

Tompkins County Falls Prevention Resource Guide



Easy steps to help maintain your independence!

FallsPrevention
STEP UP TO STOP FALLS

Acknowledgements

This booklet was prepared by the Tompkins County Office for the Aging as one of the projects of the Tompkins County *Step Up to Stop Falls* initiative led by the Human Services Coalition and supported by a grant from the Community Health Foundation of Western and Central New York. It is available online at the Office for the Aging website: www.tompkins-co.org/cofa.

The sample exercises on pages 11-12 were reproduced with permission from *How to Prevent Falls*, 5th Edition, by Betty Perkins-Carpenter, Ph.D, Senior Fitness Productions Inc., 2006.

The inclusion of a resource in this guide should not be construed as an endorsement of a program, organization or product. Information provided in this booklet was obtained in the Spring of 2011 and is subject to change.

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If you know of a falls prevention resource that might be included in this booklet, please let us know so we can consider it for inclusion in the next printing.

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Getting Started

*“Falling is simply **NOT** a part of growing older”*

-Betty Perkins-Carpenter, Ph.D.
author of ***How to Prevent Falls***

Although one out of three people over 65 fall each year and one in ten falls result in hospitalization, older adults everywhere are discovering they can control their risk of falling. There are many things you can do on your own, starting today! This resource guide can help you:

- *Reduce your risk of falling*
- *Increase your ability to remain independent in your own home*
- *Continue the activities that you enjoy*

Begin by doing a quick “Falls Risk” self-check:

Do any of the following apply to you?

- I fell within the past year or am afraid of falling.
- I am sometimes unsteady on my feet.
- I sometimes feel dizzy or light-headed.
- I sometimes have numbness or tingling in my feet.
- I take more than two medications.
- I have difficulty with my vision.
- I sometimes have to rush to the bathroom.

Three Steps to Reduce Your Risk of Falling:

1. Talk to Your Health Care Providers

If you checked two or more of the risk factors on the previous page, you may want to talk to your doctor or physical therapist about having a more comprehensive fall risk assessment done. The following are common conditions that can increase risk of falls:

- Vision problems
- Joint/muscle weakness
- Foot problems/improper footwear
- Arthritis
- Dizziness when you change positions
- Osteoporosis
- Incontinence
- Medication side-effects
- Neurological problems

Check your insurance plan to see whether you need a physician's referral to have an assessment done by a physical therapist. Check with your pharmacist to find out if medications are making you weak or dizzy.

2. Practice Strength and Balance Exercises.

You are less likely to fall if your muscles and bones are stronger. Exercises can also improve your coordination and flexibility. If you avoid exercise because you are afraid it may lead to a fall, tell your doctor so he/she can recommend a program for you or refer you to a physical therapist who can devise a custom exercise program for you.

3. Make Your Home Safer.

Most falls occur in or around the home. Remove hazards from your home, make necessary repairs or modifications, light up your living space and use properly-fitted assistive devices.

Section I:
Strength and Balance Programs
in Tompkins County

⇒ *Be sure to speak with your doctor or physical therapist to decide what type of exercise program is appropriate for you.*



1. Classes

Lifelong

119 W. Court St., Ithaca, NY

273-1511

www.tclifelong.org

Classes at Lifelong:

EnhanceFitness®, *Strength Training*, *Tai Chi*.

Lifelong-sponsored classes at other places:

- *EnhanceFitness®* at
McGraw House, Ithaca
Juniper Manor I, Trumansburg
Enfield Community Bldg., Enfield
- *Tai Chi* classes at
Titus Towers Apts., Ithaca (residents only)
- *Strength Training* classes at
St. Catherine of Siena Church, Ithaca
- *Chair Yoga* classes at
Cayuga Ridge Extended Care, Ithaca

