

FALLS & SENIORS

INTRODUCTION

- Every year one out of every three people ages 65 and older in North America will experience a fall (Centre for Disease Control and Prevention)
- The risk for falling increases as we get older. This is because it takes longer for information from our eyes and ears to travel to our brain our reaction time is slower
- Nearly 1800 people visit the emergency room every day because of a fall (Canadian Institute for Health Information)
- Once a fall has happened then the fear of falling can limit physical activities and social activities. This may lead to weaker muscles and poor balance which then increases the chance for another fall.
- Medications may have side effects like dizziness, drowsiness and confusion and contribute to the risk for falls

Exercise can help prevent falls in the following ways:

- ★ Make your muscles stronger
- ★ Increase your flexibility
- ★ Strengthens bones
- ★ Improve your balance
- ★ Increase how long you can be active

Exercise recommendation for adults aged 65 and older:

- 150 minutes of moderate to vigorous intensity aerobic exercise per week (Canadian Society for Exercise Physiology)
- You should include exercises for: stretching, strengthening, balance, walking and cardiovascular exercises
- Strengthening activities using major muscle groups at least 2 days a week (Canadian Society for Exercise Physiology)
- Use your diaphragm to help you breathe while doing your exercises; do NOT hold your breath

How do you know if you are at risk for falling?

There are many tests your doctor or physiotherapist can use to assess your risk for falls. Visit jaffari.org/jhwc-monthly for two videos showing the most important tests we use with our seniors.

STANDING BALANCE TEST

TIMED UP AND GO TEST

jaffari.org/jhwc
health@jaffari.org

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CONTINUED ...

Always remember that any exercise is good exercise! Try to incorporate more activity in your daily life, anyway that you can, and have fun while doing it! Exercise can help improve not only balance and health but will lead to a better overall quality of life!

Fall Prevention TIPS

1. Have your vision checked and keep your eyeglasses prescription updated
2. Ask your pharmacist/doctor to review your medications and any effects they may have on your balance.
3. Wear proper fitting shoes with good grip
4. Try to maintain good posture and weight bearing over your feet
5. When you are walking be aware of your surroundings (look for obstacles eg rugs, items on floor) and do not use your phone
6. When transferring from sitting to standing move slowly (this may affect your blood pressure causing you to feel dizzy)
7. Ask your doctor about Vitamin D supplements

**DO YOU KNOW HOW TO GET UP FROM A FALL?
WATCH THE VIDEO AT JAFFARI.ORG/JHWC-MONTHLY**

If you have any further questions regarding risk for falls in seniors, please do not hesitate to send us an email at health@jaffari.org.

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