Fall Proof Your Life: A Guide to Better Balance

Presenter:

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We will begin at 12:10 PM

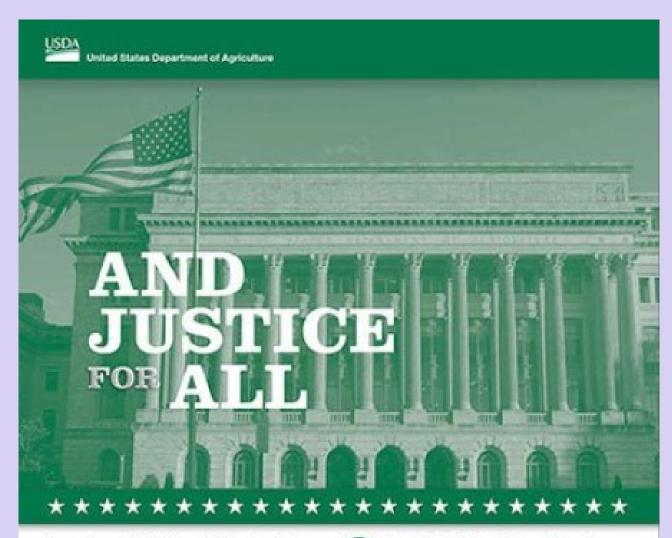
Today's Guide for a Healthy Conversation:

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/





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Family and Consumer Sciences

Today's Roadmap

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



- 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



- 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

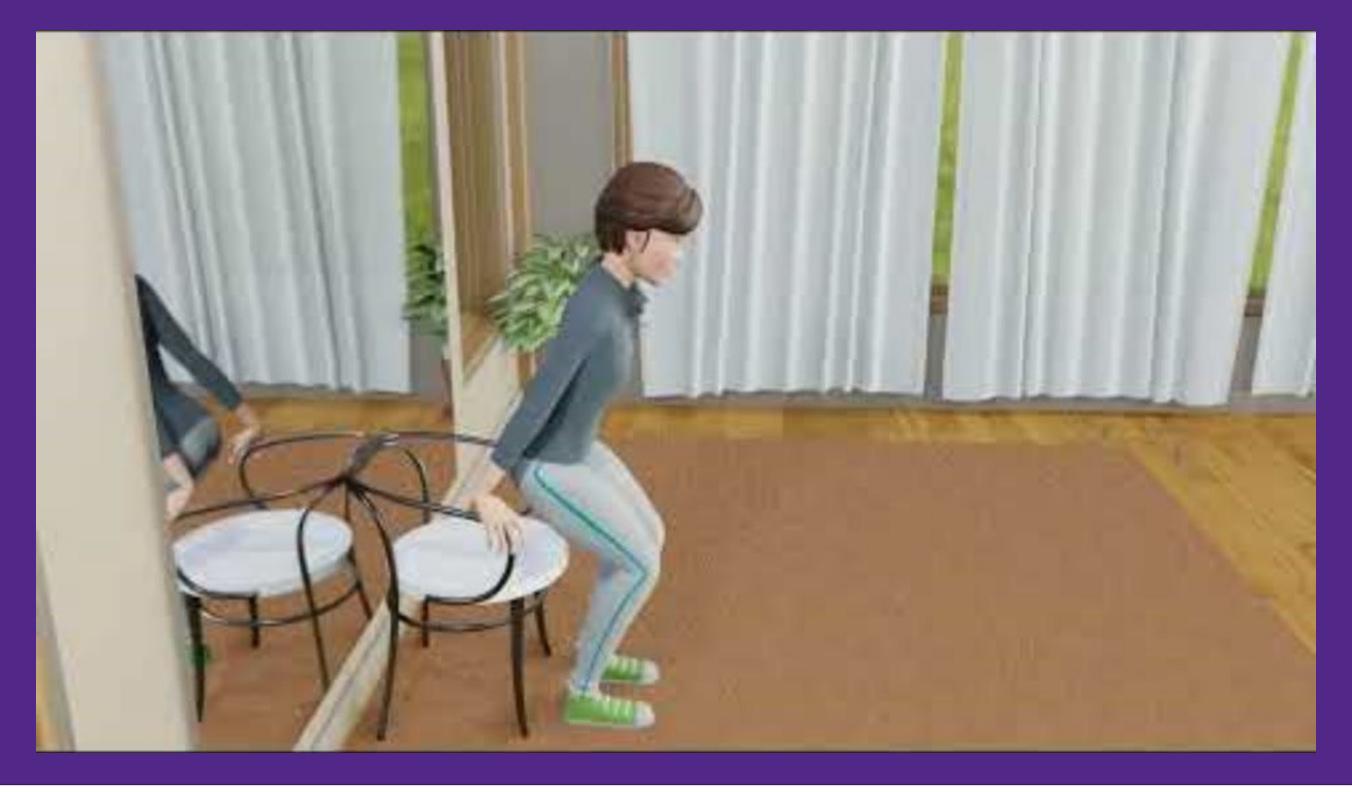
Don't let the FEAR OF FALLING get you down!



FEAR OF FALLING

use it orloseit

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
- Vitam in D de ficiency
- Walking and balance difficulties
- Some medications
- Vision problems
- Foot pain or poor footwear
- Home hazards



GET A GRIP!

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



Talk to your healthcare provider.



Talk to your healthcare provider.



Keep moving.



Talk to your healthcare provider.



Keep moving.



Take care of your feet.



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





Talk to your healthcare provider.



Keep moving.



Take care of your feet.



Make your home safer.



Light up your life.



Talk to your healthcare provider.



Keep moving.



Take care of your feet.



Make your home safer.



Light up your life.



Use assistive technology.



Talk to your healthcare provider.



Keep moving.



Take care of your feet.



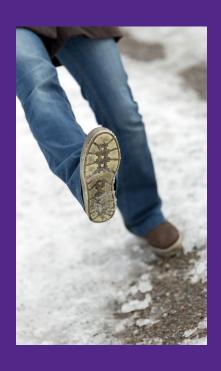
Make your home safer.



Light up your life.



Use assistive technology.



Stay safe.



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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