



Age Well Series



Falls Free Wisconsin

Age With Confidence at Home

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tmg
Let's clear the path ahead.



MolinaCares
Building Stronger Communities...One Life at a Time



About WIHA

- **Mission:** Improve the health and well-being of all people as they age.
 - Disseminate evidence-based programs and practices and engage in collaborative public health strategies in Wisconsin and beyond.
- <https://wihealthyaging.org>
- **Age Well Newsletter**



Welcome...

Dr. Beth Fields, PhD, OTR/L, BCG
University of Wisconsin- Madison



HOME Safety for Falls Prevention

Beth Fields, PhD, OTR/L, BCG
Department of Kinesiology
University of Wisconsin-Madison



Learning Objectives

As a result of this webinar, you will be able to:

- Identify contextual and environmental factors that influence successful aging-in-place
- Apply strategies to help you prevent falls
- Locate available resources to support aging in place

What is Aging in Place?

*“The ability to live in one’s own home & community **safely,**
independently, & comfortably,
regardless of age, income, or ability level.”*

(CDC, 2017)

10%
of American homes are
'aging ready'

(Old Housing, New Needs: Are U.S. Homes Ready for an Aging
Population? U.S. Census Bureau. 2020)

41%

Tripped or fell resulting in
injury

(Cusato, 2017)

34,000 deaths and

3 million

emergency department visits

(CDC, 2019)

Enabling Environments

An environment that encourages a person to lead as full and independent life as possible



Simple environment modifications



Design principles



Changes with aging

**By a show of hands, how many of
you have had someone come in
to complete a home safety
assessment?**

KITCHEN

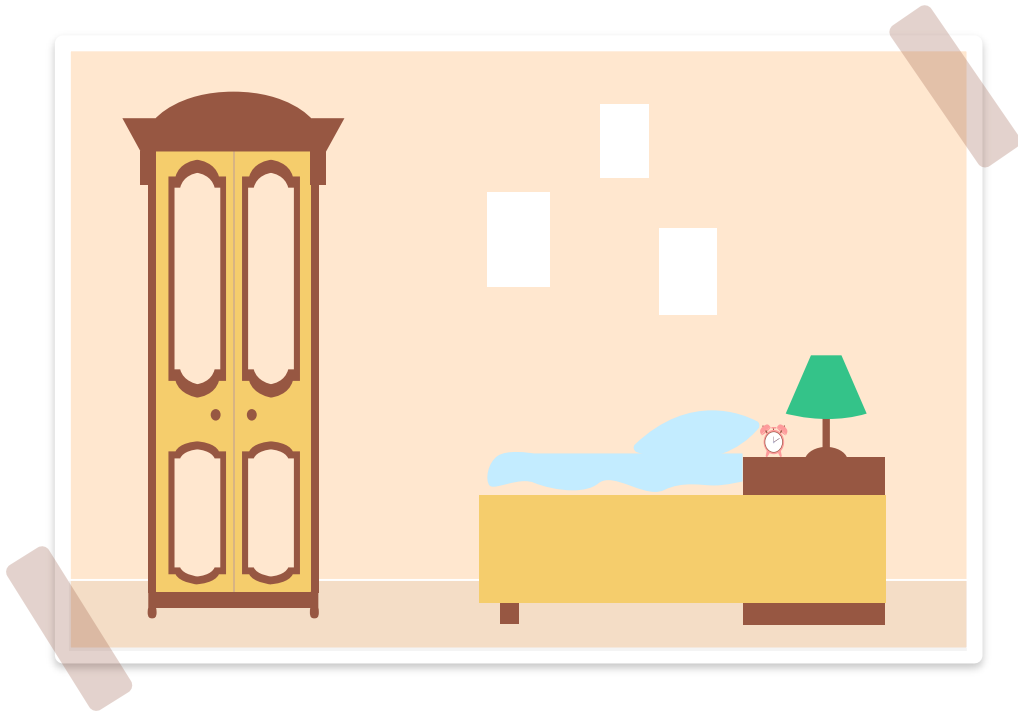


- ⊘ Leaving stove on
(CO poisoning)
- ⊘ Multi-tasking,
hands full
- ⊘ Reaching high

