

Fall Prevention Articles- Coffee News

Article 1 (123 words): November is Fall Awareness Month! Did you know that in British Columbia, one in three seniors falls each year? In the Cowichan Valley, falls are now a top five cause of hospitalization. While older adults with frailty are at higher risk, falls can happen to anyone. Falls can be life-altering, so it's important to assess and address our fall risk as we age.

Factors increasing fall risk include previous falls, reduced strength, balance issues, poor nutrition or hydration, multiple medications, and diminished eyesight or hearing. Home slip and trip hazards also play a role. By addressing these factors, we can reduce our fall risk and improve our safety. Check this website to learn more about risk factors for fall (available in 8 languages): <https://www.healthlinkbc.ca/healthy-eating-physical-activity/age-and-stage/older-adults/preventing-falls>. Stay tuned for our article next week on the benefits of exercise for fall prevention!

Article 2 (141 words):

Did you know that aging can reduce strength, balance, and flexibility, increasing fall risk? Regular physical activity is important to enhancing muscle and bone strength, coordination, and flexibility, key risk factors for fall prevention. It also boosts confidence, making movement feel safer, and improves our mood, sleep, and memory.

To reduce the risk of falls, older adults should get at least 150 minutes of moderate to vigorous intensity aerobic activity weekly, plus muscle-strengthening exercises using major muscle groups twice a week, and balance-challenging activities. Moderate intensity activities include brisk walking, ballroom dancing, swimming, sweeping, mopping, or vacuuming. Balance exercises like yoga and Tai-Chi are also beneficial. Check this website to learn about increasing physical activity as you get older (available in 8 languages) <https://www.healthlinkbc.ca/healthy-eating-physical-activity/age-and-stage/older-adults/preventing-falls>. Stay tuned for our article next week on how to make your home safer for fall prevention!

Article 3: (133 words)

Did you know that most falls among older adults occur at home? To minimize your risk, you can follow these steps:

- **General:** Keep a phone or alert system within reach at all times and store frequently used items within easy access.
- **Floors:** Maintain clear, clutter-free paths, use only non-slip rugs, and clean spills promptly.
- **Lighting:** Enhance lighting near your bed, at the top and bottom of the stairs, and in the bathroom.
- **Bathroom:** Install grab bars in the shower/tub and near the toilet, and consider a shower chair.

- **Bedroom:** Ensure easy bed access and keep walking aids nearby.

For more detailed tips, including safety considerations for pets, stairs, and outdoor spaces, visit this website (available in 8 languages):

<https://www.healthlinkbc.ca/healthy-eating-physical-activity/age-and-stage/older-adults/preventing-falls>. Stay tuned for our next article, summarizing steps that older adults can take to prevent falls.

Article 4: (114 words)

Did you know that most falls are preventable and that older adults can take several steps to prevent life-changing falls? These include:

- Monitoring and improving strength, balance, and flexibility through regular exercise (e.g., brisk walking, swimming, yoga, Tai-Chi, etc.)
- Being aware and adjusting to our surroundings.
- Eating healthy and staying hydrated.
- Getting our eyes, ears, feet, and medications checked regularly.
- Making our home safer from slip and trip hazards (e.g., clutter-free paths, added lights, etc.)
- Staying connected to others (e.g., engaging with local seniors' activity center).

By combining these strategies, older adults can lower their risk of falling. To learn more about preventable measures for falling, visit this website (available in 8 languages):

<https://www.healthlinkbc.ca/healthy-eating-physical-activity/age-and-stage/older-adults/preventing-falls>.