

Fall Prevention

Fall Prevention in Your Home:

- ◆ Maintain good lighting
- ◆ Ensure rugs are fastened to the floor
- ◆ Install handrails in the bathroom
- ◆ Wear footwear with firm, non-skid soles
- ◆ Secure electrical cords
- ◆ Keep kitchen items within reach, avoid stepstools
- ◆ Always use handrails on stairs

The Loan Closet of Howard County

The Loan Closet provides donated medical equipment such as walkers and shower chairs and is free of charge to all

Howard County residents.

410-740-1643

www.theloancloset.org

Why is fall prevention important?

According to the Centers for Disease Control (CDC), millions of people fall every year. Not only will falls likely lead to a hospital visit and a long rehab stay, but they will lead to the fear of falling again and limiting activities. The take away: most falls can be prevented! Here are some resources to help you, your friends and family prevent falls and fall-related injuries.

Falls are typically attributed to one of the following:

- Physical mobility problems (poor strength or balance, foot and ankle problems, arthritis, diabetes, and depression)
- Vision loss or low vision
- Medication issues
- Home and environmental hazards

Older adults can reduce their risk of falling by beginning a regular exercise program, making the home safer, having a health care provider review medications, and having their vision checked and corrected.

**From the Maryland Department of Health and Mental Hygiene (DHMH)*



Howard County Group Classes

Matter of Balance Workshop

8-Week Evidence-Based Program designed to increase activity levels while emphasizing practical strategies to manage falls
Contact: Maryland Access Point (MAP), 410-313-5980 (voice/relay), map@howardcountymd.gov

Better Balance Class

Exercise class that helps individuals improve balance. Addresses clients with chronic conditions or injuries affecting balance
For more information: 410-313-5940

50+ Center Group Exercise

The Office on Aging provides seven 50+ Centers in Howard County that offer a variety of exercise classes to help build and maintain strength and prevent falls. See www.howardcountyaging.org to find your closest 50+ Center or contact Maryland Access Point (MAP), 410-313-5980 (voice/relay), map@howardcountymd.gov

Fall Prevention Resources

Local Resources

The **Fall Prevention Program** provides community education/training to consumers and professionals to reduce the number of accidental falls among older adults. Conducted by an Occupational Therapist, direct services to older adults may include consultation, in-home assessment and recommendations for a personalized fall prevention strategy, including environmental modifications, lifestyle improvements, and community resource referrals.

The **Home Modification/Repair Program** promotes safety and well-being for older adults. The program enables a group of professional partners to provide consultation, along with home modification, repair, and retrofit services to qualified residents who want to remain in their own homes.

For more information on either program, contact Maryland Access Point (MAP) 410-313-5980 (voice/relay), map@howardcountymd.gov.

Maryland Access Point (MAP)

Provides information on a broad range of programs that focus on the older adult and fall prevention. Specialists also help with short- and long-term supports planning and case management services for individuals 18 years and older with a disability and older adults to remain safely at home. Maryland Access Point (MAP) 410-313-5980 (voice/relay), map@howardcountymd.gov

Maryland Initiatives

For information about fall prevention initiatives in Maryland and to access the Fall Prevention Home Safety Checklist, visit: <http://dhmh.maryland.gov/dhmh-blog/Pages/Preventing-Falls-A-New-Protocol-.aspx>

National Resources

National Council on Aging - <https://www.ncoa.org/healthy-aging/falls-prevention/>

- ◆ 2015 National Action Plan for Fall Prevention
- ◆ Tips for adults and caregivers
- ◆ Fall Prevention Programs
- ◆ Falls Free Initiative

CDC—STEADI Stop Elderly Accidents, Deaths and Injuries

1. Have you fallen in the past year?
2. Do you feel unsteady when standing or walking?
3. Do you worry about falling?

If you answered “yes” to any of these key screening questions, you are considered at increased risk of falling. Further assessment is recommended.

If you need this document in an alternate format, please see below for LHIC contact information.