Recommendations

- ✓ Keep most used items at waist level
- ✓ Never use a chair as a stool
- ✓ Use a wheeled cart or attach a tray or basket to walker
- ✓ Check expiration dates

BEDROOM



Rolling bed



Poor lighting

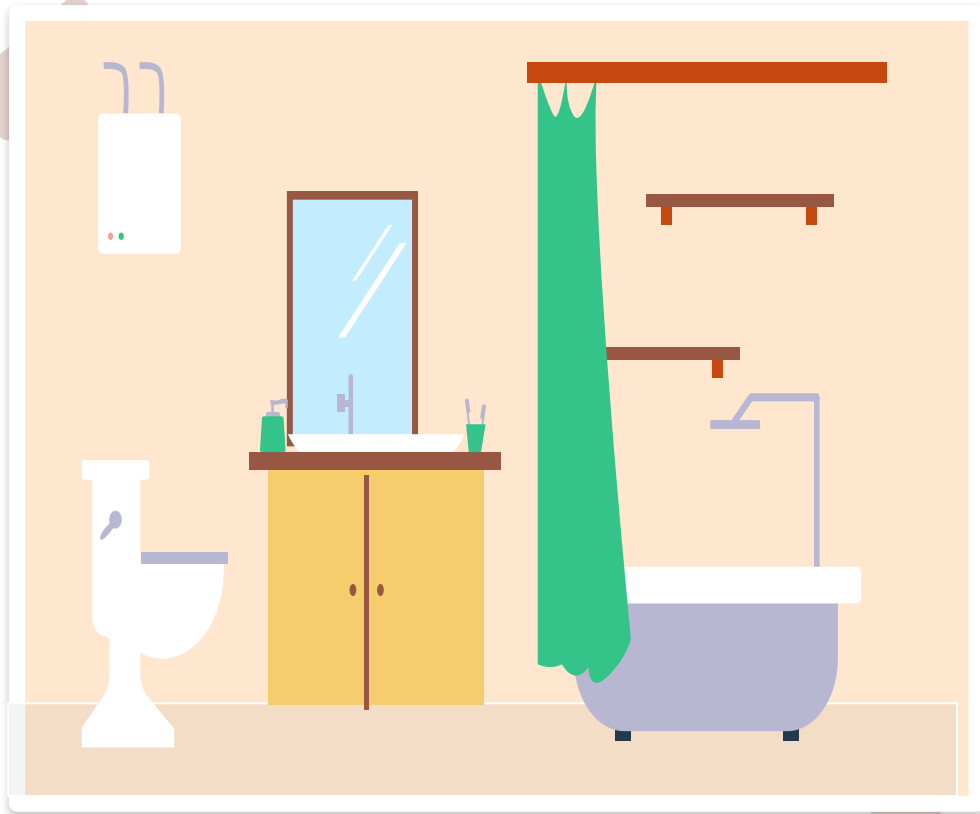


No phone or
flashlight

Recommendations

- ✓ Block bed against the wall and remove wheels
- ✓ Remove legs from bed frame or get a thinner mattress (too high)
- ✓ Place phone and flashlight next to bed

