



Watch Your Step!
Avoiding Falls and Maintaining
Independence –
No Falls Allowed

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True or False?

- The risk of falling increases with age?
- The risk of falling is greater for men than women?
- Falls are the second highest cause of accidental deaths in older adults?
- Two-thirds of those who experience a fall will fall again during the next 6 months.



True or False?

- A decrease in bone density contributes to falls and injuries.
- Failure to exercise regularly results in increased risk of falls.
- At least one-third of falls in the elderly involve environmental hazards in the home.
- The more medications you are on, the more likely you are to fall.
- In 25% of the cases of seniors falling they are alone in their home at the time.



Fall Factors

#1 Osteoporosis

#2 Lack of physical activity



Do you Tai Chi?

- You can Tai Chi!



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Fall Factors

#3 Impaired Vision

#4 Medications



Fall Factors

#5 Environmental Hazards

#6 Footwear matters





Fall Factors

#7 Circulation

#8 Chronic Illness management



Case Study 1

- 78 year old grandmother
- Lives alone in Melbourne, FL
- Daughter lives in Costa Rica
- High blood pressure, dizziness, urinary incontinence
- Fell while getting out of bed to go to the bathroom
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Case Study 2

- Mr. and Mrs. Foster
- Both 78 years old, live together on Merritt Island, FL
- Mrs. Foster wheelchair dependent
- Mr. Foster Congestive heart failure and Alzheimer's disease
- "Found down"...both of them
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Questions?

Thank you!

