

Fall Free Friday

Preventing Falls Caused By Pets

Goals!

Inform older adults on how to avoid falling due to their pets

Educate on

- Reasons to keep pets
- Injuries that can be caused by falls
- Preventative measures to avoid falls with pets in the home

Falls Statistics

Falls are the leading cause of non-fatal injury in the U.S.

Around 86,629 falls a year are caused by pets

Women are over twice as likely to fall than men

The highest injury rate is in those 75 or older

The type and size of pet can impact the likelihood of a fall

More falls are caused by dogs than cats



- Fractures, abrasions and contusions are the most common
- Falls can be caused by tripping over pets, being pushed by pets, tripping over toys, or by tripping over food or water bowls

Injuries Caused by Falls



Reasons to Have Pets

- Decreased stress and anxiety
- Decreased blood pressure
- Helps with depression
- Improves mood
- Increases activity level
- Helps with socialization



Tips to Prevent Falls with Pets

1

Wait for your pet to move instead of stepping over them

2

Make sure your home is clear of clutter caused by your pets

3

Always check around corners for your pets

4

Use nightlights



5

Make sure your pet is wearing a bell so you can hear where they are



6

Pet obedience classes

Tips to Prevent Falls with Pets Cont.



7	Train your pets to not jump on you while you're standing
8	Ask for help when walking your pets or use a walking service
9	Make sure pets are exercised enough to improve behaviors
10	Keep food and water bowls out of walkways
11	Clean up spills caused by your pets as soon as possible



- There are many mental and physical benefits for having pets in the home.
 - However, there have been many falls caused due to pets being in the home.
- It is important to be proactive, attentive, and to take advantage of preventative strategies with pets in the home to keep yourself and your pets safe!

Conclusion

Quiz!



Quiz

- Question 1: What reasons do people keep pets in the home?
 - A: Pets increase socialization with others and increase activity levels
 - B: Pets improve overall mood and lowers blood pressure
 - C: Pets decrease depression, stress, and anxiety
 - D: All of the above

Answer

- D: All of the above

Quiz

- Question 2: Which of the following is NOT a tip to prevent falling due to pets?
 - A: Clear clutter of pet toys and supplies out of walkways
 - B: Use nightlights to help see pets at night
 - C: Use a collar with a bell so you can hear where your pet is at
 - D: Allow your pet to jump on you when you are standing and/or walking

Answer

- D: Allow your pet to jump on you when you are standing and/or walking

Quiz

- Question 3: Which of the following resources are available for pet owners to use to help reduce pet related falls?
 - A: Pet obedience classes
 - B: Pet walking services
 - C: Both A & B

Answer

- C: Both A & B

Quiz

- Question 4:
 - **TRUE OR FALSE:** There are more fall injuries associated with dogs than there are with cats.

Answer

- TRUE

Quiz

- Question 5: How many fall injuries per year were associated with cats and dogs?
 - A: 25,000
 - B: 50,000
 - C: 75,000
 - D: 86,000+

Answer

- D: 86,000+

Quiz

- Question 6:
 - **TRUE OR FALSE:** Women face a lower risk of falling than men

Answer

- FALSE

Quiz

- Question 7: What age group has the highest rate of injury due to falls?
 - A: 0-25
 - B: 25-50
 - C: 50-75
 - D: 75+

Answer

- D: 75+

Quiz

- Question 8: What are the most common injuries caused by falls?
 - A: Fractures
 - B: Abrasions
 - C: Contusions
 - D: All of the above

Answer

- D: All of the above

Quiz

- Question 9:
 - **TRUE OR FALSE:** The type and size of pets can affect the likelihood of falling because of the pet.

Answer

- TRUE

Quiz

- Question 10: What are the most common causes of pet related falls?
 - A: Tripping over your pet
 - B: Being pushed or pulled by your pet
 - C: Tripping over toys, food and water bowls
 - D: All of the above

Answer

- D: All of the above

References

- Pets and Falls. (2021). Ohio.gov. <https://aging.ohio.gov/care-and-living/health-and-safety/fall-prevention/pets-and-falls>
- Stevens, J. A., Teh, S. L., & Haileyesus, T. (2010). Dogs and cats as environmental fall hazards. *Journal of Safety Research*, 41(1), 69–73. <https://doi.org/10.1016/j.jsr.2010.01.001>
- Sussex Publishers. (n.d.). Pets as a risk factor for fall related injuries. *Psychology Today*. <https://www.psychologytoday.com/us/blog/canine-corner/200903/pets-risk-factor-fall-related-injuries>

Thank you to everyone who joined and listened!

Don't forget to tune in next week for Fall Free Friday discussing preventing falls in the community!