



Fall Prevention in the Community

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Overview




Fall Facts

Common Causes

Common Areas



Fall Facts

- Over **3 Million** Older People go the emergency room every year for falls
 - Falls are the leading cause of Hip Fractures
 - Falls can lead to Traumatic Brain Injury
 - Many people do not tell a doctor that they have fallen, leading to a longer recovery time
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Fall Facts

Outdoor fall: coming to rest on the ground or lower level in an outdoor setting as a result of a trip, slip, being pushed, or struck.

- caused by a combination of risk factors

Common Causes

Improper
attire

Environmental
hazards

Improper Attire



- Pants
 - not too loose or baggy
 - appropriate length to avoid tripping
- Shoes
 - make sure they are tied!
 - slip-resistant soles with a low heel can provide more stability
 - get shoes that are the correct size, not too big or small
 - choose shoes that are suitable for the weather



Environmental Hazards



- Pay attention to your surroundings!
 - Uneven sidewalks
 - Cracked Pavement
 - Loose stone
 - Slippery Surfaces
 - snow, ice, spills
 - Know the impact of light



Environmental Hazards



- Report environmental hazards to the city and/or local community boards
- Use aids and go with a friend when possible to avoid slipping
- Vision Screenings/Routine Eye checks

Common Areas

Grocery Store

- use ramps or elevators if needed
- know your limits
- use handicap button for doors
- grab 1-2 bags at a time

Shopping Malls

- watch out for clothing racks and decorations
- be aware of items that have fallen on the floor
- ask for assistance





Quiz Time!

True or False?

Falls Can Cause Hip Injury or
Traumatic Brain Injury

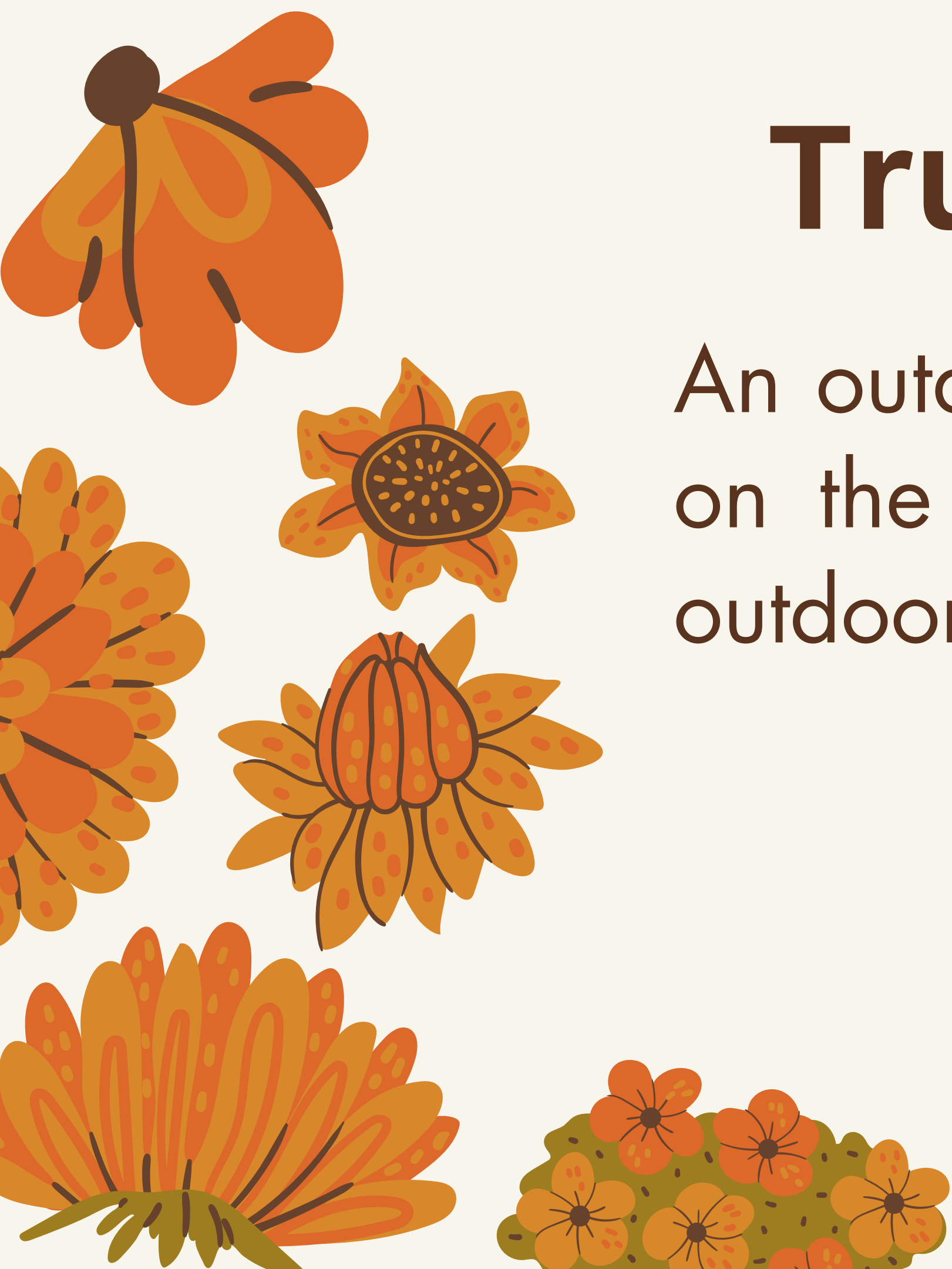




TRUE!

