

Resident & Family Education for Managing Fall Risk

According to the Centers for Disease Control (CDC), more than one in four Americans aged 65 and older fall each year. One out of five falls causes a serious injury including fractures and head injuries. Falls are a leading cause of fatal and nonfatal injuries among older adults

As a person ages, bones may become less dense and more porous, causing weakness and increasing the possibility of fractures. Cartilage that lines the joints tends to thin, increasing susceptibility to injury and pain, as in arthritis. Ligaments become less elastic and tend to tear more easily (Pendulum Risk Management Services)

From the CDC Some Risk Factors for Falling Include:

- Advanced age
- Previous falls
- Muscle weakness
- Mobility and balance problems
- Poor vision
- Dehydration
- Postural Hypotension (A form of low blood pressure that occurs when changing positions - lying to sitting, sitting to standing)
- Chronic conditions including arthritis, stroke, incontinence, diabetes, Parkinson's, dementia

Our Plan is to Work with You to Manage Your Risk for Injury

- If you wear glasses or hearing aids, use them when you get out of bed
- Keep items you regularly use within reach including your call light or pendant
- Wear well-fitting shoes every time you get out of bed
- Use your assistive devices when you get up, including in your room
- Use only unmoving objects to help steady yourself (for example, do not use an unlocked wheelchair for stability)
- If you feel dizzy, weak, lightheaded, or ill, do not get up by yourself – Call for Help
- If your Care Plan includes an assist for getting up and walking - Call for Help
- Use handrails in the bathroom and shower
- Maintain adequate nutrition and hydration
- Participate in activities and exercise classes (as you are able)
- Do not ask a visitor or other residents that are unfamiliar with your care needs to assist you with ambulation
- Keep your room free of clutter
- Turn on your light, do not move in the dark

This document is not intended to be taken as advice regarding any individual situation and should not be relied upon as such. Marsh & McLennan Agency LLC shall have no obligation to update this publication and shall have no liability to you or any other party arising out of this publication or any matter contained herein. Any statements concerning actuarial, tax, accounting or legal matters are based solely on our experience as consultants and are not to be relied upon as actuarial, accounting, tax or legal advice, for which you should consult your own professional advisors. Any modeling analytics or projections are subject to inherent uncertainty and the analysis could be materially affected if any underlying assumptions, conditions, information or factors are inaccurate or incomplete or should change. d/b/a in California as Marsh & McLennan Insurance Agency LLC; CA Insurance Lic: 0H18131. Copyright © 2021-2023 Marsh & McLennan Agency LLC. All rights reserved. MarshMMA.com

This educational document, which does not reflect any official policy or opinion of Siders HealthCare Consulting, LLC, is provided for informational purposes only. It is not intended to provide legal or medical advice, nor is it intended to be an exhaustive list of all risks that need to be addressed for a healthcare organization. While every effort is made to provide accurate information, changes may occur, and inaccuracies happen despite best efforts. This information is not a substitute for individual consultations with professionals in these areas and should not be relied on as such. Please work with your legal counsel, business advisor, or health care professional to develop a plan that is specific to your organization. © 2021-2023 Siders HealthCare Consulting, LLC.