

## Lifemark's Community Outreach Program

### Environmental Fall Risk Factors

#### Take Home Messages

Today we identified potential fall risk hazards in your home, and how to reduce the fall risk associated with these hazards:

- **Bathroom Hazards**
  - Slippery and wet floors, low toilet seats that are difficult to stand up from and tub showers that are difficult to get in and out of.
- **Bathroom Safety**
  - Consider non-slip mats, grab bars, a shower caddy, raised toilet seats and bath benches to prevent slips and trips.
- **Kitchen Hazards**
  - Slippery and wet floors, cupboards and shelves that are difficult to reach and may require climbing up onto something to get it.
- **Kitchen Safety**
  - Consider reorganizing cupboards and buying a sturdy step stool with a handle to make obtaining things from your kitchen shelves easier and safer.
- **Bedroom Hazards**
  - Clutter and electrical wires on the floor, poor lighting and long bed sheets can also increase fall risk.
- **Bedroom Safety**
  - Consider night lights, a bedside commode (potty) and clear pathways to prevent unsafe night time walking.
- **Living Area Hazards**
  - Stairs that are poorly kept or without railings can be a fall risk. As well as area rugs or rugs with curled up edges can be tripping hazards.
- **Living Area Safety**
  - Consider removing clutter and area rugs and installing hand rails on stairs for safety.
- **Outdoor Hazards**
  - Ice/snow/wet leaves, stairs without railings, uneven sidewalks, poorly kept or cluttered yards.
- **Outdoor Safety**
  - Keep your yard clear of clutter, your walkways clear of ice/snow and leaves and call the city about uneven walkways.

#### Consider This!

You are challenged to make at least one change in your home that results in a safer home and reduced fall risk. Identify the hazard and make a change!

## Teleconference Exercises

- **Shoulder Exercises:** Shoulder rolls, backwards, forwards and shrugs
- **Hand Exercises:** roll wrists, up/down, open/close, play piano, finger taps
- **Punches:** Alternating hands, punch forward with a slight bend in the elbow
- **Stir the pot:** Interlock your fingers together, and stir in a large circular motion
- **March** on the spot
- **Side step:** step the right leg out and then back to center, repeat on left leg.
- **USE BANDS OR A TOWEL**
- **Shoulder External Rotation:** Hold the band, palms up, shoulder width apart, elbows at side, pull band apart
- **Band Pull:** Palms down, wide grip, arms straight in front at shoulder height, pull the band apart, bring the band to chest and squeeze the back
- **Hip Ext. Rotation:** Place the band under your thighs, cross the band on top of your lap. Sit at the edge of your chair, feet together, knees together. Open the knees and squeeze your glutes
- **Band Side Step:** Take a step to the right, back to center, repeat on left
- **Shoulder Abduction with band:** uncross the band, palms face forward, arms at your sides. Lift the arms up to shoulder height to make a "T"
- **Band Row:** Put the band under your feet. Straighten the legs. Band between your knees, "row" by pulling the elbows back, and then extend the arms long again to relax
- **Bicep Curl with band:** Uncross the band. Thumbs up, palms facing your legs, bend the elbows, bring the hands to shoulders, and then relax
- **USE WEIGHTS/SOUP CANS/WATER BOTTLES**
- **Knee Extension:**"kick"/straighten the leg out slowly, toes up towards sky and then lower
- **Shoulder Press:** bring your hands to your shoulders, extend the arms overhead going as high as you can pain free.
- **Shoulder External Rotation:** Arms to 90 degrees, keep your elbows at your sides, open arms/hands, squeezing shoulder blades back and lifting the chest
- **Bicep Curls:** Straighten the arms and bend at the elbow
- **Sit to Stand:** lean forward, weight in your heels, use your chair/walker for support and stand up, slowly lower yourself back into your chair
- **Standing March:** march on the spot holding onto your chair for support
- **Balance:Foot Circles:** balance on one leg, gently draw circles with the other leg in the air
- **Hip Abduction:** Lift the leg gently out to the side
- **Calf Raise:** Stand with your feet hip distance apart, lift the heels up while holding onto your chair.
- **Single Leg Balance:** stand on one foot, holding onto the chair.
- **Ankle rolls:** roll the ankles in circles, both directions.
- **Hamstring Stretch:** Straighten the right leg, reach for toes, keeping back straight.
- **Side Stretch:** Sit with feet wide, lift the right arm up and reach to the left.
- **Spinal Twist:** Cross your arms over your chest, sit tall then rotate the body slowly side to side
- **Wrist circles/stretch:** roll the wrists
- **Shoulder Stretch:** Bring the right arm across the body, wrap your left arm underneath and pull the right arm towards you, repeat on the other side

- **Neck Side Flexion:** Bring your right ear towards the right shoulder. Repeat on the other side