

Resources



How to fall and get up safely

Learn to fall with minimal impact on your body and to get up safely



How to walk with a walker

Learn how to walk with a walker safely and effectively



How to walk with a cane

Learn how to walk with a cane safely and effectively



Health benefits of Tai Chi

Learn how to get started on your Tai Chi journey

High Risk Medications

- ✓ Pain medications
- ✓ Anti-depressants
- ✓ Allergy medications
- ✓ Blood pressure medications
- ✓ Sleeping medications

Polypharmacy, or the use of multiple medications, can increase your risk of falls!

Tips for Success



Review medication lists regularly with your clinician



Identify unnecessary medications with your clinician



Involve family, caregivers, and clinicians with management



Maintain an updated and organized list of medications

Fall Prevention

"Grounding our communities to stand up to falls"





Falls are NOT a normal part of aging!

Falls are the #1 cause of unintentional injuries, hospital admissions, and death in the elderly

Impact of Falls

- 1 in 4 adults over 65 years old fall each year
- About 50% of falls result in injury
- 1 million fall-related hospitalizations happen annually



Assess your fall risk



National Council on Aging

Tai Chi for Fall Prevention

Tai Chi: Ancient Chinese martial art characterized by slow, intentional movements with a focus on balance

Practicing Tai Chi: Promotes better balance and mobility, even for those with chronic health conditions

Benefits of Tai Chi: Decreases fall risk and reduces the fear of falling in older adults

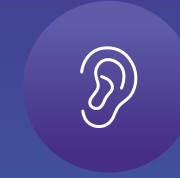


Protect Yourself



Annual Eye Exam

Monitor and screen for cataracts, glaucoma, and changes to your vision



Annual Hearing Exam

Screen for hearing loss with an online hearing exam and get hearing aids if needed



Stay Active

Stretch daily and exercise sitting down or standing



Proper Nutrition

Proper nutrition supports cognitive care, muscle maintenance, bone health, immune support, and disease prevention


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Trauma Department