

For Further Information Contact:

County of San Diego
Aging & Independence Services
9335 Hazard Way, Suite 100
San Diego, CA 92123-1222
(800) 510-2020

Outside of San Diego County, call toll-free (800) 339-4661

Services and Programs Provided by AIS

Feeling Fit Clubs
In-Home Supportive Services (IHSS)
Home-Delivered Meals
Adult protective Services
Caregiver Support
Adult Day Care Programs
Alzheimer's Day Care
Family Caregiver Support Program
Cool Zones
Coordinating Care
Home Assist Program
Linkages Program
Management and Assessment of Social and Health Needs
Multipurpose Senior Services Program (MSSP)
Edgemoor Hospital
Employment Training
Health Promotions
Intergenerational Programs
Legal Services
Mental Health
Brown Bag Program
MOMeals
Senior Dining Centers
AND Many More...



The Ups and Downs of Falling



A Guide for the Senior Citizens of the County of
San Diego

[The Belief of Fall Prevention](#)

More than 30 % of all senior citizens 65 and older fall. These falls are the leading cause of injury death and nonfatal injuries. But most of these falls can be prevented. By changing your daily behaviors, your nutrition, and overall awareness, you can greatly reduce the risk of serious injury. By being aware of fall prevention, you can begin to live a safer and healthier life.



Fall Statistics

1. 40% (109, 500) of seniors in San Diego will fall within the next 12 months.
2. 82,125 of the 328, 534 seniors will fall a second time within six months of the initial fall.
3. Among 65+, falls are the leading causes of death.
4. Every day two seniors in California Die from Fall related injuries.

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Health Resource Guide

Project CARE Continued:

Escondido: (760) 839-4896

Fallbrook: (760) 723-7570

Hillcrest, North Park, San Carlos, College Grove:
(619) 284-9281

Mira Mesa/ Rancho Bernardo: (760) 736-9900

Mission Valley/Old Town: (619) 295-9501

National City: (619) 336-6760

Oceanside: (760) 435-5250

Poway: (858) 748-6094

Ramona: (760) 788-9522

San Marcos: (760) 744-0467

SE San Diego: (619) 263-2108

Vista: (760) 941-0140

Warner Springs: (760) 782-0670

Home Delivered Meals

Meals on Wheels Greater SD: San Diego: (619) 298-9501

East County: (619) 447-8782

South County: (619) 420-2782

North County: (760) 736-9900

Dining In: Delivery to downtown, beach area, Mission Valley, Point Loma and Scripps Ranch: (619) 297-2222

Expressly Gourmet: Delivery to downtown, Hillcrest, North Park, Mission Hills, Clairemont and La Jolla: (858) 560-2688

Gourmet on the Run: Delivery to downtown, Hillcrest, North City, beach area and Mission Valley: 619-275-7500

Mobile Waiter: Delivery from North County to downtown: 858-792-1000

Restaurant on the Run: Delivery to North County Inland, La Mesa and Mission Valley: 619-295-1800

Emergency Food

San Diego City Catholic Charities

349 Cedar Street San Diego, CA 92101

619-231-2828

For Further Resource Information on any services call 1-800-510-2020.

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Health Resource Guide

Vision:

Center for the Blind and Visually Impaired

5922 El Cajon Blvd.
San Diego CA 92115
Phone: (619) 583-1542

Eye Care America senior Eye Care Program
Phone: (800) 222-EYES
(877) 887-6327

Lions club Optometric Vision Clinic
1805 Upas Street
San Diego, CA 92103
Phone: (619) 298-5273
Must have agency referral

Optometric Society, SD County
Phone: (619) 295-7326
Provides pre-arranged eye screenings, information and referral services for eye care and a professional speakers bureau.

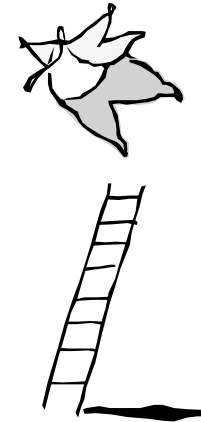
Project Care: Project CARE (Community Action to Reach the Elderly) exists in most communities, provides a safety net for frail elderly and disabled who live in their own home. Components are: R U OK (a daily phone call), Postal Alert, Vial of Life, YANA (you Are Not Alone), Minor home repairs, and safe Return (for those with dementia). Call for location by zip code.

