

## PREVENTION CHECKLIST

- ✓ Stay physically active & exercise daily to keep your muscle strength, bone strength & coordination/balance in tip-top shape.
- ✓ Visit your eye doctor yearly.
- ✓ Check with your doctor or pharmacist about possible dizziness as a side effect of medication. Ask about drug combinations or interactions with herbs or supplements you're taking.
- ✓ Keep up with doctors' appointments to manage your medical conditions.
- ✓ Don't rush from lying/sitting to standing. Give your body a minute or so to adjust its blood pressure before standing.
- ✓ Drink at least 5 cups of water daily to avoid possible dizziness from dehydration.
- ✓ Check your footwear every few months to make sure they still have good tread & traction.
- ✓ Use a walking aid, like a cane or walker if you need one.
- ✓ If you need to carry a large object that may obstruct your vision, scan your path for obstacles beforehand.
- ✓ Avoid walking on wet or uneven surfaces when possible.

## HOME SAFETY CHECKLIST

- ✓ Keep walkways in your home clear of clutter to avoid tripping.
- ✓ Remove loose rugs or use gripper pads under them to avoid slipping.
- ✓ Keep a phone near your bed to avoid rushing to answer a call when you're groggy late at night.
- ✓ Install grab bars near toilets & showers. Use a shower bench for added safety.
- ✓ Install railings in stairways.
- ✓ Install enough lighting to see safely, especially when you're going to the bathroom late at night.

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# FALL PREVENTION

## FOR HAWAII'S SENIORS



1 in 3 seniors fall each year

Of those hospitalized, only  
30% can immediately return  
home

An ounce of prevention can make  
all the difference in maintaining the  
quality of a Kupuna's life.

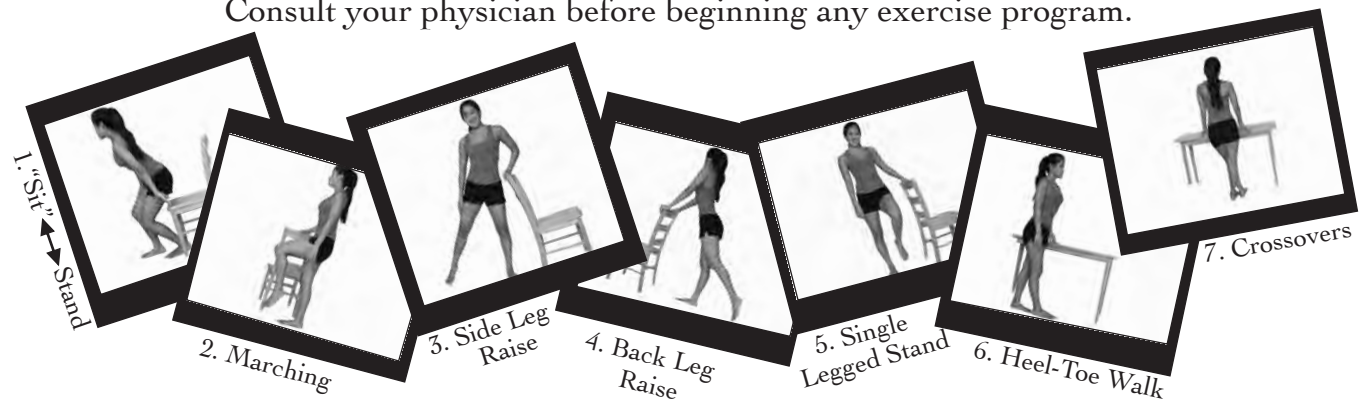


## Risks for Falls

- Muscle strength & coordination/ balance diminishes with age & decreased activity.
- Bone density loss due to osteoporosis leaves bones fragile, posing a higher risk for fracture . . . even with minor falls.
- Vision diminishes with age, making it more difficult to avoid obstacles, especially in the dark.
- Age related changes in the inner-ear balance system can increase fall risk.
- The ability to regulate blood pressure diminishes with age & can cause dizziness & fainting with sudden standing (especially when you're dehydrated).
- Medications can cause dizziness, drowsiness & loss of balance.
- Conditions like diabetes, stroke, Parkinson's, Alzheimer's & heart disease as well as orthopedic injuries, can leave a senior less equipped to handle balance challenges physically &/or mentally.
- Dementia can strip a senior of his or her judgment, requiring supervision.
- Environmental hazards (cluttered pathways, slippery surfaces, poor lighting, uneven surfaces, etc) pose fall risks.

# THE SUPER SEVEN

Consult your physician before beginning any exercise program.



**Strengthening exercises # 1-4 should be done daily, 10-15 times each leg. Hold onto the back of a chair or table for support.**

1. **“Sit” ↔ Stand:** Position yourself as if you were going to sit on a chair, feet apart & staggered, one slightly in front of the other. Reach back for the seat as you lower yourself until your bottom is just about to touch the seat. Return to near standing position.
2. **Marching:** March in place, bringing knees up high. Keep back straight & upright. Don't lean forward.
3. **Side Leg Raise:** Raise leg up to the side, keeping toes pointing forward, & hips & shoulders level. Don't point toes up. Lower leg.
4. **Back Leg Raise:** Raise leg backward, keeping knee straight. Lower leg.

**Coordination exercises #5 - 7 need to be done holding onto a chair/table lightly for steadiness.**

5. **Single Legged Stand:** Balance on one leg. Increase your time gradually to 30 seconds. Repeat 3 times each leg. Close your eyes when your balance gets good enough.
6. **Heel-Toe Walk:** Walk forward, stepping one foot in front of the other, touching heel to toe, like on a tightrope. Walk around counter/ table 3 times. Repeat backward.
7. **Crossovers:** Walk around the table 3 times to your right, alternating left foot crossing in front of right, then left foot crossing behind right. Reverse, walking to your left, crossing right foot in front of left, then right foot behind left.