

## Gi-niizana goz ji-baagishno yan na?

*Did you know?*

- **33% of older adults fall each year** (Campbell, Barrie & Spears, 1998)
- **36% of those who fall develop serious injuries** (Kaski, Luukkonen, Laippola & Kieveal, 1998)
- **40% of admissions to nursing homes are the result of falls** (Tinetti, Speechley & Ginter, 1998)

*Remember to take care of yourself. Prevention is the best cure.*

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“Gi-niizanagoz  
ji-bagishno yan  
na?”

Home &  
Community Care



Home & Community Care

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“ARE YOU AT  
RISK TO  
FALL?”





## KNOW YOUR RISK

### FACTORS

#### Risk factors include:

- Previous fall
- Vision problems
- Arthritis
- Low blood pressure when standing up or dizzy
- Acute illness
- Previous stroke
- Hip, knee & /or foot problems
- Unsteady when walking
- Loss of balance
- Trouble thinking or remembering
- Use of drugs/alcohol
- Having to get up to the bathroom quickly
- Osteoporosis
- Unsafe stairways
- Trouble getting in & out of the tub

- Shoes not fitting properly
- Sleeping pills
- Not having enough assistive devices
- Polypharmacy
- Floor hazards
- Poor lighting
- Not using assistive devices
- Not enough balance & flexibility exercise
- Personal risks...illness or activities

#### Things you can do

- Access information on falls prevention & home safety
- Reduce fall hazards in the home & outside
- Maintain or improve physical fitness (balance & flexibility)
- Review medication
- Maintain nutrition for vitality & strength

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### Falls Prevention Programs

- Case Management Assessment
- Linkage to Mobility & Assistive Device Supplies
- Functional Ability Home Support Exercise Program
- Certified PA/PSW Mobility & Personal Care Assistance
- Home Safety Inspection
- Advanced Foot Care
- Caregiver Education Programs
- Individual & Group Education Programs
- Resource Library

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