



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

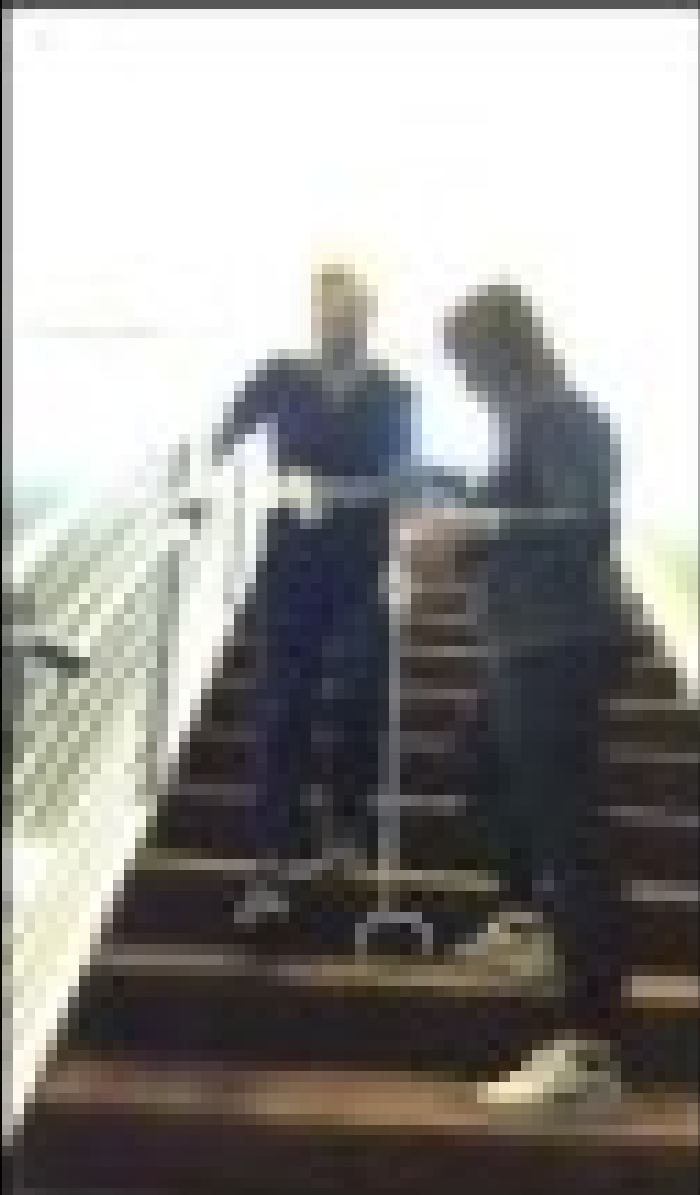




Walking Safely

- 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

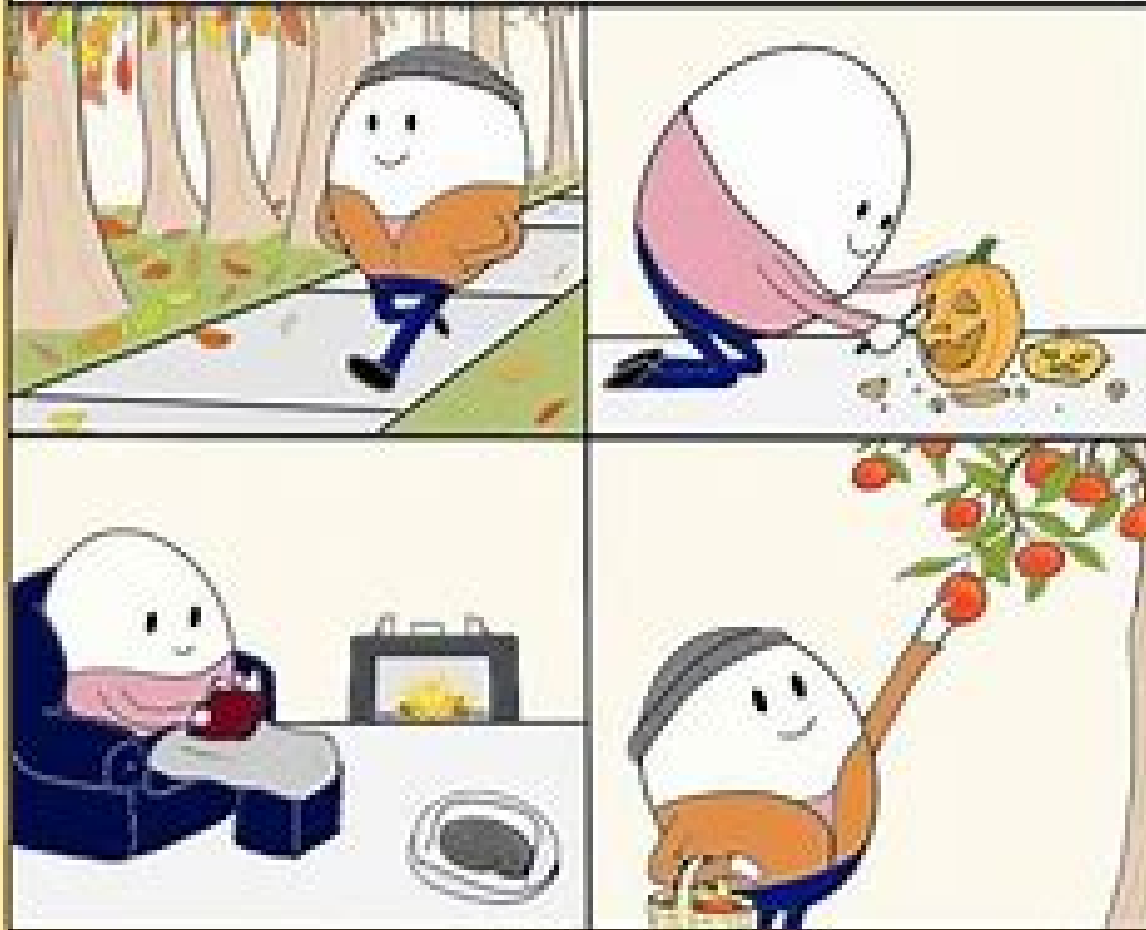




Stairs

- 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



Home Safety Checklist

American Physical Therapy Association-
<file:///C:/Users/awalters/Downloads/apta-home-safety-checklist.pdf>

Centers for Disease Control-
https://www.cdc.gov/homeandrecrreationalafety/pubs/english/booklet_eng_desktop-a.pdf



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