

“Fall-Free Fridays” Livestreams

Continue in April

The Area Agency on Aging District 7 (AAA7) and the Shawnee State University Occupational Therapy (OT) Program are once again joining together to provide falls prevention education to the community through a Facebook livestream series, “Fall-Free Fridays.”

According to the National Council on Aging, falls remain a leading cause of injury for people age 65 and older. Falls threaten older adults’ safety and independence and generate enormous economic and personal costs. The good news is that they are preventable and there are proven steps people can take to reduce their risk.

Historically, the two organizations have worked together to provide falls prevention education to the community through the AAA7’s “Matter of Balance” falls prevention program. During the pandemic, a virtual version of the education was created through the Fall-Free Fridays platform to give students the opportunity to meet their class requirement to provide community education.

The AAA7 features “Fall-Free Fridays” on the Agency’s Facebook page. The Shawnee State OT students prepare the presentation and provide education on a falls-related topic and information about falls, risk factors, and helpful prevention tips. The AAA7 also shares this information on its website at www.aaa7.org and offers a “Fall-Free Friday Fact” weekly on the AAA7 Facebook page and website.

Fall-Free Fridays started March 11th and will take place every Friday ending April 22nd. Each livestream will start at 10:00 am and a playback will be available on the AAA7 Facebook page for those who are unable to watch live. If you have questions about how to access the virtual education or recording, or for more information about falls prevention, contact the AAA7 at 1-800-582-7277 or e-mail info@aaa7.org.



QUICK QUIZ

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Like anyone else, people with Alzheimer's disease (AD) are more likely to feel good about themselves if they engage in activities that stimulate and satisfy them.

Answer True or False to the questions below.

1. *Activities should make the best use of a person's remaining strengths and skills.* T F
2. *To help maintain good self-esteem, it is also important to help the person with AD to engage in meaningful activities and participate in family and community life.* T F
3. *People with AD usually do not get distracted and fatigued.* T F
4. *Some people with AD get very upset watching violence on TV because they think it is real. Careful TV monitoring is important.* T F
5. *ADLs such as bathing, shaving and getting dressed can provide an opportunity for chatting and reminiscing, singing or telling jokes, and also be enjoyable activities.* T F
6. *Be generous with praise and do not criticize or correct mistakes, although you may want to lend a hand if some aspect of the activity becomes too difficult.* T F
7. *If the person is not paying attention, perhaps they are tired, or the activity is not interesting, too difficult, or confusing; try at a later time.* T F
8. *Cues such as pictures of a toilet on the bathroom door or a spoon glued to the kitchen door do not help the person find their way around the house.* T F
9. *As people age, their interests may change and, in spite of AD, or sometimes because of it, people often discover talents they may not have expressed before.* T F
10. *To help with a poor memory, focus on the present: "Today is a sunny day," rather than "Do you remember that winter snowstorm?"* T F

KEY: 1. T 2. T 3. F 4. T 5. T 6. T 7. T 8. F 9. T 10. T