### FALLING INTO COMMUNITY: BEFORE THE FALL

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# MENTAL HEALTH AND HOW IT IMPACTS OUR FALL RISK

- Depression: depressive symptoms are associated with greater fall risk in older adults
- Use of anti-depressants to treat depression increases fall risk due to side effects
- Treatment of depressive symptoms using non pharmacological approaches should be considered as part of falls prevention programs
- Anxiety and fear of falling: is another very common mental health condition that increases falls in older adults, and can lead to activity restriction and depression
- Post fall syndrome can develop after a fall, which is characterized by extreme anxiety around standing and walking to the point that quality of life is greatly

## PHYSICAL HEALTH AND HOW IT IMPACTS OUR FALL RISK

#### **CHRONIC HEALTH CONDITIONS:**

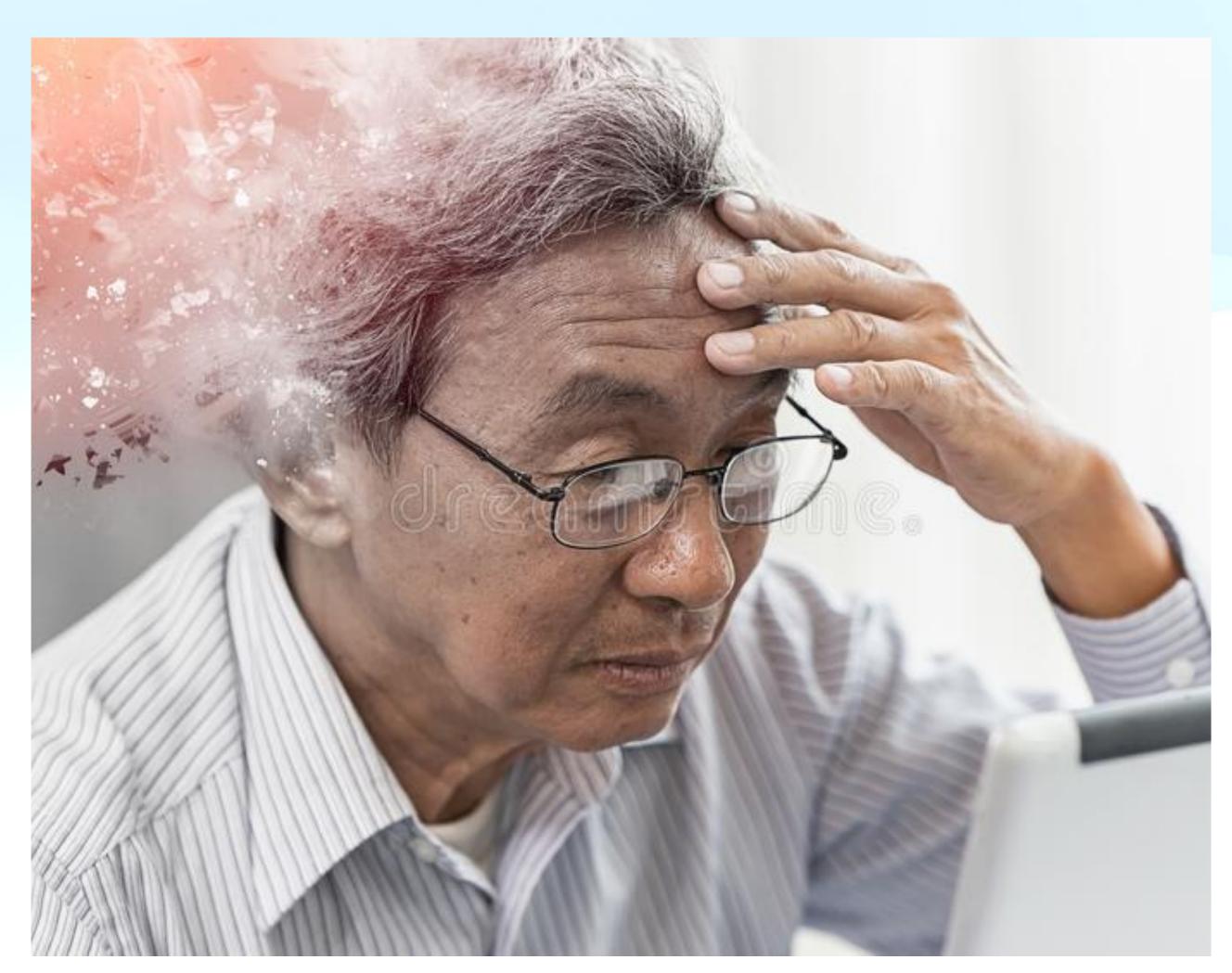
- . BLOOD PRESSURE
- . PARKINSON'S
- . PAIN
- . ARTHRITIS
- . HEART DISEASE
- . INNER EAR PROBLEMS
- . DIABETES
- . DEMENTIA