BATHROOM

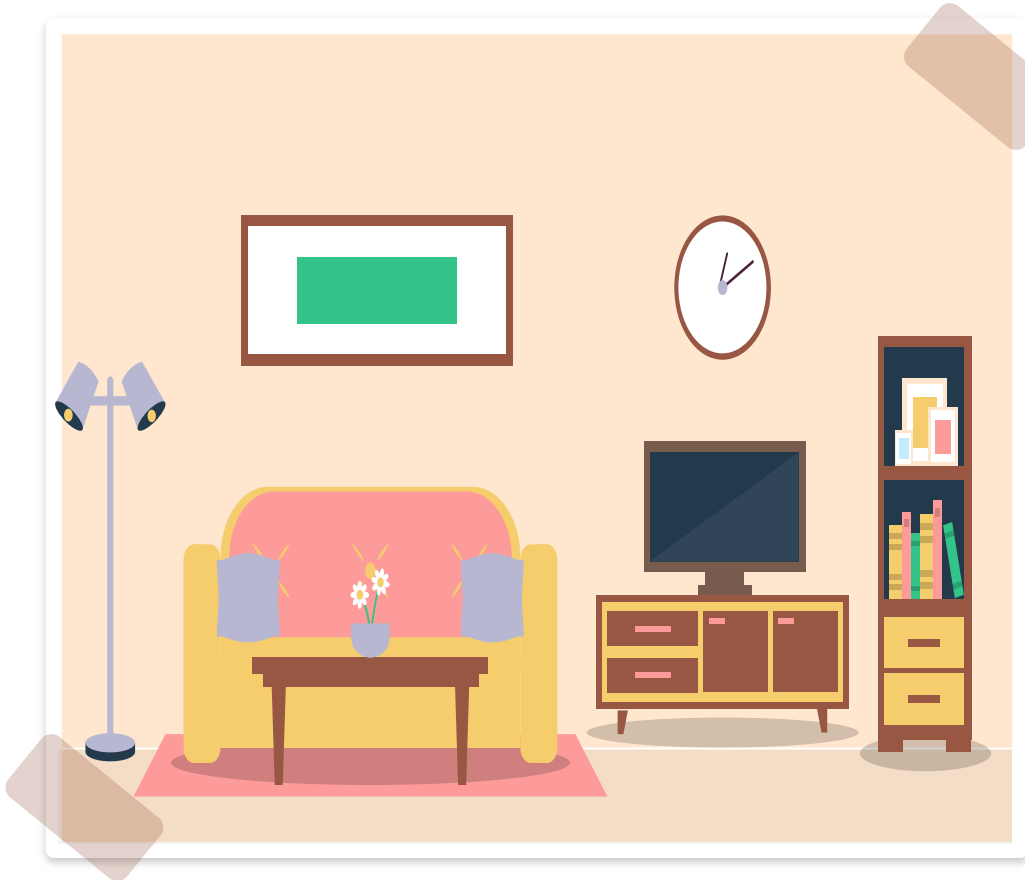


- ⊘ Slippery floors
- ⊘ Using towel rack and toilet paper holder to get up
- ⊘ No phone, fall alert system, lighting

Recommendations

- ✓ Use a rubber mat on floor inside shower/tub and outside
- ✓ Install grab bars
- ✓ Install safety frame or raised toilet
- ✓ Place phone or fall alert system in bathroom while showering/bathing

