

# AVOIDING SLIPS AND FALLS

## 5 RISK FACTORS YOU NEED TO KNOW

“We want to try to prevent falls and identify any risk factors early on, so we can make it less likely they’ll fall, based on a number of factors.”

—Kaitlin Watson, occupational therapist at Summit Therapy and Health Services

# 30%

the chance individuals 65 or older have of falling every year\*

## Risk Factors

- 1** History of falls, particularly within the last six months.
- 2** Psychoactive medications, including opioids, anti-depressives, anti-psychotics, sedatives, and sleeping agents.
- 3** Needing assistance with self-care tasks or activities, often due to pain or physical impairment.
- 4** Self-reported fear of falling which limits you from participating in activities you enjoy or that are needed to get through daily life.
- 5** Gait or imbalance impairment.

## Prevention Methods



### At Home

- Avoiding majorly steep hills or driveways with severe slants
- Supportive shoes with good traction, even consider adding extra traction to your shoes (like Yaktrax)
- Trekking poles or a walking stick
- Walk like a penguin outside in the snow
- Regular vision and hearing exams
- Staying active

### Community-Based Care

- Regular vision and hearing exams
- Physical therapist-guided fitness classes at Summit Therapy
- Free fall risk screening at Summit Therapy on the third Tuesday of every month

\*Based on population demographics