Caption

# COGNITIVE HEALTH AND HOW IT IMPACTS OUR FALL RISK

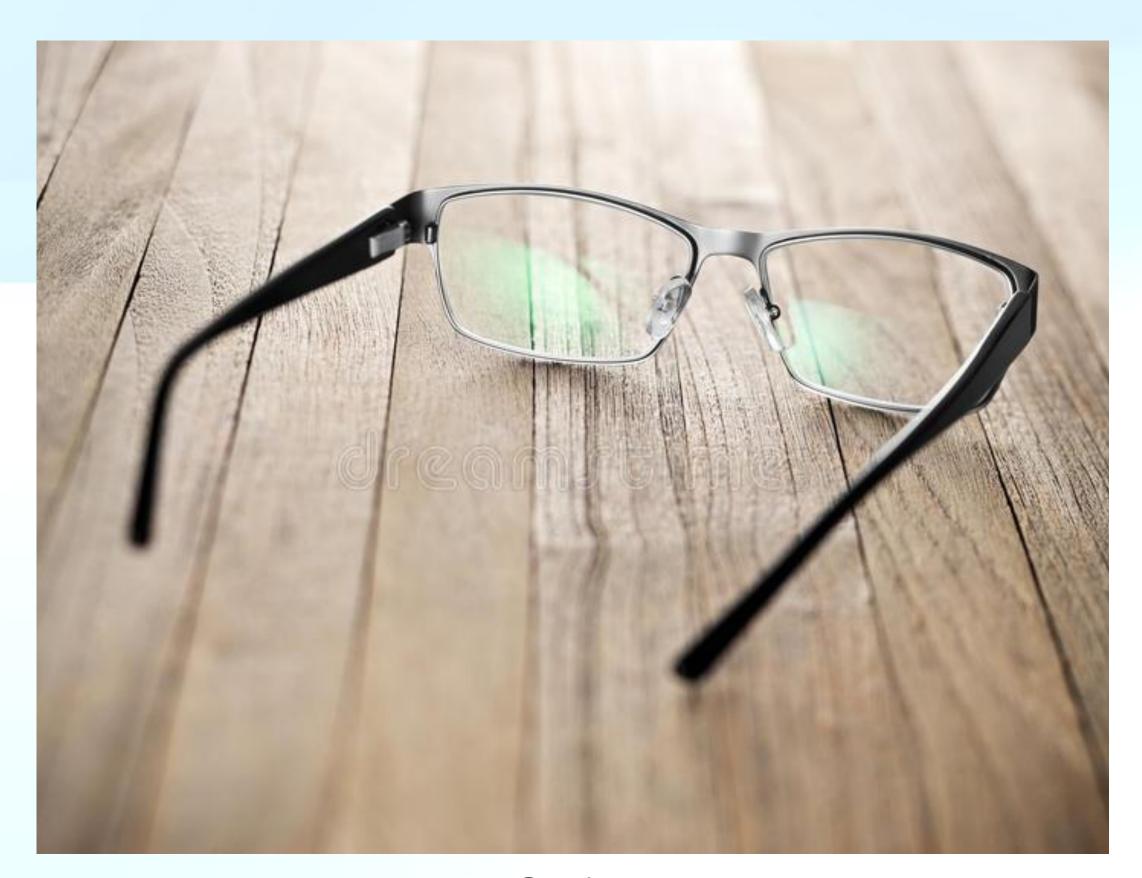
- People with dementia are more at risk of falls
- This is due to dementia symptoms such as muscle weakness, problems with mobility and balance
- More than 3 times as likely to fracture a hip when they fall
- Are often more confused and disoriented about their environment



Caption

### HOW TO AVOID A FALL:

### SIGNS TO LOOK OUT FOR



Caption

- . WEAKNESS, ESPECIALLY IN THE LEGS
- . DECREASED SPEED IN WALKING
- . PROBLEMS PUTTING PANTS ON WHILE STANDING
- TENDENCY TO REACH FOR SOMETHING WHILE NAVIGATING HOME
- . PROPER MEDICATION MANAGEMENT
- . SELF ISOLATION
- . CHANGES IN HEALTH CONDITIONS
- DIFFICULTY RAISING SELF FROM SITTING POSITION
- . CATCHING YOUR TOE WHILE WALKING
- IF YOU DID FALL, COULD YOU GET YOURSELF UP?

#### PRECAUTIONS YOU CAN TAKE

#### TO PREVENT FALLS

- Identify your mental health symptoms
- Address these symptoms as appropriate
- Be aware of increase fall risk re taking anti depressants
- Arrange for adequate lighting
- Clear walking paths
- Keep important things by bed
- Information and reminders in common place
- Stay physically active

### FINDING COMMUNITY!

- . FAMILY AND FRIENDS
- . EXERCISE PROGRAMS
- . ATTENDING EVENTS OF INTEREST
- . PRIMARY CARE PHYSICIAN
- . PHARMACIST
- . FAITH BASED ORGANIZATION
- . SUPPORT GROUPS
- . LOCAL FIRE DEPARTMENT
- . HARDWARE STORE
- . PHYSICAL AND OCCUPATIONAL



### RESOURCES IN OUR COMMUNITY



- Tai Chi in the park!
- Social Outreach MSW
- Senior Outreach RN
- Helping Hands
- Balance Classes through Springhill PT
- FREED
- Gold Country LIFT
- Connecting Point