Chula Vista: (619) 691-5086
Clairemont, Kearny Mesa, Linda Vista: (858) 483-5100
Coronado: (619) 522-3756
Downtown San Diego: (619) 235-6538
East San Diego, Rural East County (La Mesa, El Cajon, Lakeside, Santee, Lemon Grove, Spring Valley Alpine): (619) 740-4214
Encinitas/Cardiff: (760) 943-2255

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Behavioral Changes

Changing Your Behavior and Everyday Routine to Decrease Your Chances of Falling.

dietary supplements, herbal products, and alcohol. Keep an updated list of all the above medications with you for emergency or when seeing a health care provider.

CA State Board of Pharmacy
Department of Consumer Affairs
400 R Street, Suite 4070
Sacramento, CA 95814
Phone: (916) 445-5014

Grafic Health
Call for medication interaction information
Phone: (760) 918-9303

SD County Pharmacist Association
1549 Mission Gorge Road
San Diego, CA 92120
Phone: (619) 464-8298

Senior Pharmacy Assistance Line
Seniors are offered free telephone consultation with a pharmacist, continual updates of Vial of Life information, free delivery and free-multi-vitamins with prescriptions
Phone: (619) 266-3645 or
(866) 797-3455

Vial of Life
In-Home emergency medical information and a listing of all medications
Phone: (800)-510-2020

The **DO's** and **DON'Ts** that you can be aware of in your daily life that can help reduce the risk of falling and serious injury.



Health Resource Guide

Medications: When you have a new medication speak with your pharmacist about how to take the medicine, and whether medication may conflict with other prescriptions, over-the-counter products,

Health Resource Guide

Fitness/Recreation Programs

American Physical Therapy Association

Phone: (800) 999-2782

Mt. Miguel Covenant Village
325 Kempton Street
Spring Valley, CA 91977
Phone: (619) 931-1198

Towncentre Manor
434 F Street
Chula Vista, CA 91910
Phone: (619) 585-7338

Villa Serena
1231 Medical Center Drive
Chula Vista, CA 91911

Medical Equipment:

Information Line
San Diego County: (619) 230-0997

Muscular Dystrophy Association
8525 Gibbs, Suite 304
San Diego, CA 92123
Phone: (858) 492-9792

National Multiple Sclerosis Society
8840 Complex Drive, Suite 1300
San Diego, CA 92123
Phone: (858) 467-9255

DO...

Keep Emergency Contact Information on you at all times or on your refrigerator.

- Putting important emergency medical information such as the medication you are taking, allergies to medicine, if you are diabetic, or any other important information in such places as your wallet or purse will help Emergency Medical teams to do their jobs effectively.

Wear a medical alarm system around your neck at all times.

- These medical alert systems can alert emergency medical teams in case you fall and are unable to get help from others or unable to reach a phone.

Use a handrail as you move up and down stairs.

- Keeping at least one hand on a handrail as you move up and down stairs can keep you safe from falling in the case you begin to get dizzy or lose your balance.

DON'T...

DON'T...stand up too quickly or move quickly after sitting for a long time. It may cause dizziness.

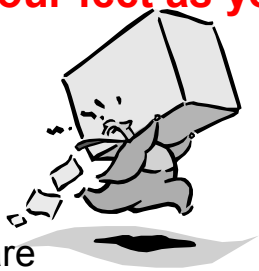
- Moving quickly after a long period of sitting can cause dizziness and light-headedness that may cause you to fall. Move slowly after long periods of sitting.

DON'T...wear long loose clothing that drags on the floor.

- Loose clothing that drags on the floor may cause you to trip over them. Tie or cut off clothing that is too long. Consider rolling them up to prevent yourself from tripping on them.

DON'T...carry large items like boxes or trays in front of you that keeps you from seeing your feet as you walk.

- You should always be able to see your feet as you walk. By looking the forward in the direction that you walk, you are more able to avoid hazardous areas that causes falls.



button. The communicator unit on telephone sends a signal to the response center for assistance.