City Health Club

402 W. Green St., Ithaca, NY

319-4663

www.cityhealthclub.com

Classes: *Tai Chi*, *Qi Gong*, *SilverSneakers®*

Dryden Sport & Spine Physical Therapy

15 Ellis Dr., Dryden, NY

844-5653

drydensportandspine.com

Class: *Ageless Agility*

Finger Lakes Fitness

171 E. State St., Ithaca, NY

256-3532

www.fingerlakesfitness.com

Class: *Gentle/Restorative Yoga*

GIAC

301 W. Court St., Ithaca, NY

272-3622

www.ci.ithaca.ny.us/departments/giac/adult.cfm

Class: *Tai Chi*

Island Health & Fitness

310 Taughannock Blvd., Ithaca, NY

277-3861

www.islandhealthfitness.com

Class: *Tai Chi*

Taoist Tai Chi Society

1201 N. Tioga St., Ithaca, NY

273-7681

www.ithaca.newyork.usa.taoist.org

Class: *Tai Chi*

Also held at Newfield Masonic Temple and
Trumansburg Firehouse

YMCA

50 Graham Road West, Ithaca, NY

257-0101

www.ithacaymca.com

Classes: *Building Strength, Tai Chi (additional fee)*

Description of Strength & Balance Programs

Ageless Agility

Movements focus on helping older adults gain strength and improve their balance.

EnhanceFitness®

The program focuses on stretching, flexibility, balance, low-impact aerobics and strength-training exercises. Permission from a doctor is required to join class. (See: www.projectenhance.org.)

SilverSneakers®

This program is designed to promote strength, flexibility, balance and endurance in older adults. Some health insurance plans provide coverage for participants.

Tai Chi

Tai Chi is a series of slow and graceful movements that flow into each other. This low-impact physical activity helps improve balance, flexibility and muscle strength.



Qi Gong

Similar to Tai Chi, Qi Gong also combines slow movements and can be practiced by individuals with different levels of physical ability.

Chair Yoga

Slow movements, breathing and balance exercises are performed while holding onto or sitting in a chair.

2. Programs for Use in Your Home

Your physical therapist or physician may provide you with a program or set of exercises for you to do or give you an exercise booklet.

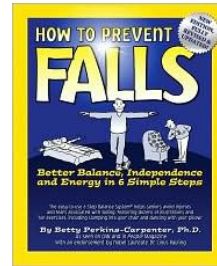
or

You can purchase a book or DVD that contains exercises such as:

How to Prevent Falls (book)
by Betty Perkins-Carpenter, Ph.D.
138 pages. \$16.95 plus \$4.50 shipping.

or

How to Prevent Falls (DVD)
by Betty Perkins-Carpenter, \$16.00.



Send check or money order to:

Senior Fitness Productions, Inc.
1780 Penfield Rd., Penfield, NY 14526-2104
1-800-306-3137

(Order online: www.howtopreventfalls.com/buynow.html)

or

Use an online program from a reputable source (after discussing it with your physician or physical therapist) such as:

Exercise and Physical Activity: Your Everyday Guide from the National Institute on Aging,

found at: www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide. Chapter 4 provides sample strength and balance exercises.



3. Sample Balance Exercises

(from How to Prevent Falls. See page 10.)

Remember to check with your physician or physical therapist before beginning exercises.)

FOR STARTERS:

Stand with feet slightly apart. Place both hands on the back of a stationary chair in front of you.



1. Holding onto the chair, raise your right knee so your foot is a few inches off the floor.

Allow your right leg, from knee to foot, to hang loose.

2. Hold this position and slowly count to three.

Return right leg to starting position and relax.

3. Perform the activity with your left leg.

Now repeat once with right leg, then with left leg.

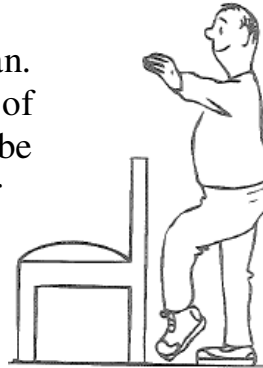


4. Now “play the piano” by rippling your finger-tips on the back of the chair.

5. While “playing piano,” repeat lifting your right knee and then your left knee (steps 1, 2 and 3 above.)

6. Now, raise your right knee so that your foot is a few inches off the floor. Slowly, and relaxed, let go of the chair and gently raise your arms, little by little, until you find your balance point.*

7. Hold this position as long as you can.
(At first, it might be just a fraction of a second, but gradually you will be able to hold your position for longer intervals).



