Avoiding falls – tips to break the cycle

Peace of Mind with Philips Lifeline

• Get prompt caring assistance at the push of a button, 24 hours a day, 365 days a year.

• Our Lifeline with AutoAlert* option provides an added layer of protection by automatically placing a call for help if a fall is detected and you can’t push your button.

• Continue living in the comfort of your own home.

Understanding fall risk

Falls are a real concern for older adults

It is estimated that one out of three adults age 65 and older fall each year, and fall rates increase sharply with advancing age. Many of those falls cause serious injury – hip, wrist or vertebra fracture – or sometimes death. Falls can rob older adults of their independence, often resulting in a move to a nursing home or other supervised living situation.

Fear of falling can increase your risk of falls

Cutting back on physical activity leads to loss of strength, reduced muscle tone, balance problems, decline in overall health, and often depression – all of which makes it more likely you will fall again. It’s a vicious cycle.

Help is readily available

Many falls are preventable. The first step is to overcome fear and transform it into actions that help you avoid falls. Talk to your healthcare provider about your concerns, and use the checklist on the next page to learn how to reduce your risk.

Common conditions in older adults increase the risk of falls

Heart disease, stroke, Parkinson’s and low blood pressure can cause dizziness, balance problems and fatigue.

Diabetes can cause a loss of sensation in the feet, leading to a reduced “sense of place.”

Arthritis results in loss of flexibility and increased difficulty maintaining balance.

Chronic obstructive pulmonary disease and heart failure result in breathing difficulties, weakness and fatigue, even with only slight exertion.

Vision problems, such as glaucoma and cataracts, decrease visual function.

Medications can also be a risk factor, particularly sleeping medications, anti-depressant or anti-anxiety drugs, and heart medications.

To order the Lifeline service or for more information, call: 1-800-LIFELINE (1-800-543-3546)
www.lifeline.ca

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*AutoAlert option is locally available at participating Lifeline programs. AutoAlert does not detect 100% of falls. If able, you should always press your button when you need help.