Companion For life
Phone: (760) 434-9838
(800) 499-9838

Healthwatch
Phone: (888) 565-7377

Lifeline
North County: (760) 724-8858
Outside North County: (800) 515-1777

Seas- Senior Emergency Alert System
Phone: (858) 483-5100

Lifefone
Phone: (800) 882-2280

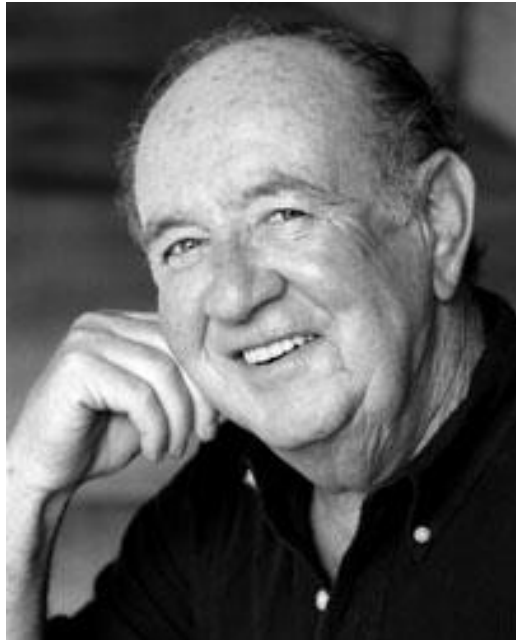
Med-Alert
Phone: (800) 633-2537

Palomar- Pomerado Lifeline
Phone: (858) 675-5371
(800) 628-2880

Pioneer EMRG (Bodyguard)
Phone: (800) 274-8274

Response Link:
Phone: (619) 325-0356

Emergency Response Systems: An Emergency Response System provides 24 hours/7 days a week access for persons of any age. The person wears a pendant and activates the system with the touch of a



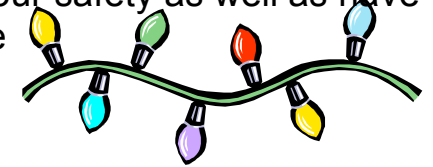
Information for older adults and caregivers on locating health and community services

The Things You Want to DO to Prevent Falls

DO...

- Have someone help you put up and take down Christmas lights and other ornaments during the Holiday seasons.**

- o Having someone to assist you as you are putting up decorations or taking them down will increase your safety as well as have someone there to help you in case of an accident.



- Have your vision checked regularly.**

- o A sharp eyesight is essential in preventing falls. Having regular check up by your optometrist will make sure that your vision is the best that it can be.

- Sit down immediately if you feel dizzy, faintness, or light-headedness.**

- o Talk to you doctor about the dizziness you experience. By knowing why you get dizzy, you can become aware of the risks you have for falling

- Have regular check ups with your doctor, especially if you have fallen multiple times.**

Behavioral Changes

Things That You DON'T Want to Do to Prevent Falls

DON'T...

DON'T...do a rocking motion to get up from a seat.

- By doing a rocking motion to get up, you are less balanced and increasing your chances of a fall. Get slowly in a manner that is safe and stable.

DON'T...lean on un-sturdy furniture or loose railings.

- Leaning your body weight on an unstable surface increases the risk of falling. Consider using a cane to lean on or sit down if you need rest.

DON'T...wear inappropriate shoes, slippers, or sandals.

- Wearing slippers that can come off or drag as you walk can be a cause for falling. Make sure that the shoes you wear have the appropriate amount of traction. Sometimes a shoe that grips too much or not enough can cause you to fall.



Home Safety

Things that you DON'T Want to Do to Prevent Falls

DON'T...

DON'T...have rugs that slide or slip.

- If you do have rugs make sure that they are secure and do not roll up or slide when you walk on them. Consider placing two-sided tape along the bottom edge of the rug to keep it flat and secure.



DON'T...use wax or polish on your floors that are not non-skid.

- If you do choose to wax or polish your floors, make sure that the wax or polish that you use is non-skid. Also try to consider keeping the floors clean and un-waxed.

DON'T...place any furniture immediately in front of stairs in the case that you fall.

- Do not place any large items that you might hit your head on if you fell from the stairs. Keep that area clear to reduce your chances of seriously getting injured.

Home Safety

The Things You Want to DO to Prevent Falls

DO...