8. Return your hands to the chair and lower your right leg. RELAX.

9. Repeat with your left leg.

Remember to maintain your posture— keep straight back.

(REPEAT: 4 to 5 times)

* Your “Balance Point” refers to the position in which, when you are balancing, your weight is evenly positioned and you feel comfortable, safe and secure.

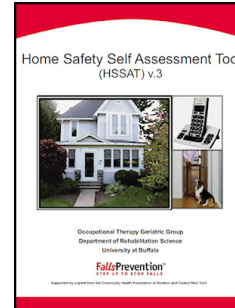
Section 2: Make Your Home Safer

1. Home Assessment

You can use a checklist to go through your house, room by room, to identify fall hazards. The following resources also offer suggestions for how to fix the hazards that you identify.

- **HSSAT (Home Safety Self-Assessment Tool)**

An excellent online tool available at www.agingresearch.buffalo.edu. You can also pick up a free copy of this booklet at the Tompkins County Office for the Aging.



- **CDC Checklist**

A “Home Fall Prevention Checklist for Older Adults” is included in this guide beginning on page 22.

- **Professional Home Safety Assessments**

Assessments can be provided by occupational therapists to help you evaluate overall home safety and accessibility and provide a range of solutions to meet your specific needs.

Empowerment by Design Occupational Therapy

PO Box 506, Ithaca, NY 14851

351-1654

www.ebd-ot.com

This group offers comprehensive home safety evaluations, selection of accessibility products, universal design and remodeling services.

2. Home Modification Resources

Finding a Private Contractor

Certified Aging-In-Place Specialists (CAPS) are professionals who guide consumers in modifying their homes to age in place. These specialists include contractors and occupational therapists who must complete courses, pass examinations, participate in continuing education and adhere to a code of ethics.

Below is a list of individuals within 25 miles of Ithaca who have received CAPS certification as of June, 2011. For an updated list, go online to www.nahb.com and search their “Directory of Professionals with Home Building Designations.”

<u>Name</u>	<u>Company</u>	<u>Phone</u>
Dean Shea	Sunny Brook Builders of Enfield	539-6286
Scott Jones	Empowerment by Design O.T.	351-1654
Ron Ronsvalle	Perfect Painters/Heritage Builders	277-6260
Brooke Greenhouse	Cayuga Country Homes	844-4316
Esther Greenhouse	Cayuga Country Homes	844-4316
Cheryl Petrulis	Cayuga Country Homes	844-4316
Jeff Fredrickson	Crown Construction	844-3993
John Lafian	Crown Construction	844-3993
Kevin McMahan	KJM Contracting	749-2550
Michael May	Michael May Construction	753-9873

The CAPS designation is not to be construed as a guarantee of the quality of the designation-holder’s work. Not all contractors will work on smaller projects. Brochures (produced by the NYS Attorney General’s office) containing tips on selecting a contractor can be obtained at Tompkins County Office for the Aging or go online to [www.ag.ny.gov/publications/Contractor Tip Card web.pdf](http://www.ag.ny.gov/publications/Contractor_Tip_Card_web.pdf).

The agencies listed in the next section, which offer assistance to low-income households, may also have lists of contractors who do particular types of home modifications (e.g., installing ramps, chairlifts, accessibility modifications) and whose insurance and references have been checked.

Help for Low-Income Households

Tompkins County Office for the Aging (COFA)

320 N. Tioga St., Ithaca, NY 14850

274-5486

www.tompkins-co.org/cofa

In addition to helping older adults meet their energy-related needs, the Weatherization and Home Repair program (WRAP) assists income-eligible seniors (60+) in identifying and applying for funds for home repairs and health and safety related issues. There are also programs to fund home modifications and assistive technology that prevent the need for nursing home placement.

Finger Lakes Independence Center (FLIC)

215 Fifth St., Ithaca, NY 14850

Voice/TTY 272-2433

www.fliconline.org

FLIC offers information & referral for accessible housing, advocacy and other disability issues. Staff can visit your home for consultations, to make suggestions for improving building accessibility and to review architectural plans prior to construction.

