



Fall Free Friday
CONCLUSION

MOT Shawnee State Students

Objectives

OT AND OT'S ROLE

FALL FACTS

FALLS IN THE COMMUNITY

FALLS IN THE HOME

LIGHTING

FALLS & PETS

FALLS & DRESSING

FOOTWEAR & EXERCISE



OCCUPATIONAL THERAPY

According to the AOTA, “OT is defined as the therapeutic use of everyday life occupations with persons, groups, or populations for the purpose of enhancing or enabling participation.” (AOTA, 2020)



LOOK AT THE FACTS



FALL FACTS

THE NUMBER

1 out of 4 older adults fall each year, but less than half tell their doctor.

THE LIKELIHOOD

Falling once doubles your chances of falling again.

HOSPITAL RATES

Each year, there are about 3 million emergency department visits due to older people falls.

MORE THAN A FALL

Falls are the most common cause of traumatic brain injuries (TBI).


HIP REPLACEMENTS

Each year, nearly 319,000 older people are hospitalized for hip fractures.

DAILY ACTIVITY

One out of 10 falls results in an injury that causes the older adult to restrict their activities for a day or more or to seek attention from the healthcare system.

(CDC, 2024)



FALLS IN THE COMMUNITY

Most older community dwelling adults complete activities outside of their home each day. Identifying environmental risks can help prevent falls.



**(Lee,
2021)**

TRIPPING HAZARDS IN THE HOME



LIGHTING



Adequate lighting both indoors and outdoors.

(Pitt, n.d.).

Illuminated pathways and steps.

LIGHTING



Reduce glare by using shades and frosted bulbs.



(Pitt, n.d.).



Night light in bedroom, bathroom and hallway.



LIGHTING



Battery operated night lights.



Motion sensor LED lights.

(Pitt, B.,
n.d.).



Under cabinet lighting.



FALLS AND PETS



MAKE SURE YOUR PET IS WEARING A BELL SO THAT YOU CAN HEAR WHERE THEY ARE.

KEEP WATER AND FOOD BOWLS OUT OF THE WAY.

WAIT FOR THE PETS TO MOVE INSTEAD OF STEPPING OVER THEM.

ALWAYS CHECK AROUND CORNERS FOR YOUR PETS.

CLEAN UP SPILLS CAUSED BY YOUR PETS ASAP.

TRAIN YOUR PETS TO NOT JUMP ON YOU.



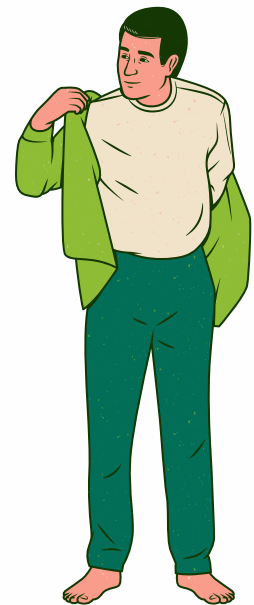
ASK FOR HELP WHEN WALKING YOUR PETS OR USE A WALKING SERVICE.

GO FOR OBEDIENCE CLASSES FOR PETS.

FALLS AND DRESSING

Tip #1

Take your time!
Rushing can lead to a higher risk of falling.



Tip #2

Don't go barefoot!
Wear non-skid socks or shoes with good traction to have good standing support.



Tip #3

Consider clothes that are loose fitting and easy to put on post-surgery or injury.



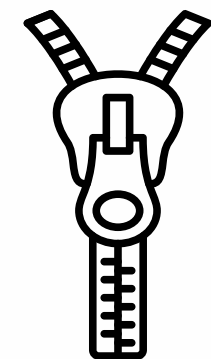
Tip #4

Utilize adaptive equipment for dressing if needed.
These tools can make the task less exhausting and safer.



Tip #5

Invest in adaptive clothing that can make dressing more comfortable with easy access points for taking on and off.



