

Fall Proof Your Life: A Guide to Better Balance

Presenter:

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We will begin at 12:10 PM



Today's Guide for a Healthy Conversation:

Be respectful and open to others.

Please type your questions in the Q&A box and
comments into the chat box for our moderators.

Today's session will be recorded and will be posted
to our Living Well Wednesday web page at
www.ksre.k-state.edu/fcs/livingwellwed/

**LIVING WELL
WEDNESDAY**

K-State Research and Extension Webinar Series

Today's Roadmap

- Fall facts
- What contributes to falls
- 8 steps for falls prevention
- What to do if you fall
- Fall prevention exercises



FALL FACTS

- About 25% of adults 65+ fall each year
- Falls are the leading cause of fatal and non-fatal injury
- Falls result in 3M ER visits and 1M hospitalizations each year
- \$50B is spent on non-fatal fall injuries each year





FALL FACTS

- Less than half of fall victims tell their doctor
- Falling once doubles your risk of falling again
- Most falls are caused by a combination of factors
- Falls are common, costly, and often preventable



Don't let the
FEAR OF FALLING
get you down!



FEAR OF FALLING

use it
OR LOSE IT

Exercise #1: Sit to Stand



Exercise #2: Standing Heel Raises





WHAT CONTRIBUTES TO FALLS?

Conditions that make you more likely to fall include:

- Lower body weakness
- Vitamin D deficiency
- Walking and balance difficulties
- Some medications
- Vision problems
- Foot pain or poor footwear
- Home hazards





GET A GRIP!

- 10 Grip and holds (slim, wide)
- 10 Grip and release (slim, wide)
- 10 Towel wrings

8 STEPS FOR FALLS PREVENTION



Talk to your
healthcare
provider.

8 STEPS FOR FALLS PREVENTION



Talk to your
healthcare
provider.



Keep moving.

8 STEPS FOR FALLS PREVENTION



Talk to your
healthcare
provider.



Keep moving.



Take care of
your feet.

8 STEPS FOR FALLS PREVENTION



Talk to your healthcare provider.



Keep moving.



Take care of your feet.



Make your home safer.

Exercise #3: Lunges



Exercise #4: Standing on One Leg



8 STEPS FOR FALLS PREVENTION



Talk to your
healthcare
provider.



Keep moving.



Take care of
your feet.



Make your
home safer.



Light up your
life.

8 STEPS FOR FALLS PREVENTION



Talk to your healthcare provider.



Keep moving.



Take care of your feet.



Make your home safer.



Light up your life.



Use assistive technology.

8 STEPS FOR FALLS PREVENTION



Talk to your
healthcare
provider.



Keep moving.



Take care of
your feet.



Make your
home safer.



Light up your
life.



Use assistive
technology.



Stay safe.

8 STEPS FOR FALLS PREVENTION



Talk to your healthcare provider.



Keep moving.



Take care of your feet.



Make your home safer.



Light up your life.



Use assistive technology.



Stay safe.