Better Housing for Tompkins County

950 Danby Rd., Suite 101, Ithaca, NY 14850

273-2187

www.betterhousingtc.org

Better Housing offers several programs to income-eligible households. Their home repair program for senior or disabled homeowners provides small home

repairs and modifications, charging only for the materials. They can repair stairs, install handrails, grab bars, comfort-height toilets, walk-in showers, install light switches, do other minor electrical projects, and patch loose flooring (tripping hazards). The *Access to Home Program* provides funding for safety and comfort measures for low-to-moderate income disabled homeowners or those living with a disabled family member. Home accessibility improvements include, but are not limited to:

- *Ramps, lifts, handrails, stair glides, doorway access
- *Roll-in showers, grab bars and seats
- *Easy-to-reach kitchen work and storage areas
- *Modifications for the visually and hearing impaired
- *Placement of bathroom or bedroom on the first floor
- *Special thermostatic and environmental controls

Ithaca Neighborhood Housing Services (INHS)

115 W. Clinton St., Ithaca, NY 14850

273-2453

www.ithacanhs.org

Repair grants and deferred loans are available for people who need important, basic repairs but can't afford to make loan payments, provided they meet income guidelines. The SHARP (Small Home Repair Program) is the only program, at this time, which is limited to serving City of Ithaca residents. It is open to persons, who are 62+, disabled, or single head of household. SHARP repairs can include stairs and handrails, grab bars, minor repairs to porches and flooring, sidewalks (tripping hazards), lighting, and light switches.

Bishop Sheen Ecumenical Housing Foundation

935 East Ave., Suite 300, Rochester, NY 14607

585-657-4114

www.sheenhousing.org

Sheen Housing assists families, seniors, and persons with disabilities who need housing repair assistance to maintain their residences, elevate their quality of life and eliminate threats to their health and safety. Emergency Home Repair grants are subject to family size and household income guidelines. Sheen Housing also provides *Access to Home* grants to fund accessibility modifications for persons with disabilities.

U.S.D.A. Rural Development

1 N. Main St., Cortland NY 13045 753-0851, ext. 4

www.rurdev.usda.gov/HAD-R **Loans Grants.html**

(Serves several counties in this region including Tompkins)

Rehabilitation Loans and Grants: the *Very Low Income Housing Repair Program* provides loans and grants to low-income homeowners, age 62+, to repair or improve their dwellings or to remove health and safety hazards.

Community Faith Partners

P.O. Box 4774, Ithaca, NY 14851

279-0105 (Barry Segal) www.communityfaithpartners.org

Helps widows, older people, single moms and persons with special needs maintain the physical condition of their homes and avoid costly repairs through timely advice, congregation-based assistance, and referral to professionals. When assistance is requested, a designated coordinator visits the site, together with someone from their congregation, to assess the issues. Services are offered two times per year, usually in May and September. Jobs, limited to four to six hours, are done by college students and local volunteers.

3. Assistive Equipment

Be sure to have a professional help you choose equipment that fits you as well as show you how to use it.

Equipment Loan

Finger Lakes Independence Center (FLIC)

215 Fifth Street, Ithaca, NY 14850

Voice/TTY 272-2433

www.fliconline.org

FLIC maintains a loan closet with various adaptive equipment for short-term loans, including wheelchairs, crutches, portable ramps, tub transfer benches and shower chairs. Clients can try out and borrow adaptive devices for vision, hearing, mobility and other impairments. Staff can direct you to other professionals in the community when additional consultation could be beneficial. Modular ramping systems are also available for loan. These ramps meet all ADA requirements but are meant only for temporary use while waiting for a permanent solution to improve access to one's home.

Trumansburg American Legion

4431 Seneca Road, Trumansburg, NY 14886

387-4212

Loan closet with wheelchairs, crutches, canes, walkers and commodes.

Dryden Veterans' Memorial Home

2272 Dryden Rd. (Rt. 13), Dryden, NY 13053

844-9900

Loan closet items include bathroom safety equipment, canes, crutches, wheelchairs and hospital beds.

