The Fear of Falling... Causes Falls

Tracy Zerkle, Lead Trainer
A Matter of Balance:
Managing Your Concerns About Falls
Appreciation is extended to

- Baptist Health Foundation
- Methodist Healthcare Ministries Foundation
- The South West Texas Geriatric Education Center
- Pryor Trust
- Many other individuals and organizations who support the mission of mmLearn.org
Want to Ask a Question or Make a Comment?

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OR

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The Fear of Falling...
...Causes Falls!

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A Matter of Balance: Managing Your Concerns About Falls
The Problem:

- 1 in 3 older adults over the age of 65 fall each year
- Having a fall is a risk factor for future falls
- Many falls go unreported
- Not talking about or not reporting falls is a risk factor
An Important Note:

Falling is not a normal part of aging – you don't fall just because “you are old.”
Why We Fall:

These are the better known reasons for falls:

- Medications
- Muscle weakness
- Lack of flexibility
- Vision issues
- Environmental Factors
Do you know?

- Fear of falling
- Not reporting a fall
- Not being assertive about one's needs
- Not asking for help
My Story...
Getting Ready for the Conversation

Honor your mother and father... you are still the child and they are still the parent.

Acknowledge past mistakes (yours)
Having the Conversation

“‘I’ not ‘You’
“How?” not “Why?”
“We” not “Me”
Acting on the Outcome

- Falls can still happen
- Be kind not accusatory
- Offer to help
- Follow up but don't nag
From the Older Adult Perspective

• You have more control than you may think
• Create a good relationship with your provider... hire a new one if necessary
• Take steps to prevent falls
From the Older Adult Perspective

- Find a fall prevention or exercise class in your community
- Contact the Area Agency on Aging
- Talk with your doctor and pharmacist
- Take control
MOST Falls ARE Preventable:

• Don't stop going and doing
• Check your space
• Talk, discuss, solve
• Report all falls to your provider
• Follow through
Resources:

http://www.n4a.org/about-n4a/?fa=aaa-title-VI

http://www.mmc.org/mh_body.cfm?id=432

http://www.healthyagingprograms.org/content.asp?sectionid=32&ElementID=489

http://www.cdc.gov/ncipc/pub-res/toolkit/checklistforsafety.htm
To Access Resources:

Click on the “paperclip” button above the video player to open links to resources.
Again, we want to thank our donors and partners:

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Just a Reminder:

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(210) 734-1070
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If you would like to donate to mmLearn.org go to our website and click on the red donate button.
Thank You!