Preventing Falls and Caregiver Safety

Amy Walters
Avery Weiss
Kayla McCreary
Matt Kresge
University of St. Augustine
Body Mechanics

- Lift with your legs
- Plan ahead
- Communicate
- Use your core
- Back in neutral
- Wide stance
Moving Individuals In Bed

- **Principles**
  - Have person help
  - Let gravity help
  - Communicate
  - Draw sheet
  - Points of control

- **Up in bed**
- **Down in bed**
- **Rolling onto side**
- **Sitting Up/Down**
Transferring Safely

• Principles
  • Have person help
  • Clear area
  • Communicate
  • Lock wheelchair
  • Gait belt-teeth first

• Standing
  • Orthostatic hypotension
  • Sit to stand
  • Chair to chair

• Seated
  • Sliding board
  • Head opposite hips

• Dependent
  • Head opposite hips
  • Hold gait belt or hips
Transferring a Loved One from Chair to Bed
Using a Sliding Board to Transfer
Dependent Transfer
Walking Safely

- Gait Belt
- Check for wear on assistive devices
- Proper fit of assistive devices
- Hand on belt, hand on shoulder
- Stand behind and slightly to the side
- Plan for emergencies
- Careful with turns
Stair Training
Stairs

• Principles
  • Hand on belt and rail or shoulder
  • Stagger your legs
  • Move when patient is still

• Going up
  • Stand behind the person

• Going down
  • Stand in front of the person
Humpty Dumpty had a great fall

Fall Prevention
Fall Prevention

- Risk Factors
  - Changes in cognition
  - Recent illness
  - Fever
  - Change of meds
  - Vision changes
  - Footwear
American Physical Therapy Association-

Centers for Disease Control-
Fall Recovery
Fall Recovery

- Fall detection system
  - Life alert
  - Alexa
  - Apple watches
- Assess for Injury
- Fall Recovery
  - With knee injuries
  - with shoulder injuries
- Caregiver safety
- Referral for therapy
Thank You

"There are only four kinds of people in the world - Those who have been caregivers, Those who are currently caregivers, Those who will be caregivers And those who will need caregivers."

Rosalynn Carter