Groton American Legion
307 Main St., Groton, NY 13073
898-3837

Loan closet items include canes, crutches, wheelchairs, hospital beds and bathroom safety equipment.

Rentals/Purchasing/Equipment Repair

Agencies listed below sell assistive equipment related to falls prevention. They may also rent/sell other types of medical equipment and supplies (e.g., respiratory supplies) not mentioned in this listing. Check your insurance to see what might be covered.



AbleData www.abledata.com
AbleData is a helpful government-funded, on-line directory providing objective information about assistive technology products and rehabilitation equipment. Visit the website and click on “products.”

Empowerment by Design Occupational Therapy
P.O. Box 506, Ithaca, NY 14850
351-1654 www.ebd-ot.com

Rents: modular ramps
Sells: modular ramps, grab bars, transfer systems and lifts. Specializes in custom adaptive equipment.

Franciscan Health Support
1301A Trumansburg Rd., Ithaca, NY 14850
277-1827 www.franciscan-services.com

Rents: wheelchairs
Sells: walkers

Gerould's Healthcare Center

200 South Main St., Elmira, NY 14904

607-734-7220

www.geroulds.com

Sells and rents: power wheelchairs, lift chairs
and scooters

Sells: shower chairs and benches, stair lifts

Guthrie—Med Supply Depot

Clockworks Plaza, Third St., Ithaca, NY 14850

273-4727 or 1-877-815-2627

www.guthrie.org

Rents: power chairs, wheelchairs and transport
wheel-chairs

Sells: all of the above plus commodes, canes,
crutches, walkers, shower chairs and
benches

Homecare Medical Supply

337 W. Genesee St., Auburn, NY 13021

315-255-3110

Rents: commodes, walkers, lift chairs, and
manual wheelchairs

Sells: all of the above plus power wheelchairs

Kinney Drugs (at downtown Ithaca location)

513 N. Cayuga St., Ithaca, NY 14850

272-8333

Sells: wheelchairs and transport wheelchairs,
commodes, canes, crutches, walkers

Lincare

1301 B Trumansburg Rd., Ithaca, NY 14850

277-4027

Rents: hospital beds, wheelchairs.

Sells: walkers

Maximum Mobility

129 North Avenue, Owego, NY 13827

687-6205 or 1-888-372-7222

Rents: manual wheelchairs

Sells: power and manual wheelchairs, scooters,
stair glides, ramps, power seat lift chairs

Professional Home Care

Ithaca Shopping Plaza, 322 Elmira Rd, Ste 4,

Ithaca, NY 14850

257-1425

Rents: wheelchairs and hospital beds

Sells: lift chairs

Sam Peters

1803 Danby Rd., Ithaca, NY 14850

272-8811

Sells: lift chairs

Personal Emergency Response System

Tompkins County Office for the Aging

320 N. Tioga St., Ithaca, NY 14850

274-5482

www.tompkins-co.org/cofa

The Personal Emergency Response System (PERS) is a communication alert which links an individual with Tompkins County's emergency response system. The button is on the unit or on a pendant worn around the neck (or on a bracelet). When pressed, it automatically dials an Emergency rescue dispatcher. PERS units are rented on a sliding scale depending upon income.



4. Check for Safety: A Home Fall Prevention Checklist for Older Adults

The following checklist and recommendations were produced by the CDC (U.S. Center for Disease Control and Prevention): www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html.

Falls at Home

Falls are often due to hazards that are often overlooked but easy to fix. This checklist will help you find and fix those hazards in your home.

The checklist asks about hazards found in each room of your home and tells you how to fix the problems. At the end of the checklist, you'll find other tips for preventing falls.

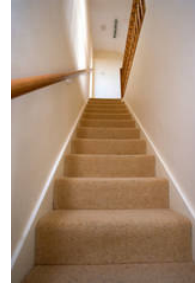
➔ FLOORS: Look at the floor in each room.

- Ask someone to move the furniture so your path is clear.
- Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.
- Pick up items that are on the floor.
- Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.



