

Monthly Nutrition Education

Topic: What You Can Do to Prevent Falls Time: 10-15 minutes Date: _____

Nutrition Provider/Site: _____

Homebound: ___ OR # of Attendees: ___ Name and Title of Presenter: _____

Objectives	Main Message	Activity	Suggested Materials for Lesson or Home Delivered Meal
<p>The learner will be able to:</p> <ul style="list-style-type: none"> • List 2 ways to prevent falls. 	<p>Many falls can be prevented.</p>	<p>Use lesson plan: <i>What You Can Do to Prevent Falls</i></p> <ul style="list-style-type: none"> • Introduction • Handout Discussion • Handout Distribution • Summary Statement 	<p>Provide participants or home delivered meal client with:</p> <ul style="list-style-type: none"> • Handout: <ul style="list-style-type: none"> ○ <i>What You Can Do to Prevent Falls (English or Spanish)</i>
<p>For more information, go to: <i>Centers for Disease Control & Prevention, National Center for Injury Prevention and Control, cdcinfo@cdc.gov</i></p>		<p style="text-align: right;">Prepared By: Gayle Dietz, RD, LD Information obtained from Centers for Disease Control & Prevention</p>	

Nutrition Lesson Plan

Topic: What You Can Do to Prevent Falls

Main Message: Many falls can be prevented.

Introduction with Audience (2 minutes):

Did you know?

- More than one third of adults 65 and older fall each year in the United States (Hornbrook et al. 1994; Hausdorff et al. 2001).
- Among older adults, falls are the leading cause of injury deaths. They are also the most common cause of injuries and hospital admissions for trauma (CDC 2005).
- In 2005, about 1.8 million people 65 and older were treated in emergency departments for nonfatal injuries from falls, and more than 433,000 of these patients were hospitalized (CDC 2005).

Discussion of Handout (10 minutes): *(Ask for audience participation, starting with the following question...) So, what are some of the ways we can prevent falls? (Allow some time for participants to offer suggestions. After a few minutes, follow up with the four suggestions on the handout and allow for discussion. Spend extra time on "# 4. Make your home safer" in the handout.)*

Distribute Handout: "What You Can Do to Prevent Falls" and point out the four ways listed on the handout.

Summary Statement: There are things we can do to prevent falls. To close, let's take a look at our own homes to see if there are fall dangers waiting for us. Check your handout list to see if you are doing what you can to make your home safer from falls.

Suggested Materials: Handout: "What You Can Do to Prevent Falls"

What You Can Do to Prevent Falls

Many falls can be prevented. By making some changes, you can lower your chances of falling.:

Four things YOU can do to prevent falls:

1. Begin a regular exercise program

Exercise is one of the most important ways to lower your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination (like Tai Chi) are the most helpful. Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor or health care provider about the best type of exercise program for you.

2. Have your health care provider review your medicines

Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall.

3. Have your vision checked

Have your eyes checked by an eye doctor at least once a year. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.

4. Make your home safer

About half of all falls happen at home. To make your home safer:

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to your toilet and in the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.
- Have handrails and lights put in on all staircases.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

Centers for Disease Control and Prevention
National Center for Injury Prevention & Control
(800-232-4636)
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cdcinfo@cdc.gov

Cosas que USTED Puede Hacer para Prevenir Caídas

Muchas caídas pueden prevenirse. Con unos cuantos cambios se puede disminuir las posibilidades de una caída.

Cuatro cosas que USTED pueden hacer para prevenir caídas:

Comience un programa de ejercicio rutinario

Hacer ejercicio no solo es una de la formas más importantes que hay para disminuir las posibilidades de una caída, sino que lo fortalece y le ayuda a sentirse mejor. Los ejercicios que mejoran el equilibrio y la coordinación, como el Tai Chi, son los más beneficiosos. La falta de ejercicio conduce a la debilidad y aumenta las posibilidades de una caída. Pídale a su médico o proveedor de servicios médicos que le diga cuál es el mejor programa de ejercicios para usted.

Pídale a su proveedor de atención médica que revise sus medicinas

Pídale a su médico o farmacéutico que revise todas las medicinas que está tomando, incluidas las que no requieren receta. A medida que usted envejece, puede cambiar la manera como reaccionan las medicinas en su cuerpo. Algunas medicinas, o combinación de medicinas, pueden darle sueño o causar mareos y provocar una caída.

Examínese la vista

Vaya a un oftalmólogo para que le examine los ojos por lo menos una vez al año. Podría estar usando anteojos incorrectos o tener una condición como glaucoma o cataratas que le impiden ver bien. La visión defectuosa puede aumentar el riesgo de una caída.

Haga más seguro su hogar

Casi la mitad de las caídas ocurren en casa. Para hacer su hogar más seguro:

- Quite las cosas con las que pueda tropezarse (como papeles, libros, ropa y zapatos) de las escaleras y los lugares por los que usted camina.
- Quite las alfombras pequeñas o use una cinta con adhesivo en ambos lados para evitar que se resbalen las alfombras.
- Coloque las cosas que usa con mayor frecuencia en los estantes inferiores para poder alcanzarlas con facilidad y sin necesidad de usar escaleras plegables.
- Instale barras para sostenerse junto a su inodoro y en la bañera o en la ducha.
- Use alfombras antiresbalantes en el suelo de la bañera y de la ducha.
- Mejore el alumbrado en su casa. Al ir envejeciendo, necesitará luces más brillantes para ver bien. Coloque cortinas o persianas ligeras para reducir el resplandor.
- Coloque pasamanos y luces en todas las escaleras.
- Use zapatos tanto dentro como fuera de su hogar. Trate de no caminar descalzo ni usar pantuflas.

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