



*Healthiest people
Healthiest communities
Exceptional service*

DID YOU KNOW?

Preventing Falls Through Physical Activity

Any falls prevention program should include a multifactorial approach that involves a comprehensive assessment and individualized fall prevention plan for each resident. Helping residents to be as physically active as possible is one component of the fall prevention plan that has shown promising results in reducing falls.

The most common risk factors for falls for residents living in long term care are:

- ☞ **Muscle Weakness**
- ☞ **History of Falls**
- ☞ **Gait Deficit**
- ☞ **Balance Deficit**

WHAT CAN YOU DO?

- Residents who are ambulatory should walk up to 3 times/day for a total of 30 – 45 minutes. Make it functional - this could be to the bathroom or to the dining room.
- If a resident is wheelchair dependent, remove their leg rests and have them move the wheelchair with their legs.
- Work with your Recreation Department to:
 - Start a walking group with individual goals for each resident. Have them track their number of laps in the hallway or use a pedometer to measure their steps.
 - Start a group exercise program and include flexibility, strength and balance and endurance exercises.
- Use a transfer belt if you are concerned about the resident's safety while walking.
- Help residents to stand at least 3 times/day. Help the resident practice getting up and down off the toilet or their bed a few extra times during the day.
- Help residents with range of motion exercises if they are unable to do them on their own or help them do them while assisting with dressing or repositioning.
- Ask for a copy of the Long Term Care Fall Prevention Exercise Sheet to use as a guide.
- If you are unsure, refer resident to Physical Therapy or Occupational Therapy for assessment and recommendations.

Exercise, Exercise, Exercise!!