FOOTWEAR

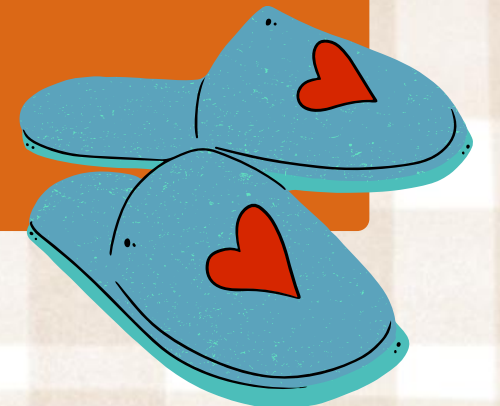
DO'S

- Low heels
- Firm and supportive shoes
- Slip resistant socks and shoes
- Adjustable closure
- Wear shoes inside home and outside



DON'TS

- Barefoot
- Slippery socks
- Loose fit shoes
- Tight fit
- Shoes with heels
- Open back shoes



(National Council for Aging, 2022).

BENEFITS OF EXERCISES

- **Improve balance**
- **Improves muscle strength**
- **Improves walking pattern**
- **Builds endurance**

(Ohio Department of Aging, 2021).



Walking on straight line.



Marching in place.



Sit to

The background features a light beige color with a large, light blue, swirling line that starts from the top center and curves downwards. Scattered throughout are several autumn leaves in shades of orange, yellow, and red. The leaves vary in shape, including some with serrated edges and others that are more elongated. The text "Quiz Time!" is centered in the middle of the image.

Quiz

Time!

1. True or False: Falling once doubles your chances of falling again.

a. True

b.

False





Answer

A. False



2. How many people a year fall that leads to hospitalization for hip fractures?

- a. 400,000
- b. 60,000
- c. 319,000
- d. 250,000





Answer

C. 319,000



3. True or False: Good lighting in and outside of the home decreases the chances of falling.

a. True

b. False





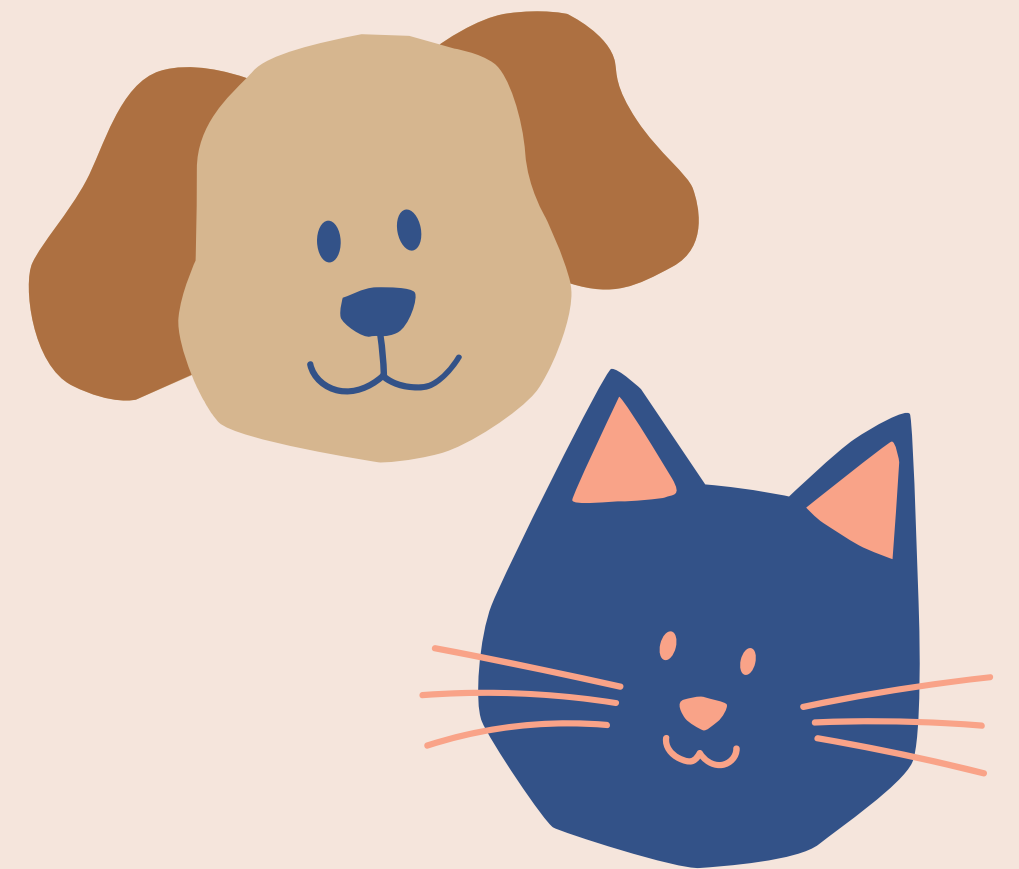
Answer

A. False



4. What are the best ways to prevent falls when owning a pet?

- a. Keep water and food out of the way
- b. Allow your pets to jump on you
- c. Stepping over your pet
- d. Do not look where you are walking



