



Beartooth Billings Clinic

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Fall Prevention and Home Safety



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Falls

- It can happen to anyone!
- An older adult falls every second of every day
- 1 in 4 older adults fall every year
- Falls are the #1 cause of hip fractures
- 87% of all fractures in older adults are due to falls
- Many falls do not result in injuries, yet 47% of non-injured seniors who fall cannot get up without assistance



Factors Associated with Recurrent Falls

Hypotension

Behavior

Comorbidities

Cognition

Medication

Acute Injury or
Illness

Depression/Anxiety

Feet

Gait,
strength, balance

Environment/Safety
Hazards

Fear

Support

Age

Sensory Changes



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Fall Risk Management- Team Approach

PT	OT
Strength Balance Fear of Falling Endurance Training Mobility Devices Vestibular Rehab Pelvic Health	Home Safety Evaluation Environmental Modifications ADLs, IADLs Fear of Falling Low Vision Functional Cognition

Primary Care	Other Professionals	Community
PCP Rn Pharmacist Behavioral Health	Speech Therapist Podiatry Optometry Other Specialists (ie- Neurologist)	Fitness Professionals Community Organizations Support Groups

Home Modifications to Prevent Falls

- Decrease clutter and maintain clear pathways
- Remove all small rugs
- Keep regularly used items within reach to avoid stools
- Use non-slip mats in bathtub and shower
- Adequate lighting (night lights, brighter light bulbs)
- Handrails on stairs and grab bars in bathrooms
- Appropriate use of assistive devices and equipment
- Wear shoes that are supportive and have non-slip soles





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Outdoor Safety Tips

- In bad weather, use a walker or cane for added stability
- Wear warm boots with rubber soles for added traction
- Use “Crampons” or “Yaktrax” cleats on shoes to walk on snow/ice for added traction
- If sidewalks look slippery, walk on the grass for better traction
- Be aware of slippery surfaces when going indoors when surfaces are wet



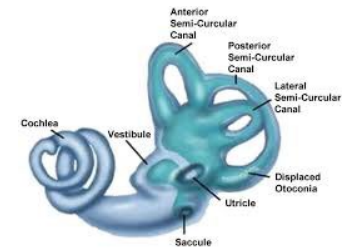
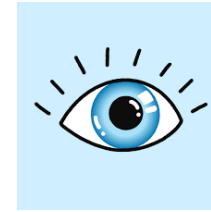
What can YOU do to Prevent Falls??

- Have your healthcare provider review your medications
- Have your eyes and feet checked regularly
- Make your home safer
- Stay physically active or begin a regular exercise program
- Seek out a Physical Therapist to create an individualized program that addresses YOUR needs to improve strength, balance, and coordination.



Balance and Vestibular Rehabilitation Program

Balance



- We maintain balance with input from **eyes, inner ears (vestibular system), and muscle and joint receptors in our bodies (somatosensory input)**.
- The brain processes the input from all three systems to tell us where we are in space.
- If any of these sensory systems become damaged, we can become dizzy or unsteady.



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Balance and Vestibular Rehabilitation Program cont.

- **Vestibular Therapy** is a specialized form of rehabilitation focused on improving balance, reducing dizziness, and minimizing risk of falls.
 - Enhance vestibular function
 - Improve gaze stability and visual tracking
 - Enhance postural control and proprioception
 - Address muscle imbalances contributing to instability
 - Improve ability to walk
 - Recommend appropriate walking aid if needed





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WHO can benefit from Balance Training and Vestibular Therapy?

Anyone with...

- History of Falls
- Age-related balance disorders
- Acute/Chronic Vestibular injuries
 - BPPV (Benign Paroxysmal Positional Vertigo)
 - Vestibular Neuritis
 - Labyrinthitis
 - Meniere's Disease
- Peripheral neuropathy
- Post-Concussion Syndrome
- TBI
- Stroke
- Parkinson's Disease





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Thank you for coming!



Questions?