



Fall and Fracture Awareness

Falls Affect Everyone

Every second of every day, an older adult falls. Whether it may be someone we personally know, love, or care about, falls affect us all. The CDC (Centers for Disease Control and Prevention) has developed the STEADI initiative (Stopping Elderly Accidents, Death & Injuries) aimed towards improving fall prevention. Within this initiative are simple steps that can be taken to improve outcomes.

What can you do to decrease fall risks?

Here are four things YOU can do to prevent falls:

- 1. **TALK TO YOUR DOCTOR** and discuss any feelings of unsteadiness, worries about falling, or if falls have occurred. Have your medications ready for review (including over-the-counter medications). Some medications may have a side effect causing you to feel dizzy or sleepy, increasing risk for falls. Ask your provider about taking vitamin D supplements, they help improve bone, muscle, and nerve health
- 2. **EXERCISE** to help improve your balance and strength. Exercises that strengthen your legs reduces your risk of falls, Tai Chi is a good example of this type of exercise.



More information on fall prevention may be found on www.cdc.gov/falls



Prevent Falls & Stay Independent



- 3. **MAKE YOUR HOME SAFER** by removing items that may cause falls. Remove items that may cause you to trip (ex: rugs, cords, shoes). Use non-slip mats in the bath tub, grab bars next to the toilet and tub. Have handrails and lights installed on staircases/hallways and improve the overall lighting within your home (ex: remove dark curtains, install brighter lights, and add light sensors in hallways). Also, keep items you frequently use within reach for ease.
- 4. **HAVE YOUR EYES AND FEET CHECKED** once a year and have your eyeglasses updated if needed. Conditions like glaucoma or cataracts impairs your vision. Having your feet checked by a foot specialist and suited with proper footwear will also decrease your chances of falls.



www.valleycomfortcarehome.com



POC: Reina Medalla, RN (808) 777-8827



Meet our furry friend, Moose !!



Meet Moose our furry companion here at Valley Comfort Care Home! Moose is about 9 years old and we adopted him from the Hawai'i Humane Society. Moose was already a well-trained, gentle, and energetic dog when we first adopted him into our home. Moose is a great addition to our care home because he brings happiness to our residents and staff.



What are the benefits of a furry friend?

1. Interacting with dogs can have a profoundly positive impact on our residents. These interactions provide emotional comfort, reduce feelings of loneliness, and promote a sense of companionship. Dogs are non-judgmental and affectionate, which can help ease anxiety, lift mood, and create moments of joy throughout the day.
2. In addition to emotional well-being, spending time with dogs has been shown to lower blood pressure, reduce stress, and even encourage gentle physical activity, such as petting or short walks.
3. Dogs may also help stimulate memory and communication (particularly for those with cognitive impairments or dementia), offering familiar routines and soothing experiences.



Overall, dog visits can enhance the quality of life for care home residents by fostering connection, comfort, and a sense of purpose. They're also fun to dress up in costumes during Halloween =)