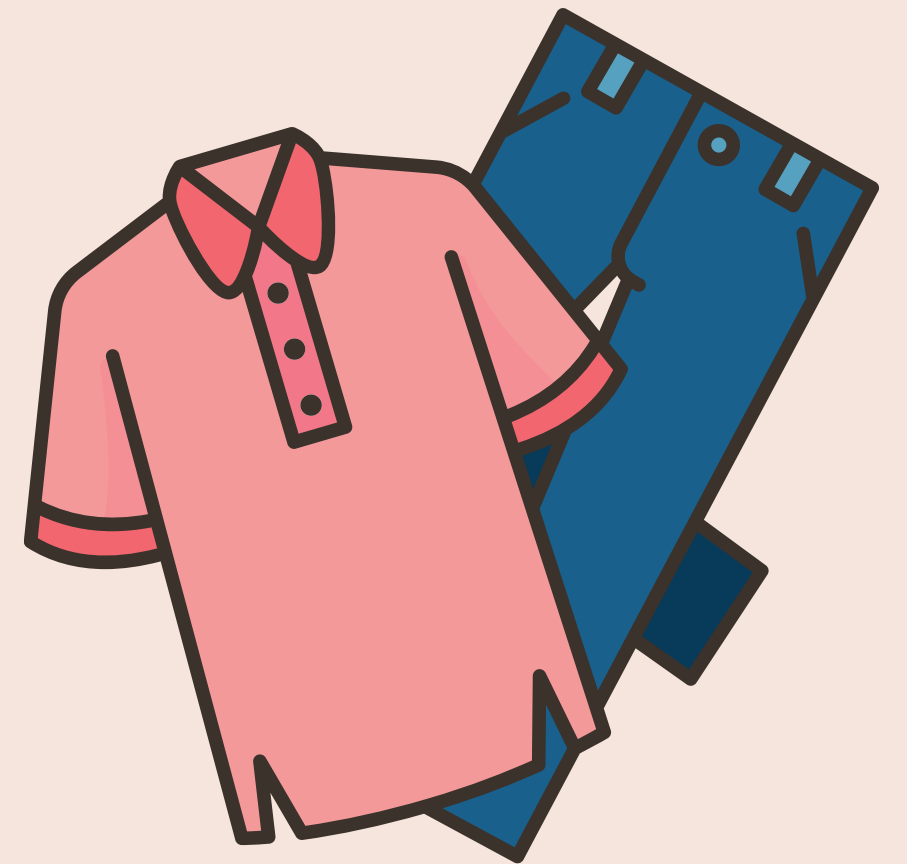


Answer

**A. Keep water and food out of the
way**

5. What is the best way to prevent falls while dressing?

- a. Take your time when getting dressed
- b. Go barefoot
- c. Sit down while dressing
- d. A and C



Answer

D. A and

C



6. True or False: Tight fitting shoes help prevent falls.

- a. True
- b. False





Answer

B. False

7. What are the best types of shoes to help prevent falls?

- a. High heels**
- b. Open back shoes**
- c. Loose fitting shoes**
- d. Firm and supportive shoes**





Answer

D. Firm and supportive shoes



8. True or False: Exercise helps to prevent falls.

- a. True
- b. False



Answer

A.

False



9. What are environmental risks that increase the chances of falling?

- a. Uneven sidewalks**
- b. Wet stairs**
- c. Icy walkways**
- d. All of the above**





Answer

D. All of the above



10. True or False: Fall Free Friday presentations taught you different ways to prevent falls.

- a. True
- b. False





Answer

A.

False

THANK
YOU!



References

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