- Keep a battery power tap light within easy reach**
 - If you have a light source by your bed you can increase your safety at night. If you need to get up in the middle of the night for any reason, an easy light source to turn on will prevent you from falling or tripping on anything that you might not see in the dark.
- Make sure that you are able to see on stairs where one step ends and the next one begins.**
 - Not being able to see the distinction between steps can be dangerous. Have your vision checked regularly. Consider painting the edge of each step so that you can clearly see it.
- Be aware of pets running around you.**
 - Having pets run around your feet can be a dangerous fall hazard. Consider placing pets in enclosed pens where they are limited to a certain area. This will decrease your chances of falling over them.



Behavioral Changes

The Things You Want to DO to Prevent Falls

DO...

- Sit in chairs with arms that keep your buttocks above your knees when you sit.**
 - The arms on chairs can assist you as you get up, keeping you sturdy and safe. Sitting on high chairs also makes it easier for you to get up from them.
- Wear the appropriate footwear for your everyday life and routine.**
 - You want to wear footwear at all times as you are walking to avoid stepping on any small sharp object that would cause you to fall. You want shoes with traction on smooth surfaces and shoes with less traction on rough surfaces.
- Clean up messes and spills immediately after they happen.**
 - Keeping your home clean of spills will greatly decrease your chances of falling. Being aware of messes around your home will increase your awareness of falls as well.



Behavioral Changes

Things That You DON'T Want to Do to Prevent Falls

DON'T...

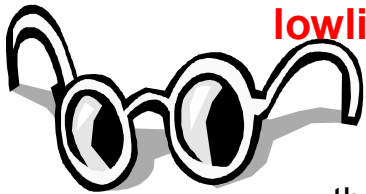
- DON'T...walk quickly into an unwell-lit room or place.**

- Not being able to see where you are walking increases your likelihood of you falling. Make sure that all your pathways are well lit.

- DON'T...do several tasks at one time that cause you to be distracted from your surroundings.**

- Doing a lot of things at once can be overwhelming. By slowing down and focusing on a single task, you can become more aware of trip hazards, reducing your chances of a fall.

- DON'T...wear sunglasses into lowlight areas.**



- Wearing sunglasses into lowlight areas will hinder your ability to see trip hazards. Take them off and allow a few moments for your eyes to adjust to the change in light before you start walking.

Home Safety

Things that you DON'T Want to Do to Prevent Falls

DON'T...

- DON'T...use an un-sturdy stool to climb on.**

- It is recommended that you do not use a stool at all. Try to place all items on lower shelves so that you do not have to climb on anything to reach them. If you have any difficulties reaching anything, ask for help.



Home Safety

Things that you **DON'T** Want to Do to Prevent Falls

DON'T...

DON'T...have a lot of clutter or messes around your home.

- Everything on the ground can be considered as a trip hazard. Try to rearrange your home so that there is less clutter along your pathways. Keeping a clean and organized home will greatly reduce your chances of falling.

DON'T...have extension cords or wires lying on the ground in the middle of your passageway.

- Place wires and cords along the wall away from the area that you walk. Putting these wires along the wall will reduce the chances of you tripping over them. Always try to be aware of these hazards around your home.



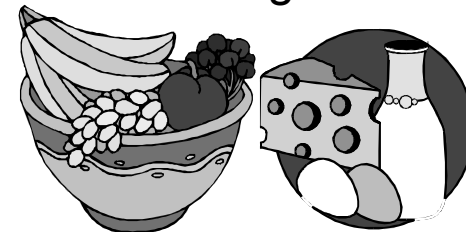
Exercise and Nutrition

By changing what you eat and how often you exercise, you will be able to live a healthier life and have more energy. By feeling better, you will have a better balance and be less at risk for a fall.

Eating right decreases your chances of having:

- Heart Disease
- Cancer
- Strokes
- Diabetes
- High Blood Pressure
- Osteoporosis
- And Other Health Problems

The **DO's** and **DON'Ts** of nutrition and exercise that you can be aware of to help reduce the risk of falling and serious injury.



Exercise and Nutrition

The Things You Want to DO to Prevent Falls

DO...

