



How to Build Your Own Falls Prevention Plan

The older you get, the more likely you are to take a tumble. It's one of those unpleasant truths about aging. The likelihood of a fall increases with the physical changes and common healthcare challenges associated with growing older.

Consider initiating your own individual falls prevention plan the next time you visit your doctor. Start by making a list of any questions you feel are relevant. Be sure to include details about all of your medications including any over-the-counter drugs, vitamins or supplements you might be taking. It is also important to be honest about any near falls or actual falls that you may have had since your last visit. Your doctor cannot be expected to address concerns that you do not share. If you are losing your balance, feeling unsure on your feet or experiencing dizziness, shortness of breath or pain when walking, then there is likely a medical explanation. Your doctor can work with you to provide personalized fall-prevention strategies for you based on your unique healthcare conditions.

Capital Health Home Care can also play a valuable role in your fall prevention plan. Our physical therapists are experts in treating most types of balance disorders which lead to falls. They use balance training exercises, gait training, safety training, vestibular adaptation exercises and muscle strengthening to help seniors safeguard or reclaim their mobility. We work hand in hand with our patient's primary care physicians to be sure they are receiving a personalized treatment plan that addresses their individual needs and challenges.



A Note to Providers: Like you, we encourage our patients to take ownership in their recovery and wellness. Please share this newsletter with your patient who might benefit from the information.

READY, SET, GO!

You can count on Capital Health Home Care to begin care on time every time!

We consistently deliver timely initiation of care because it helps prevent gaps in care that can lead to decline, exacerbation or readmission. We know that what happens in the first few days following a referral to home health care has a tremendous impact on our patient's success and experience.

Timely initiation of care is tracked and reported to the public quarterly by CMS at Home Health Compare (medicare.gov) for all Medicare-certified home health care providers.

<u>Agency</u>	<u>Timely Initiation of Care</u>
Ashtabula	99.3%
Dayton	97.4%
Dublin	97.7%
Steubenville	99.6%
West Virginia	98.5%



Our patients and referral partners trust us to deliver care on time and that's exactly what we do in all regions.



FANTASTIC TIPS FOR FALLS PREVENTION

1. Move to Improve

Your best strategy is to keep it moving! Gentle exercise helps to reduce falls because it builds strength and improves coordination and flexibility. When you avoid physical activity because you are afraid of falling, you actually increase your chance of falling.

2. Wear Sensible Shoes

You don't need to forego fashion altogether, but you should wear properly fitting, sturdy, comfortable, practical shoes. Avoid high-heels, flip flops and slippery soles. Remember, a sensible person makes reasonable and wise decisions. Sensible shoes also help reduce pain.

3. Become a Minimalist

No need to go to extremes, but decluttering your home can go a long way in creating a safer environment where you are less prone to falls. Take a look around your home to be sure pathways are clear, throw rugs are thrown out, and you are not holding onto things you no longer need or use.

4. Light Up Your Life

Keep your home brightly lit to avoid tripping on what you cannot see. Use night-lights in bedrooms, bathrooms and hallways. Replace light bulbs regularly. Also, be sure to store flashlights with battery life in easy to reach locations.

5. Check Your Vision and Wear Your Glasses

Have your eyes checked at least every two years or when you notice changes in your vision. Vision changes as we age making depth and distance more difficult to judge. There are also a number of age-related eye disorders that make it necessary to see an eye doctor regularly.

Observing Falls Prevention Awareness Day 2018

Please join us in celebrating Falls Prevention Awareness Day (FPAD) this September 22nd in an effort to empower seniors with the confidence to protect themselves from fall-related injuries. Statistics have it that more than one-third of people over the age of 65 and half of people over the age of 85 will fall this year.

According to the National Council on Aging, FPAD raises awareness about how to prevent fall-related injuries among older adults. National, state, and local partners collaborate to educate others about the impact of falls, share falls prevention strategies, and advocate for the expansion of evidence-based community fall prevention programs. National and state efforts are published in NCOA's annual FPAD Impact Report. If you would like to learn more about falls prevention efforts in your state, please contact your State Falls Prevention Coalition lead.



MARK YOUR CALENDARS!



OCT ANNOUNCEMENTS:

» Physical Therapy Month!

Physician Assistant Day

October 6th

Medical Assistant's Week

October 15th - 20th

Boss's Day

October 16th

Sweetest Day

October 20th

Halloween

October 31st



Our Locations:

Ashtabula Office
1100 Lake Avenue
Ashtabula, OH 44004
T: (440) 964-3332
F: (440) 427-4014

Dayton Office
275 Regency Ridge Drive
Centerville, OH 45459
T: (937) 279-0641
F: (937) 279-0860

Dublin Office
6479 Reflections Drive., Suite 100
Dublin, OH 43017
T: (614) 923-7000
F: (614) 923-7001

Steubenville Office
201 Luray Drive., Suite 2-A
Wintersville, OH 43953
T: (740) 264-8815
F: (740) 264-8825

West Virginia Office
210 Three Springs Drive., Suite 2
Weirton, WV 26062
T: (304) 914-4473
F: (304) 914-3090

Home Care Concierge
6479 Reflections Drive., Suite 160
Dublin, OH 43017
T: (614) 793-8845
F: (614) 793-8852

Follow Us on Social Media!

