



**FALL PREVENTION IDEAS**

Below are listed difficulties individuals may have as their mobility, balance, vision, etc. changes due to aging or an acute illness. The ideas listed are options that may assist with ensuring safety and independence. As with any changes in function, a physician should be consulted and possible consultation with specialty services (ie: Occupational Therapy, Physical Therapy, etc.)

<b><u>PROBLEM</u></b>	<b><u>SOLUTION</u></b>
<b>Bathroom</b>	
Getting on or off the toilet	<ul style="list-style-type: none"> <li>• Raised seat</li> <li>• Side bars</li> <li>• Grab bars</li> </ul>
Getting in or out of tub	<ul style="list-style-type: none"> <li>• Grab bars</li> <li>• Bath bench</li> <li>• Transfer bench</li> <li>• Hand-held shower nozzle</li> <li>• Rubber mat</li> <li>• Hydraulic lift bath seat</li> </ul>
Slippery or wet floors	Non-skid rugs or mats
Hot water burns	<ul style="list-style-type: none"> <li>• Check water temperature before bath</li> <li>• Turn down thermostat to 120 degrees</li> <li>• Check pipes under sink and insulate if necessary</li> </ul>

Doorway too narrow	<ul style="list-style-type: none"> <li>• Remove door and use curtain</li> <li>• Leave wheelchair at door and use walker</li> </ul>
Dizziness standing at sink	Sit at stool
Difficulty seeing	<ul style="list-style-type: none"> <li>• Adequate lighting</li> <li>• Clear plastic shower curtain</li> <li>• Toilet seat cover or seat that contrasts with walls and floors</li> </ul>
<b>Kitchen</b>	
Open flames and burners	<ul style="list-style-type: none"> <li>• Microwave</li> <li>• Hot plate</li> <li>• Meals on wheels</li> <li>• Auto shut off</li> <li>• Electronic toaster oven</li> <li>• Crock pot</li> <li>• Individual coffee maker</li> </ul>
<u>Access items</u>	<ul style="list-style-type: none"> <li>• Place commonly used items within reach</li> <li>• Adjust height of counters, cupboards, and drawers</li> <li>• Lazy susans</li> </ul>
<u>Carrying items</u>	<ul style="list-style-type: none"> <li>• Slide across counters</li> <li>• Use cart</li> <li>• Walker basket or tray</li> <li>• Bridge items surface to surface</li> <li>• Eat at counter sitting on stool</li> </ul>
<u>Difficulty seeing</u>	<ul style="list-style-type: none"> <li>• Increase number of lights</li> <li>• Contrasting colored china, placemats, napkins</li> <li>• Utensils with brightly colored handles</li> </ul>
<b>Bedroom</b>	
Rolling beds	<ul style="list-style-type: none"> <li>• Remove wheels; block against wall</li> </ul>

Bed too low	<ul style="list-style-type: none"> <li>• Leg extensions</li> <li>• Blocks</li> <li>• Second mattress</li> <li>• Adjustable height hospital bed</li> </ul>
Lighting	<ul style="list-style-type: none"> <li>• Beside light</li> <li>• Night light</li> <li>• Flashlight attached to walker or cane</li> <li>• Remote controlled switches</li> </ul>
Sliding rugs	<ul style="list-style-type: none"> <li>• Remove</li> <li>• Rubber back</li> <li>• Tack down</li> <li>• Two-sided tape</li> </ul>
Slippery floor	<ul style="list-style-type: none"> <li>• Non-skid wax</li> <li>• No wax</li> <li>• Rubber-soled footwear</li> </ul>
Thick rug edge or threshold	<ul style="list-style-type: none"> <li>• Metal strip at edge</li> <li>• Stripe to make change</li> <li>• Remove threshold</li> <li>• Tack or tape down edges</li> </ul>
Far from bathroom	<ul style="list-style-type: none"> <li>• Mobility aid next to bed</li> <li>• Beside commode</li> <li>• Urinal</li> </ul>
Nighttime calls	<ul style="list-style-type: none"> <li>• Bedside phone</li> <li>• Cordless phone</li> <li>• Emergency response system</li> <li>• Intercom</li> <li>• Buzzer</li> </ul>
Access clothes	<ul style="list-style-type: none"> <li>• Place clothes in easy-to-reach drawers, shelves, or hangers</li> <li>• Lower rod in closet</li> </ul>
Can't see clock	<ul style="list-style-type: none"> <li>• Large-face clock radio</li> <li>• Braille alarm clock</li> <li>• Talking alarm clock</li> </ul>