- Be aware of the foods that you are taking in and what you need to eat to have a balanced diet.**
 - Learning about the food pyramid is a great way to start learning about a healthy diet. Aging and Independence Services also provides home-delivered meals if you are unable to get healthy meals on your own. Call 1-800-510-2020.



Home Safety

The Things You Want to DO to Prevent Falls

DO...

- Have a light switch at the bottom and top of your stairs.**
 - Make sure that you have an easily accessible light source for your stairs before you go up or down. Having food lighting will allow you to see any hazards on the stairs that might cause you to fall.
- Be aware of uneven surfaces as you walk.**
 - Always keep an eye on where you walk. Be careful when you walk on uneven surfaces. Consider using a cane to stabilize yourself as you walk. Also be careful when you walk from one surface to another.
- Have a light source available immediately as you enter a room.**
 - Make sure that every room in your home has a light switch or light source available as you enter a room. The last thing that you want is to walk into a dark room where you might trip and fall.



Home Safety

Things that you **DON'T** Want to Do to Prevent Falls

DON'T...

DON'T...let your bedding drag on the floor.

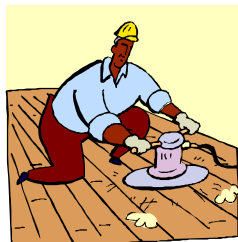
- When you are getting out of bed, pull the sheets and blankets out of the way of your feet. This will reduce the chances of you getting entangled and falling. Be careful when getting out of bed.

DON'T...have any loose handrails or stairs.

- Repair any handrails or steps that seem shaky immediately. Stepping on these surfaces can cause you to lose your balance and fall.

DON'T...have any loose or broken tiles or linoleum floors.

- It is important that you inspect your floors on a regular basis. Make sure that there are no cracks or broken tiles on your floor that might cause you to trip. Have these problems fixed as quickly as possible.



GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens Eat more orange vegetables like carrots and sweetpotatoes Eat more dry beans and peas like pinto beans, kidney beans, and lentils	Eat a variety of fruit Choose fresh, frozen, canned, or dried fruit Go easy on fruit juices	Go low-fat or fat-free when you choose milk, yogurt, and other milk products If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages	Choose low-fat or lean meats and poultry Bake it, broil it, or grill it Vary your protein routine – choose more fish, beans, peas, nuts, and seeds

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2	Eat 5 1/2 oz. every day
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Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



Exercise and Nutrition

Things That You DON'T Want to Do to Prevent Falls

DON'T...

DON'T...skip meals.

- Every meal that you eat is important in keeping up your energy and your health. Skipping meals can cause you to be dizzy from malnutrition, increasing the risk of you falling.

DON'T...eat too many unhealthy snacks full of fats, salts, and sugar.

- Eating such foods consistently could have negative effects on your body such as obesity and diabetes. Talk to your doctor about your nutrition.



DON'T...be afraid to ask for help with buying food.



- If you do not have enough money to enough food to eat, do not be afraid to ask your family and friends for help. AIS also has an In-Home food delivery service. For Further Information call 1-800-510-2020

Home Safety

The Things You Want to DO to Prevent Falls

DO...

Install grab bars to help you get up from the bathtub or toilet if you have difficulties.

- Towel bars cannot support your weight. If you have trouble getting up, install a grab bar. It will keep you stable and safe as you are moving.



Have non-skid bath mats.

- Floors are often slippery right after baths or showers. Having a non-skid bath mat will greatly reduce your chances of slipping on any water in the bathroom.

Keep things on lower shelves or wherever they are easily accessible without stretching or climbing.

- Keeping items on lower levels where they are easier to get to will keep you from straining yourself. It will reduce your chances of losing your balance as you are trying to reach for these items.

Home Safety

A lot of the hazards for falling is in your own home. You have to begin training your eye and changing your behavior to become aware of these dangers to avoid falling and tripping.

The **DO's** and **DON'Ts** of home safety that you can be aware of in order to reduce the risk of falling and serious injury at home.



Exercise and Nutrition The Things You Want to DO to Prevent Falls

DO...