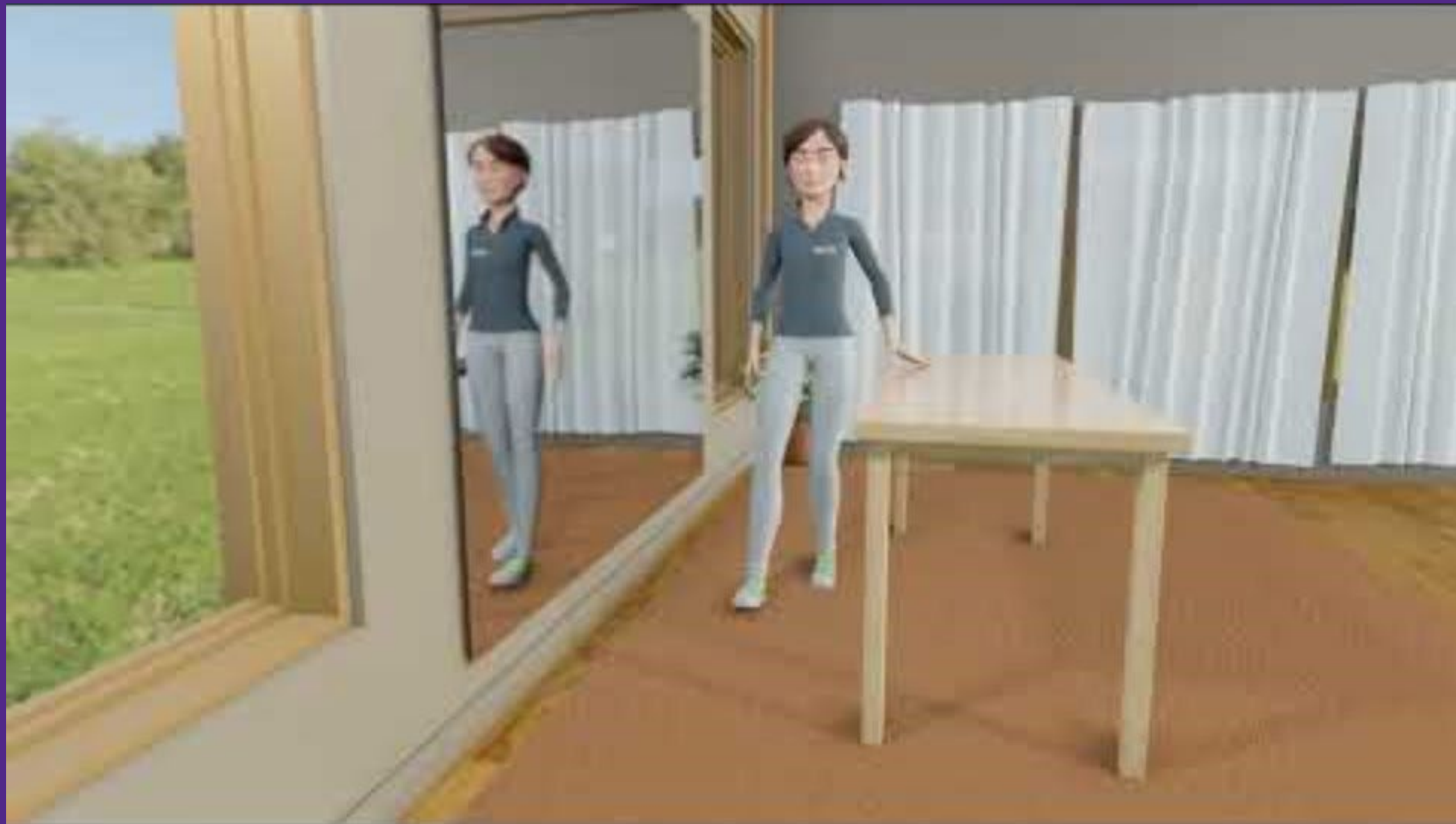


Be hands free.

Exercise #5: Side Stepping



Exercise #6: Backwards Walking





IF YOU FALL...

- Rest and breathe.
- Let the shock subside and decide if you are hurt.
- Get help, if needed.
- Roll over, rest, get on your hands and knees, rest, crawl to a sturdy chair, rest, raise your chest and grab the chair, rest, slide one foot forward so it's flat on the floor, rest, slowly rise and turn your body to sit in the chair, then rest.
- Talk to your doctor.

THANK YOU FOR ATTENDING!

Please take a few seconds to complete our survey.

Scan the QR code or follow this link:
<https://bit.ly/3zyLNF4>



Recordings or presentations & handouts will be posted on our website at

www.ksre.k-state.edu/fcs/livingwellwed/

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Carol Ann Crouch
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Wed. December 11th, 12:10 - 1PM CST

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