Slips, Slippers & Safety in Your Home

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• Specializing in Older Adults
• Developer of the ACTIVATOR Poles – Urban Poling Inc.

• Presentations
  - 200 Years of Parkinson’s Disease (AUS),
  - National Fall Prevention (CDN)
  - Canadian OT Association Conference
  - ACPIN Neuro Conference (UK)
Agenda

• Introduction
• Stats on Falls
• Building confidence through home adaptations & staying active
• Practical Session: Imagine getting out of your bed at nighttime to go to the bathroom
• Slippers & Safety Tips
• Ideas for staying Active and having FUN!
World Health Organisation defines a fall as:

“An event which results in a person coming to rest inadvertently on the ground or floor or other lower level”.

Excluded:
- major internal event e.g. stroke
- being hit by an external force e.g. knocked over
Stats on Falls

According to the U.S. Centers for Disease Control and Prevention:

- One in four Americans aged 65+ falls each year.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.8 million injuries.
- In 2015, the total cost of fall injuries was $50 billion.

National Council on Aging website

- 2.5x the injuries caused by car accidents (we adapt for our driving abilities)
Effective Multi-Dimensional Programs should consider

- Impaired Vision
- Medication Use
- Chronic & Acute Illness
- Fear of Fall
- What To Do if You Fall
- Home & Community Hazards
- Exercises – Strength & Balance
Value of Home Modifications

- Home environment is implicated in 35 to 40 percent of older persons’ falls
Value of Exercise – Strength & Balance

- Strength, flexibility, balance and reaction time are considered the most readily modifiable risk factors for falls.
Negative Cycle on the Fear of Falling

- Risk factor(s) for falls
  - Depression, reduced motivation
  - Reduced activity e.g. socialising
  - Loss of confidence
  - Fall
2 Important Concepts – Mindfulness & Stay ACTIVE

- Be mindful of your challenges and safety tips to increase your confidence so you can stay ACTIVE!
Where do most Falls Occur?

• Inside your home
• Just outside of your home
• Only 22% away from your home
Where Do People Fall?

The three biggest problem areas for older persons are:

1) outside steps to the entrance
2) inside stairs to a second floor
3) unsafe bathrooms.

hallways (10%), bathrooms (13%), kitchens (19%), bedrooms (30%), and living rooms (31%) (for homes without steps)
Bedroom – Imagine Getting Up at Night

1. Standing Up
2. Footwear
3. Hazards
4. Walking Pattern
5. Bathroom
6. Steps
Getting UP

Slow and Steady wins the race! Get up mindfully.

Practice Session:

1) Sit upright
2) Sit at the side of the bed (chair for this session)
3) Stand up – with support (grab bar)
4) Stand up until you feel steady or count to 10-20
5) Then walk
What do you wear?
The Problem with Slippers

They are called SLIPPers for a reason!
Bad Slippers!

Good Slippers
Imagine your walk to the bathroom

Lighting - Use night light so you can see items on the floor
Flooring - Get rid of your scatter rugs, change in flooring, cords, objects on the floor.
Tip – clear the route to the bathroom prior to going to sleep
Lift Up Your Feet

Shuffling Walking Pattern – puts you at a greater risk for falls

Practice Session:

- Bend your Knee and Lift Your Feet
- Heel – Toe Pattern
- Swing Your Arms
Steps inside & out

Imagine your steps inside and outside of your home? What would increase safety?
Steps inside & out

- Handrails
- Light
- Non slip strips
- Footwear
- Move the location of your bedroom
- Slow and Steady
- Place your Foot—mindfully on each step
- Stair Lift
- Move your bedroom
Bathroom

• Grab bars should be in every home
• Replace the towel rack with a grab bar or grab bar on the side of the tub
• Scatter rugs
• Increase seat height
Stay in Bed

Consider if you actually should get out of bed
- Post surgery, flu, vertigo, bladder infections, balance

Other Options
- Urinal, bedside commode, pads
- Thirsty/Hungry/Bored: Keep snack, book/telephone and water on bedside table
Stay Active!
# Risk factors for falls

<table>
<thead>
<tr>
<th>Risk factor</th>
<th>Relative risk ratio/Odds ratio</th>
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<tbody>
<tr>
<td>Muscle weakness</td>
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<tr>
<td>History of falls</td>
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<tr>
<td>Gait deficit</td>
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<tr>
<td>Balance deficit</td>
<td>2.9</td>
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<tr>
<td>Walking aid use</td>
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<tr>
<td>Visual deficit</td>
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<tr>
<td>Arthritis</td>
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<td>Impaired ADL</td>
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<tr>
<td>Depression</td>
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<tr>
<td>Cognitive impairment</td>
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<tr>
<td>Psychoactive drugs</td>
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<tr>
<td>Age &gt;80</td>
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Why Poling is a Great Option

Impaired strength and balance contribute to most falls. Tripping or slipping while walking forward most commonly cause of falls. A combination of walking and specific exercises has been show to be the most effective approach. Practice BIG Steps - demo
Seated Exercises
Exercise through Daily Living Activities

How to exercise throughout your day.
Bend your knees, tighten your core and don’t twist your upper body during daily chores
- Mop, rake, wipe counter, clear the table, cook together
Thank you & Questions

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Nordic walking technique and research –
www.urbanpoling.us