LIVING ROOM



Non-secure rugs



Clutter

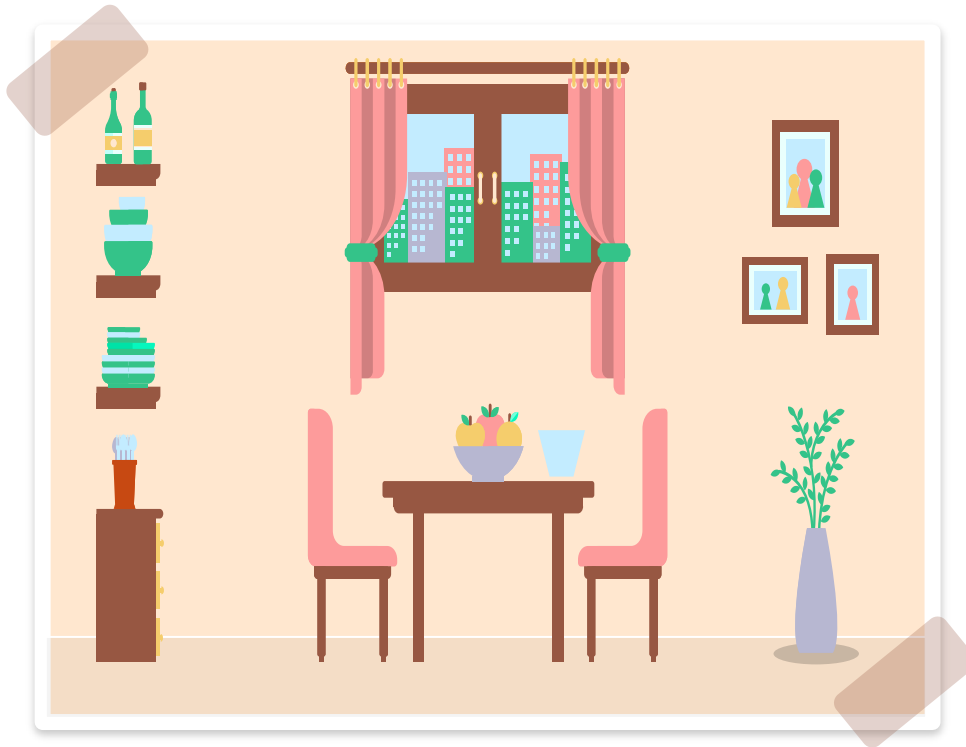


Electrical cords

Recommendations

- ✓ Remove clutter and electrical cords from walkways
- ✓ Remove rugs that slip or bunch, remove carpet bumps
- ✓ Mark bumps in flooring with bright colored tape