Steps	
Cannot negotiate	<ul style="list-style-type: none"> <li>• Stair glide</li> <li>• Lift</li> <li>• Elevator</li> <li>• Ramp (permanent, portable, or removable)</li> <li>• Steeper ramp with boat winch</li> <li>• Able to bump up or down stairs on rear end [in] emergencies</li> </ul>
No handrails	<ul style="list-style-type: none"> <li>• Install at least one side (check stability)</li> </ul>
Loose rugs	<ul style="list-style-type: none"> <li>• Remove or nail down to wooden steps</li> </ul>
Difficult to see	<ul style="list-style-type: none"> <li>• Adequate lighting</li> <li>• Mark edge of each step with brightly-colored tape</li> </ul>
Unable to use walker on stairs	<ul style="list-style-type: none"> <li>• Keep second walker or wheelchair at top or bottom of stairs</li> </ul>

**STEADY U** has some useful resources related to falls including a falls risk assessment and tips on how to talk to your doctor about falling. These resources may be useful for teams to consider after a fall and as part of a prevention plan. For more information, visit Steady U on the Ohio Department of Aging's website <http://aging.ohio.gov/steadyu/resources/>

**Area Office on Aging: Spring Fling May 16, 2017, 10:00 am – 2:00 pm**

Those looking for some good food, good entertainment as well as information and services to help them live a long and vibrant life have attended the Area Office on Aging's Spring Fling event for decades. This year will be no different as the Area Office on Aging prepares to welcome about 1,500 people age 60

and over as well as over 90 exhibitors to its Spring Fling event from 10 a.m. - 2 p.m. Admission to the event is free. The Tony Packo's lunch is \$5 for those ages 60 and over. Lunch tickets may be purchased at the event. About 90 exhibitors will have information about the programs, products and services available to those age 60 and over. Various health screenings will also be part of the event. There will also be various health and wellness demonstrations throughout the event. This year's event is at the Margaret Hunt Senior Center at 2121 Garden Lake Parkway, Toledo, Ohio, 43614.

### **Alzheimer's Association Annual Conference is March 23, 2017**

The 22nd annual Alzheimer's Association, Northwest Ohio Chapter's Education Conference will be held on Thursday, March 23, 2017 at the Holiday Inn French Quarter from 8:30 am - 4:00 pm. ***Alternative Approaches to Dementia Care: Staying Connected Along the Journey*** will feature keynote speaker **Karen Stobbe**, nationally known actress, director, writer and instructor of theater who has presented at over 700 workshops, keynotes and performances; including Pioneer Network and Eden Alternative. Karen is co-writer of all the scripts and content for the Hand in Hand Training Toolkit produced by CMS and distributed to every nursing home in the United States. Karen's life took on a new focus and new meaning when her dad, Manfred was diagnosed with Alzheimer's disease. Karen combined the knowledge of her two worlds into one life work. Her interactive session will look at how we can change our behavior, listen more deeply and be more in the moment. Other presenters will include Bruno Giordani, PhD, Chief of Psychology, and a tenured Professor in the Psychiatry, Neurology and Psychology Departments as well as the School of Nursing at the University of Michigan; Tim Burkart, Pharm.D., BCPS, CGP, CDP, Assistant Professor of Pharmacy Practice at the University of Findlay; and Laura Rice-Oeschger, LMSW, who holds

professional certifications in aging and contemplative care.

To register, see <http://www.alz.org/site/Calendar?id=124285&view=Detail>

### **March Tip of the Month**

“MY Favorite Things”

Supplies:

3 ring notebook

Magazines

Old calendars

Photos of family, friend, pets, etc.

Scissors

Glue sticks

Construction, hard stock or scrapbook paper

Stickers, glitter, washi tape

Plastic paper sheet protectors

Develop a scrapbook of “My Favorite Things”. Cut pictures from magazines and calendars of the many things that make the individual happy. Look for animals, food, sports teams, music artist, quotes, places and many other things. Have the individual sit with you to look for the pictures. Cut and glue the pictures on the paper and add embellishments as desired. If the individual has photos add those to the book as well. Once a page is completed put it in the sheet protector and put in the notebook. This is a great activity that can be done on a continuous basis. Engaging the individual to participate and talk when making the scrapbook. This activity encourages fine motor skills and socialization. The scrapbook is then a great book to look at for years to come and to share with others.

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