Pennsylvania's Healthy Steps for Older Adults



A Guide to Preventing Falls





COMMONWEALTH OF PENNSYLVANIA OFFICE OF THE GOVERNOR HARRISBURG

A Special Message from Governor Edward G. Rendell & Secretary of Aging Nora Dowd Eisenhower

Congratulations! Your choice to enroll in Pennsylvania's Healthy
Steps Program is a step to remain independent for as long as you can.
Falls are the leading cause of injury-related hospital stays for older adults in Pennsylvania, and completing this program's training sessions reinforces your desire to stay active and healthy.

Through the Healthy Steps Program, the staff of our Area Agencies on Aging will provide you valuable information about health care, exercise programs, home safety resources and other available services you will find beneficial.

Pennsylvania's Healthy Steps Program will help answer your questions about how to stay active, how to make your home safer, how to manage your medications or how to talk with your doctor. By actively participating and using this program guide to learn how to prevent falls and related injuries, you are taking the first of many "Healthy Steps" to an active and independent future.

Edward G. Rendell

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SECRETARY OF AGING

Index

Blue page numbers have the most information on a topic

Alcohol Area Agencies on Aging (AAA) arm, wrist and hand exercises	22–23, 55 9, 23, 27, 54 40–41, 48
Balance, exercises to improve bathroom safety bed, getting out of bedroom, safety tips blood pressure, high or low	42–43 8–9 28 7 19
Canes and walkers carts, wheeled chair, getting out of climbing, safety tips clothing for exercise	29 13, 15 28 13 35, 45
Day care and long-term care dental care depression and stress dizziness doctors, talking to	55 55 22, 24–25 20, 35 18–19, 27, 35
Eating well elder abuse energy, strength training for exercise, benefits and guidelines	12, 25, 26–27, 55 25, 56 46–49 5, 34–35, 52
Falling, about feet and ankles, strengthening financial assistance floor, getting up from floors and walkways food delivery services foot care	4–5, 20, 29, 30–31 36–37, 42–43, 46 14, 56 31 7, 10, 11, 13, 14 27 38–39, 45
G rab bars and handrails grabber tools	8, 9, 10, 11, 14 13
Hearing heat stress home safety	15, 29 35 6–15, 57
Incontinence	19

Kegel exercises kitchen safety	19 12–13
Leg exercises lifting and carrying safely lighting	41, 46–47, 51 29 6–7, 10, 11, 14
Medical alarms medical conditions and exercise medicine safety mental health care	30, 31 34, 35 20–21, 23, 56 22, 24–25, 58
Orthotics osteoporosis	39 18, 28
Pain, joint or muscle physical/occupational therapy podiatrists	35, 45 28 39, 45
Reaching safely rugs and mats	13 7, 11, 13
Safety, exercise senior centers shoes smoke detectors smoking (tobacco) stairs, safety tips strength training stretching	34, 35, 42, 45 27 35, 38–39, 44 15 22–23, 55 10–11, 14 5, 46–49 34, 41, 50–51
T elephones transportation	7, 15, 31 59
Upper body and back exercises	40–41, 48–49, 50
V ision volunteer, ways to	15, 21, 57, 58 59
Walking warm-up exercises water, drinking enough weight control weight training	44–45 34, 40–41 35, 45 26–27 40, 48–49

What's in the Guide

Page

1	Letter
- 1	TICLUCT

2 Index

Part 1: Fall Prevention

4 You Can Prevent Falls 6 Home Safety 8 Bathroom Safety 10 Safety on Stairways 12 Kitchen Safety 14 Make Your Home Safer 16 Take a Wiggle Break: Everyday Activities

18 Talk with Your Doctor20 Medicine Safety

22	Alcohol	and	Tobacco

24	Depression	and	Stress

28	Doing	Things	Safely
----	-------	--------	--------

30 If You Have a Fall

32 Next Steps

Part 2: Staying Active

34	Fit for Life
36	Take a Wiggle Break: Feet and Ankles
38	Foot Care and Foot Wear
40	Warm-Ups
42	Balance Basics
44	Walking
46	Build Strength and Energy
48	Build Strength in Your Upper Body
50	Stretching
52	Next Steps
	Pagaurang

Resources

54	\mathbf{Area}	Agencies	\mathbf{on}	Aging
-----------	-----------------	----------	---------------	-------

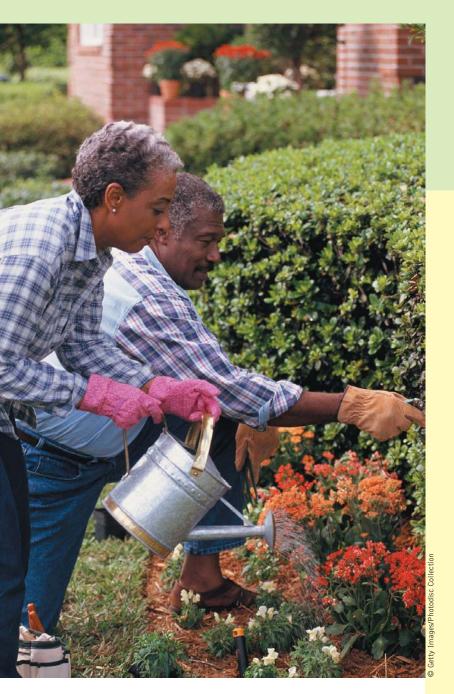
55 Resources

60 Notes

64 Acknowledgments

You Can Prevent Falls

This program is about how to prevent falls and stay healthy and active. You will learn how things you may be doing



Keeping Active at Home

Tom and Maxine love gardening. And it helps them stay fit.

already can help prevent falls. And you will learn new tips that will fit easily into your daily routine.

Fall Facts

- Falls are the most common cause of injury for older adults.
- One out of 3 people over age 65 fall at least once each year.
- Half of the people who break a hip do not recover fully.
- Almost half of the people who enter nursing homes do so because of a fall.
 After the fall, they cannot stay at home on their own.
- Most falls occur in people's own homes, as they do their regular daily activities.