DINING ROOM



Unsteady chairs

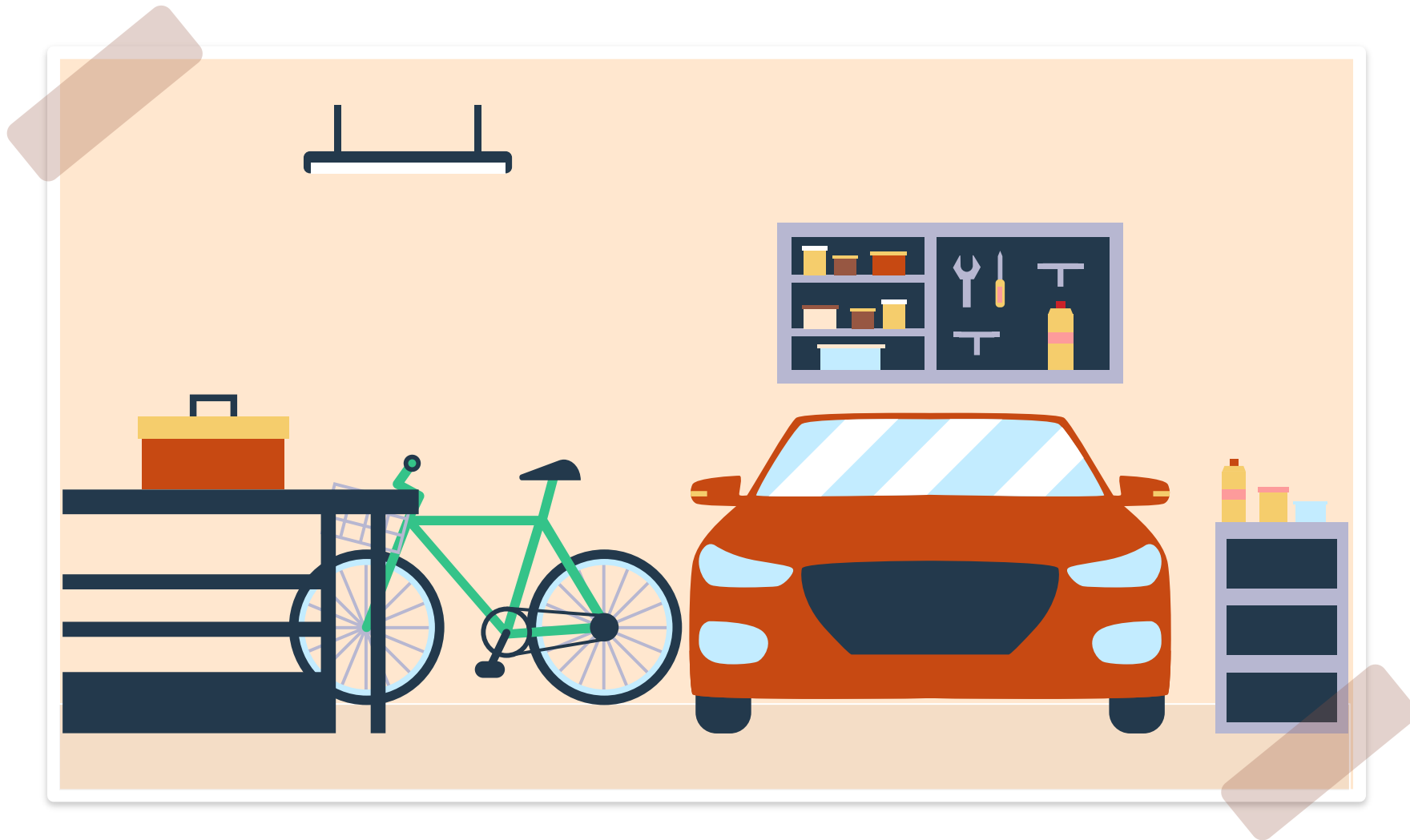


Clutter

Recommendations

- ✓ Remove clutter from walkways
- ✓ Use higher chairs with arms and never use chairs with wheels

GARAGE



Recommendations

- ✓ Remove clutter from walkways
- ✓ Install handrails and add additional steps
- ✓ Relocate items to clear walkways

Other Space Recommendations

- ✓ Doors 32 inches wide
- ✓ Stairs 4-7" height, 11' depth
- ✓ Install stair treads, mark edges with bright colored tape
- ✓ Add remote control or motion activated lighting

Help in an Emergency

KEEP INFORMATION UP TO DATE !!
 Review At Least Every Six Months !
 MEDICAL DATA REVIEWED AS OF MO. YR. _____

Name: _____
 Address: _____
 Doctor: _____ Phone #: _____
 Preferred Hospital: _____

EMERGENCY CONTACTS

Name: _____ Phone #: _____
 Address: _____
 Name: _____ Phone #: _____
 Address: _____

MEDICAL DATA
 Use pencil for ease in making changes.
 Special Conditions/Remarks: _____

Medication	Dosage	Frequency

Pharmacy: _____ Phone: _____
 Date of Birth: _____
 Blood Type: _____ Religion: _____
 Health Care Proxy on file at: _____
 Living Will on file at: _____
 * FILE OF LIFE SEE BACK OF CARD FOR ADDITIONAL INFORMATION

Recent Surgery: _____ Date: _____
 Do you have an EMS-NO CPR Directive or a DNR form ?
 YES NO Where is it located ? _____

MEDICAL CONDITIONS
 Check all that exist

<input type="checkbox"/> No known medical conditions	<input type="checkbox"/> Hemodialysis
<input type="checkbox"/> Abnormal EKG	<input type="checkbox"/> Hemolytic Anemia
<input type="checkbox"/> Adrenal Insufficiency	<input type="checkbox"/> Hepatitis-Type []
<input type="checkbox"/> Angina	<input type="checkbox"/> Hypertension
<input type="checkbox"/> Asthma	<input type="checkbox"/> Hypoglycemia
<input type="checkbox"/> Bleeding Disorder	<input type="checkbox"/> Laryngectomy
<input type="checkbox"/> Cancer	<input type="checkbox"/> Leukemia
<input type="checkbox"/> Cardiac Dysrhythmia	<input type="checkbox"/> Lymphomas
<input type="checkbox"/> Cataracts	<input type="checkbox"/> Memory Impaired
<input type="checkbox"/> Clotting Disorder	<input type="checkbox"/> Myasthenia Gravis
<input type="checkbox"/> Coronary Bypass Graft	<input type="checkbox"/> Pacemaker
<input type="checkbox"/> Dementia <input type="checkbox"/> Alzheimer's <input type="checkbox"/>	<input type="checkbox"/> Renal Failure
<input type="checkbox"/> Diabetes/Insulin Dependent	<input type="checkbox"/> Seizure Disorder
<input type="checkbox"/> Eye Surgery	<input type="checkbox"/> Sickle Cell Anemia
<input type="checkbox"/> Glaucoma	<input type="checkbox"/> Stroke
<input type="checkbox"/> Hearing Impaired	<input type="checkbox"/> Tuberculosis
<input type="checkbox"/> Heart Valve Prosthesis	<input type="checkbox"/> Vision Impaired
<input type="checkbox"/> Other: _____	