- Take in a lot of Calcium to prevent Osteoporosis.**
 - Calcium is an essential part to a healthy lifestyle. It prevents the onset of osteoporosis by strengthening bones and reducing the chances for you to fall.
- Have a regular exercise program that keeps you fit and energized.**
 - Talk to your doctor before you go on any diet or exercise program. Daily exercises can keep you energized and healthy so that you would be less likely to fall.
- Be active everyday**
 - Try to do small exercises that still keep you active and healthy. Small exercise programs everyday can add up! AIS has a feeling fit club that provides a TV program that is on at 8 a.m. and at 1 p.m. Monday through Friday on the San Diego County Television Network (CTN) on Time Warner Channel 22, Adelphia Channel 66 and Cox Channel 19 or 24.



Exercise and Nutrition

Things That You DON'T Want to Do to Prevent Falls

DON'T...

- DON'T...slouch forward because it can further worsen your posture and make falls more likely.**
 - Having a good posture is essential for a good balance. Make an effort to keep your back straight as you walk, sit, and stand.
- DON'T...exceed your physical abilities causing strains or injury when you are exercising.**
 - When starting an exercise program start out light and build up. Doing too much too quickly can put unneeded strain on your muscle and joints.
- DON'T...be dehydrated.**
 - Being hydrated everyday is essential for a healthy lifestyle. Dehydration can cause many problems such as dizziness, nausea, and constipation. Always drink plenty of non-caffeinated fluids everyday, especially during hot weather.



Medication Management

Things That You DON'T Want to Do to Prevent Falls

DON'T...

- DON'T...overdose on vitamins or any other type of medication.**
 - Overdosing on medication can have fatal effects. Taking too many vitamins or minerals can cause problems. Know the quantity that you are taking and ask a dietitian for suggestions.
- DON'T... crush your medication into your food until you get the advice of your doctor or pharmacist.**
 - Some types of medication are time released. Crushing them into your food can change the rate at which they affect your body. They might make you quickly feel drowsy or dizzy. Always check with your doctor or pharmacist.
- DON'T...be afraid to ask questions about any of the medication you are taking or planning to take.**
 - Have regular check ups with your doctor or pharmacist to go over all of your medication, as well as the non-prescribed ones.

Medication Management

The Things You Want to DO to Prevent Falls

DO...

Get larger labels on your medications if you have trouble seeing the current labels.

- Ask your pharmacist for larger labels with bigger print so that it is easier for you to read them. Make sure that you understand the instruction of each medication before you begin to take them.

Be sure of what medication needs to be taken before or after eating.

- Be aware that many medications have specific requirements about being taken with food or drink. Talk to your pharmacist or doctor if you are unsure.

Be aware of what side effects each medication can have on you.

- Many types of medication can cause dizziness or drowsiness. These types of medication can increase your chances of falling. So be cautious when you are taking such medication.

Medication Management

Managing your medication is an important part of fall prevention. Dizziness and drowsiness are common side effects to many types of medication. Knowing the side effects of each of your medication as well as their reaction to one another, you can greatly reduce your chances of falling.

The **DO's** and **DON'Ts** of managing your medication to help reduce your risk of falling and serious injury.



Medication Management

The Things You Want to DO to Prevent Falls

DO...

Be aware of the effects of multiple medications.

- If you take 3 or more medicines or over-the-counter drugs daily (including herbal remedies) let your doctor or pharmacist know about **ALL** your medication. Herbs, vitamins, and medication can have side effects that you might not be aware of when taken together.

Keep a log of what medications you take everyday.

- If you take more than one type of medication it can be sometimes difficult to remember if you have already taken all of them. Keep a daily log of the medicine that you should be taking everyday and check it off as soon as you have taken it.



Ask for written instruction from your pharmacist on how and how often you should take each of your medication

- Having written instruction will keep you from forgetting important facts.

Medication Management

Things That You DON'T Want to Do to Prevent Falls

DON'T...

DON'T...use your medication improperly.

- Always check the label of your medication to make sure how you should take it. Always check the expiration date as well to see if your medication has expired.



DON'T...mix your medication with alcohol.

- Remember that most drugs do not mix with alcohol. Talk to your doctor or pharmacist about your medication. If you do drink, drink with moderation.

DON'T...take any over-the-counter medication or vitamins with your prescribed medication until you talk to your doctor or pharmacist.

- You may not be aware of the interactions that your prescribed medicine can have with other substances such as vitamins and over-the-counter medication. Always seek the advice of a doctor or a pharmacist.