True or False?

An outdoor fall means coming to rest on the ground or lower level in an outdoor setting





TRUE!

True or False?

You will not fall with improper attire on (shoes too big or pants too long)



False





**Common Causes of outdoor falls
include**

- A.) Improper Attire**
- B.) Environmental Hazards**
- C.) Both A&B**
- D.) None of the above**

C. BOTH A&B

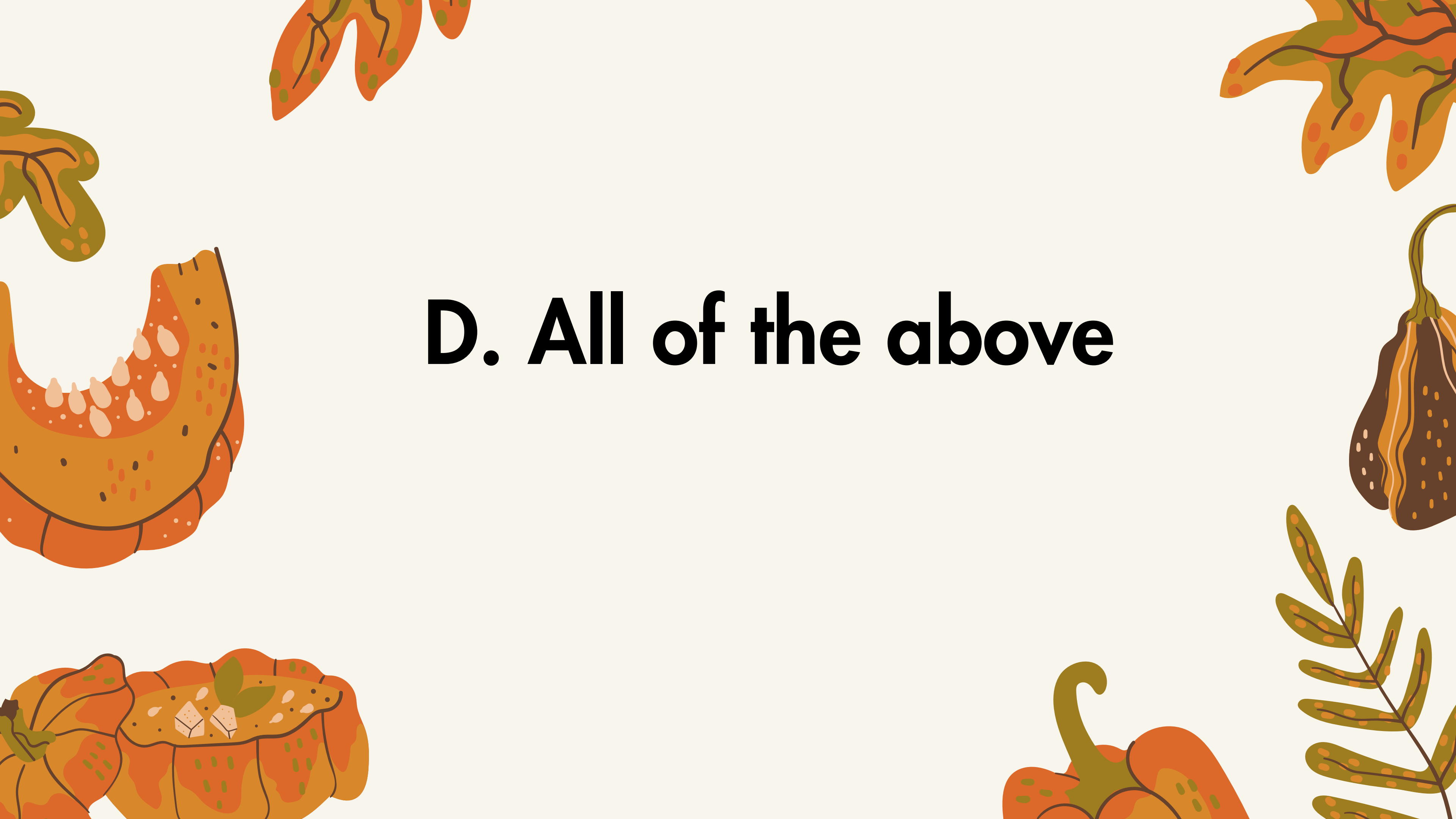




Outdoor falls can be caused by

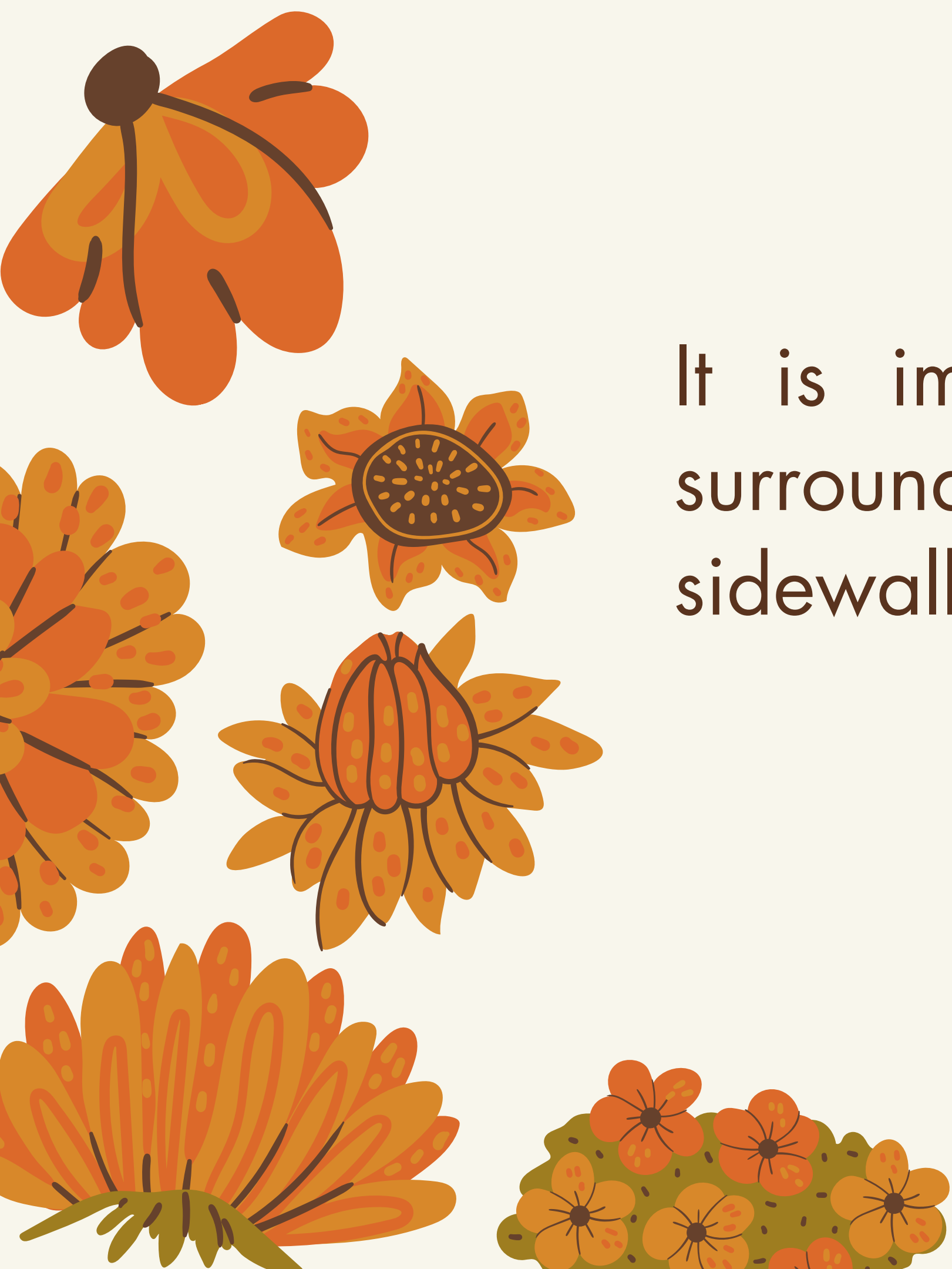
- A. Tripping**
- B. Being pushed**
- C. Slipping**
- D. All of the above**

D. All of the above



True or False?

It is important to be aware of your surroundings as leaves can cover uneven sidewalks





TRUE!



True or False?

Shoes with slip-resistant heels can provide more stability





TRUE!



True or False?

It is important to report environmental hazards to the city and/or local community boards





TRUE!



True or False?

It is important to take stairs at all times—even if a ramp is available





FALSE!

Taking stairs can lead to a fall risk.

True or False?

Getting routine eye checks can
prevent fall risks





TRUE!

References

Chippendale, T. (2020). Outdoor falls prevention strategy use and neighborhood walkability among naturally occurring retirement community residents. *Health Education and Behavior, 48*(6), 899-906.
<https://doi.org/10.1177/1090198120980358>

Chippendale, T. & Raveis, V. (2017). Knowledge, behavioral practices, and experiences of outdoor fallers: Implications for prevention programs. *Archives of Gerontology and Geriatrics, 72*, 19-24.
<https://doi.org/10.1016/j.archger.2017.04.008>