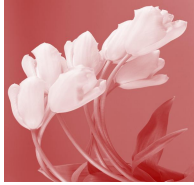


# The HomeCare Team LLC.

Excellence In Home Care

## Fall Prevention



Falls are the leading cause of injury-related visits to emergency departments in the United States and the primary cause of accidental deaths in persons over the age of 65 years. Risk factors for falls in the elderly include increasing age, medication use, cognitive impairment and sensory deficits. Major injuries, including head trauma, soft tissue injuries, fractures and dislocations, occur in 5 - 15 percent of falls in a given year. Fractures account for 75 percent of serious injuries, with hip fractures occurring in 1-2% of falls.

There are a number of things that can be done to decrease the occurrence of falls. Here are a few:

- Assistance with walking and supervision in the home whether it is actually a home, assisted living or nursing home setting, can be one of the biggest ways to decrease the chances of the elderly falling. The HomeCare Team has qualified individuals trained to help with this assistance and supervision.
- Research has shown that exercise can reduce falling primarily by improving balance. Increasing muscle strength is also important. An exercise program done on a regular basis can be set up and maintained by The HomeCare Team.
- Periodic medication and general health reviews by a pharmacist and medical doctor can be vital as well to decreasing falls. See page two for a list of high risk medication.
- The HomeCare Team's admission team will perform a home safety evaluation that is designed to decrease falls in the home. Clear pathways, lighting, furniture arrangement and bathroom safety are among some of the things assessed to help keep our client's environment as safe as possible.

### Words to Ponder

**“Vigorous let us be in attaining our ends, and  
mild in our method of attainment.”**

Lord Newborough

If an elderly person falls more than two times in six months, an evaluation for treatable causes should be undertaken.

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## Excellence In Home Care

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**There is no place  
like HOME!**

### Our Mission

The HomeCare Team is a vibrant company that cares for the elderly in their home, ensuring a comfortable and safe environment while assisting family as they care for their loved ones.

We view ourselves as partners with our clients, our employees and our community. While keeping our client's needs our top priority, we believe in the importance of providing our employees with a job that offers competitive wages and a satisfying, productive work environment while fostering a family atmosphere.

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### Help is a phone call away

Our team will help you to keep your loved ones or clients safe. Call 24 hours a day to set up a time to meet one our out trained staff.

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#### Common Causes of Falls in the Elderly

Accident, environmental hazard, fall from bed  
Gait disturbance, balance disorders or weakness, pain related to arthritis  
Vertigo  
Medications or alcohol  
Acute illness  
Confusion and cognitive impairment  
Postural hypotension  
Visual disorder  
Central nervous system disorder, syncope, drop attacks, epilepsy

#### Drugs That Increase the Risk of Falling

Sedative-hypnotic and anxiolytic drugs (especially long-acting benzodiazepines)  
Tricyclic antidepressants  
Major tranquilizers (phenothiazines and butyrophenones)  
Antihypertensive drugs  
Cardiac medications  
Corticosteroids  
Nonsteroidal anti-inflammatory drugs  
Anticholinergic drugs  
Hypoglycemic agents  
Any medication that is likely to affect