

I've Fallen and I Can't Get Up

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Written by Tiana Schisel, *Next Rehabilitation Director*

We've all heard the saying and research demonstrates as people get older there is a continual increasing risk of falls, especially after age 75. Research also shows that once a person falls, 67% of people fall again within six months. Twenty-five percent of falls at night pertain to using the toilet.

While older adults often state "I just tripped while I was on the way to the bathroom" or "I was trying to get to the phone", families also get concerned. No one wants to see a friend or family member have an injury from a fall.

Here are a few tips to reduce the risk of falls:

- Prior to going to bed, ensure the path to the bathroom is clear of shoes or other belongings - you may not recall you put them there if you awake in the middle of night
- Use night lights in your bedroom, halls and bathroom
- Use non-skid mats in the shower/tub
- Keep high traffic areas clear of clutter and cords
- Use proper footwear - shoes without backs or with heels can cause you to trip, floppy slippers, and even socks alone can cause you to slip
- Use grab bars near the toilet, shower or steps

While these are only a few ideas to keep you safe, Physical and Occupational Therapists can provide an individualized assessment in your home to prevent falls. Best stated by Mayo Clinic, "If you're concerned about the cost, remember that an investment in fall prevention is an investment in your independence."

If you're interested in having a therapist perform a safety assessment, please call **Tiana, Rehab Director of the Therapy Department at 920-684-7171 ext. 288, St. Mary's at Felician Village, 1635 South 21st Street, Manitowoc, WI 54220 today.**

We preauthorize all insurance before any treatment begins, so you are aware of your coverage.