

FALL PREVENTION

St. Catherine's West Rehabilitation Hospital Community Fall Prevention Program



Why is Fall Prevention Important?

Falls are the leading cause of nonfatal injuries among older adults.

Each year, one in three adults age 65 and older experiences a fall. Those who fall once are two to three times more likely to fall again.

One out of ten falls causes a serious injury, such as a hip fracture or head injury, which requires hospitalization.

In addition to the physical and emotional pain, many people spend at least a year recovering in a long-term care facility. Some are never able to live independently again.



Falls are Preventable.

Though common, falling is not an inevitable part of aging.

Many older adults, as well as their family members and caregivers, are unaware of factors or behaviors that put them at risk of falling. They are also unaware of actions they can take to reduce their risk.

Today, there are many effective fall prevention programs that can be used in community settings. Through offering these programs to our community, and teaching practical lifestyle adjustments we can substantially reduce the number of falls, and help older adults maintain their health and independence.

HOW CAN WE HELP

We are a state-of-the-art, non-profit rehabilitation facility designed to meet the needs of individuals with a broad range of acute or chronic illnesses that may cause temporary or permanent disability.

As part of our effort to help you stay safe; our experienced Physical and Occupational Therapists will be providing complimentary services and screenings using evidence-based fall prevention practices such as;



A. Fall Risk Assessment using evidenced-based testing:

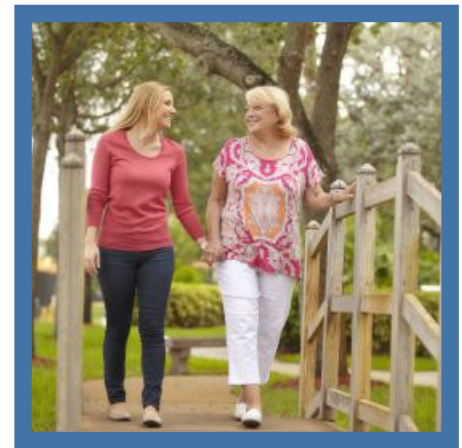
a. TUG (Time up and go test) is used to assess mobility, balance, and walking ability and fall risk in older adults.

b. The 4-Stage Balance Test is an assessment of static balance in four different and increasingly challenging positions.

c. Five Time Sit to Stand test: Measures functional lower limb muscle strength



B. Provide and guide Otago Exercise Program, an evidence-based fall prevention program that target muscle strength and balance training



C. Provide education in:

a. Understanding fall risk factors- A fall risk factor is something that increases a person's chances of falling. This may be a biological characteristic, a behavior, or an aspect of the environment.

b. Effective interventions that can prevent older adult falls.

c. How to get up after a fall.



ST. CATHERINE'S WEST REHABILITATION HOSPITAL

Miriam Ramirez, RPT mramirez@chsfla.com and

Margaret Perez, OTR/L mperez2@chsfla.com

8850 NW 122nd Street, Hialeah Gardens, FL 33018

305-351-7181 Ext. 2410