself for injuries.
3. If you find that you are injured or unable to get up, try to alert someone to your predicament. While you're waiting for help, try to keep warm and stay calm.
4. If you are confident you haven't broken any bones or experienced a serious injury, search for the nearest piece of sturdy furniture. (A chair would be ideal.)
5. Slowly roll onto your side and then work to get onto your hands and knees.
6. Crawl or drag yourself over to the piece of furniture.
7. Get into a kneeling position and place your hands on a stable part of the piece of furniture (e.g. the seat of the chair).
8. Choose your strongest leg and move that knee forward to place your foot on the floor. You should end up in a kneeling lunge with your hands still on the piece of furniture for support.
9. Using your arms and legs simultaneously, push yourself up and pivot around until you're sitting on the piece of furniture.
10. Stay sitting until you're confident you can move around without hurting yourself or falling again.
11. Once you are up, notify your doctor that you've had a fall and keep an eye out for emerging pain or signs of injury.

AARP The Art of Falling Safely

<https://www.aarp.org/health/conditions-treatments/info-2017/how-to-fall-safely.html>