

# FALL PREVENTION



## For protection and peace of mind.

According to the Centers for Disease Control and Prevention, each year millions of people age 65 and older fall. One in four older adults fall every year, but less than half tell their doctors. Falling once can double the chances of falling again. Freedom Home Care recognizes the importance of fall prevention and has developed training, oversight and procedures to help reduce the chances of injury.

- Home environment risk factors play a role in about half of all falls
- Lack of exercise leads to weakness and increases the chances of falling
- Some medications, or combinations of medications, can cause sleepiness or dizziness, increasing the risk for falls
- Poor vision increases the chances of falling

## Our Solutions

- Complete an in-home assessment following the CDC Home Fall Prevention Checklist for Older Adults

- Encourage exercise and movement—work with client physician or therapist to determine and implement the most appropriate type of exercise program
- Provide Medication Management Services to ensure medications are taken properly and inform physician of any negative side effects of medication and accompany to appointments as necessary
- Provide one-on-one care and stand-by assistance or hands-on assistance with ambulation

## Getting Started

### Step 1 Needs Assessment & Home Inspection

Freedom Home Care offers a complimentary personalized needs assessment and home inspection to ensure safety and reduced risk of repeat falls. Caregivers are carefully chosen based on needs assessment and determined level of care.

### Step 2 Caregiver Training

A pre-employment training in fall prevention for caregivers is required. Training on the execution of each unique exercise program prescribed to client by therapist or physician ensures the exercises are completed correctly. This keeps consistency in transfers and exercise while providing a chance for the client to regain a level of independence.

### Step 3 RN Supervision/Monitor Progress

A formalized RN Plan of Care is developed and monitored through supervisory and wellness visits. This helps track compliance and progress via documentation to ensure we are providing the best services as promised. Ongoing communication of client's condition and progress.

Call the Freedom Home Care office to set up an immediate, complimentary consultation.

**507-387-HOME (4663)**

Sources: Center for Disease Control—STEADI  
Stopping Elderly Accidents, Deaths and Injuries