ALLERGIES

<input type="checkbox"/> Aspirin	<input type="checkbox"/> Insect Stings	<input type="checkbox"/> Penicillin
<input type="checkbox"/> Barbiturate	<input type="checkbox"/> Latex	<input type="checkbox"/> Sulfite
<input type="checkbox"/> Codeine	<input type="checkbox"/> Lidocaine	<input type="checkbox"/> Tetracycline
<input type="checkbox"/> Demerol	<input type="checkbox"/> Morphine	<input type="checkbox"/> X-Ray's Dyes
<input type="checkbox"/> Horse Serum	<input type="checkbox"/> Novocaine	<input type="checkbox"/> No Known Allergies
<input type="checkbox"/> Environmental:		
<input type="checkbox"/> Other: _____		

MEDICAL INSURANCE

Med Ins Co: _____
 Policy #: _____
 Other Med Ins Co: _____
 Policy #: _____
 Medicaid #: _____ Medicare #: _____



<https://www.thefileoflife.org>

RESOURCES

- AgeBetter, Inc. Safe at Home Program
 - <https://agebettertoday.org>
 - Free home safety assessment to people 60+ residing in Dane County
- Find your local Area Agency on Aging and Aging and Disability Resource Center
 - Adaptive equipment
 - In-home personal care and nursing
 - Housekeeping and chore services
- Adaptive Remodeling Solutions
 - www.adaptiveremodelingsolutions.com
- Project Home
 - www.projecthomewi.org
- National Council on Aging
 - <https://www.ncoa.org/adviser/sleep/home-safety-older-adults/#printable-checklist>

Summary

- Simple modifications to the home environment can facilitate successful aging in place
- A variety of resources exist to help you fulfill responsibilities and create enabling environments

THANKS!

Do you have any questions?

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<https://kinesiology.education.wisc.edu/research/geriatric-health-services-research-lab/>

CREDITS: This presentation template was created by **Slidesgo**, and includes icons by **Flaticon**, infographics & images by **Freepik** and content by **José Escobedo**



Welcome...

Suzanne Morley, CHES

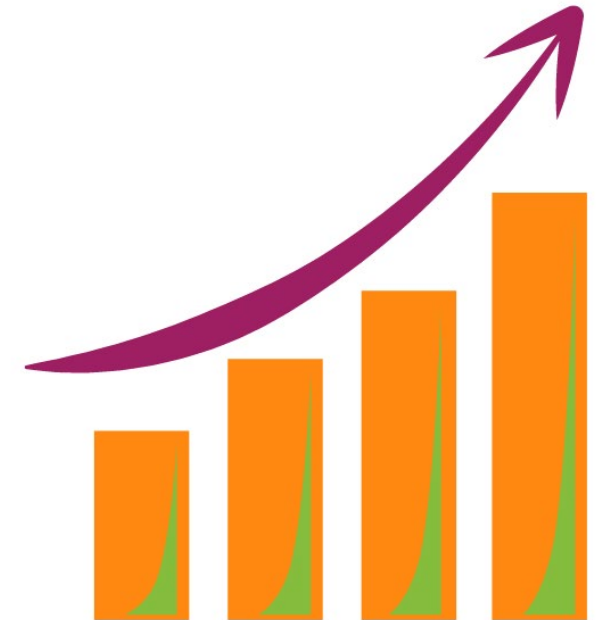
Wisconsin Institute for Healthy Aging

Falls Free[®] Wisconsin



The Falls Problem...

- Nationally, more than 1 in 4 older adults falls each year. (CDC)
- In 2022, over 47,600 older adults in WI went to the emergency department for a fall. (DHS WISH)
- In 2022, EMS in WI responded to over 130,000 falls and the number of falls that EMS responds to are increasing by nearly 10,000 a year statewide. (WARDS)



Q&A

Thank you!

falls@wihealthyaging.org



Feedback

- <https://wiha.wufoo.com/forms/wd5ewvd1ifc54f/>
- Share your thoughts & be entered to win a t-shirt!



Next for Age Well Series

- October: Nutrition
- November: Building Blocks of Connection

Stay tuned for more information!



Thank you!

