

INJURY PREVENTION NEWSLETTER



Colorado Trauma Network



TAI CHI TO PREVENT FALLS

- According to Dr. Paul Lam, from the Tai Chi for Health Institute, Tai Chi is the “most effective exercise for health of mind and body.” Tai Chi can be practiced by everyone - all ages and all fitness levels and can improve balance, prevent falls, improve muscle strength and coordination, arthritis, and various chronic diseases.
- Tai chi is a low-impact exercise with slow rhythmic movements.
- Check with your local senior center, recreation center, or call your local Area Agency on Aging to find a class near you.

SEPTEMBER 20-24 NATIONAL FALLS PREVENTION WEEK

Resources for Fall Prevention Week


- ***National Council on Aging Toolkit for Fall Prevention Week***
<https://www.ncoa.org/article/falls-prevention-awareness-week-toolkit>
- ***Falls Free Check Up***
[ncoa.org/article/falls-freecheckup](https://www.ncoa.org/article/falls-freecheckup)
- ***Word Search/Handout***
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Fire Departments Role in Falls Prevention

A GUIDE FOR OLDER ADULTS

To learn more, visit ncoa.org/Falls

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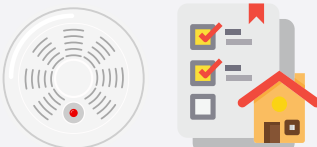
Keep your phone and medical technologies with you to quickly get the help you need.

2




Talk to your local fire prevention officials to develop a plan to provide access to your residence without damaging your property.

3



Speak with your local fire department to schedule a home safety check, including a smoke alarm installation.

4



Make a list of your health conditions and medications and store in one easy to find place.

5



Share details of your fall with emergency responders as they can make your home safer.

WHAT QUESTIONS TO ASK YOUR DOCTOR ABOUT FALLS?

Most older adult falls do not cause serious injury. However, it is always important to speak with your primary care provider about fall prevention and inform them if you do experience a fall. Each individual has specific risk factors contributing to a fall and some you can modify. For example, you may be able to make small changes in your home environment, medication regimen, or exercise routine to prevent future falls.

Here are questions to discuss with your primary care doctor.

- What causes a fall?
- What should I do after a fall?
- Are there exercises that help prevent falling?
- I heard that if I fall, I will end up in a nursing home. Is that true?
- Are there tests to check my steadiness and walking?

Visit HealthinAging.org for more information.

Upcoming Webinars

"Fire and Falls Webinar Series: Engaging Firefighters and EMS for Falls Prevention"

September 15th and 22nd: 1:00pm-2:00pm

Registration Link: <https://www.ncoa.org/article/fire-and-falls-webinar-series-engaging-firefighters-and-ems-for-falls-prevention>

"September is Fall Prevention Month: What Can You Do to Prevent Falls?"

September 14th: 12:30pm

Registration Link:

https://aph.zoom.us/webinar/register/WN_KWHyjsOzS-ubWiPPgu87qw



Falls Prevention Awareness Week

Falls are not a natural part of aging! Take control of your health...many falls are preventable.

STAY SAFE WITH THESE TIPS!

Find a balance and exercise program

Talk to your healthcare provider

Regularly review your medications with your doctor or pharmacist

Get your vision and hearing checked annually and update your eyeglasses

Keep your home safe

Talk to your family members

Do you know your high risk areas in your home?

For more information go to: <https://www.cdc.gov/homeandrecreationalafety/falls/index.html>

WORD LIST

BROKEN STEPS
CLUTTER
COMFORT HEIGHT TOILET
LOOSE CARPET
NIGHTLIGHT
NO GRAB BARS
NO HANDRAILS
POOR LIGHTING
SAFETY STEP LADDER
THROW RUGS
TRIP OVER PETS
UNEVEN FLOORS
ZERO STEP ENTRY

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