➔ **STAIRS AND STEPS: Look at the stairs you use both inside and outside your home.**

- Pick up items on the stairs.
Always keep objects off the stairs.
- Fix loose or uneven steps.
- Have an electrician put in an overhead light at the top and bottom of the stairs.
- Have an electrician put in a light switch at the top and bottom of the stairs if this has not been done.
You can get light switches that glow.
- Have a friend or family member change any burned-out bulbs.
- Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.
- Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.



➔ **KITCHEN: Look at your kitchen eating area.**

- Move items in your cabinets. Keep things you use often on the lower shelves (about waist level).
- If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

➔ **BATHROOMS: Look at your bathrooms.**

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
- Have a carpenter put grab bars inside the tub and next to the toilet.



➔ **BEDROOMS: Look at your bedrooms.**

- Place a lamp close to the bed where it's easy to reach.
- Put in a night-light so you can see where you're walking. Some night-lights go on by themselves after dark.

Other Things You Can Do to Prevent Falls

Do physical activity regularly. This makes you stronger and improves your balance and coordination.

Have your doctor or pharmacist look at all your medications, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.

Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.

Get up slowly after you sit or lie down.

Wear shoes both inside and outside the house.

Avoid going barefoot or wearing slippers.

Improve the lighting in your home. Put in brighter light bulbs. Fluorescent bulbs are bright and cost less to use.

It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.

Paint a contrasting color on the top edge of all steps so that you can see the stairs better. For example, use a light color paint on dark wood.

Other Safety Tips

- Keep emergency numbers in large print near each phone.
- Put a phone near the floor in case you fall and can't get up.
- Think about wearing an alarm device that will bring help in case you fall and can't get up.
- Beware of pets who lurk on stairs or stay underfoot—they are responsible for thousands of injuries every year.



Appendix A

Medical Screening and Assessment

The American Geriatrics Society has issued the following recommendations for screening and assessment by doctors and physical therapists for prevention of falls in older persons:

1. Each person should be asked whether he/she has fallen (in the past year) and, if so, about the frequency and circumstances of the fall(s). They should also be asked if they experience any difficulties with walking or balance.
 2. Anyone who has had a fall should be evaluated for gait and balance.
 3. Anyone who has problems on standard gait and balance tests should be given a comprehensive assessment.
-

Comprehensive Fall Risk Assessment

If you are curious about what a comprehensive assessment should include, on the next page are recommendations the American Geriatrics Society makes to physicians (and physical therapists). Some of the terminology is unfamiliar to most of us, but this information will give you an idea of what might be covered.



Focused History

- a) History of falls: circumstances of the fall(s), frequency, symptoms at time of fall, injuries, other consequences
- b) Medication review: All prescribed and over-the-counter medications with dosages
- c) History of relevant risk factors: acute or chronic medical problems (e.g., osteoporosis, urinary incontinence, cardiovascular disease)

Physical Examination

- a) Detailed assessment of gait, balance, and mobility levels and lower extremity joint function
- b) Neurological function: cognitive evaluation, lower extremity peripheral nerves, proprioception, reflexes
- c) Muscle strength (lower extremities)
- d) Cardiovascular status: heart rate and rhythm, postural pulse, blood pressure
- e) Assessment of visual acuity
- f) Examination of the feet and footwear

Functional Assessment

- a) Assessment of activities of daily living (ADL) skills including use of adaptive equipment as appropriate
- b) Assessment of the individual's perceived functional ability and fear related to falling (i.e., is individual curtailing involvement in activities he/she is safely able to perform due to fear of falling?)

Environmental Assessment

- a) This assessment includes home safety.

We thank the members of the Tompkins County *Step Up to Stop Falls* Coalition for their contribution to this booklet. Key partner organizations include:

- Community Health & Home Care
- Finger Lakes Independence Center
- Health Planning Council of the Human Services Coalition of Tompkins County
- Lifelong
- Tompkins County Dept. of Emergency Response
- Tompkins County Office for the Aging

This Falls Prevention Resource Guide is also available online at www.tompkins-co.org/cofa

Other resource guides available from the Tompkins County Office for the Aging or on its website:

Financial & Legal Resources for Seniors
Housing for Seniors
Leisure Time Activities for Seniors
Resources for Caregivers
Specialized Health Programs for Seniors
Long Term Support Services