

FALL PREVENTION, WINTERIZED

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NO MO FALLS

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QUICK TIPS

- Talk with friends about what you use to prevent falls and ask them what they use
- Pay attention to tasks that generate fear or anxiety about falling-what can be changed about that task



LET'S DIVE IN



MOBILITY SUPPORTS-WALKERS

The wide variety of mobility supports are available to assist year round. Here are a few tips to keep them winterized.

- Check walker feet and cane tips to make sure the rubber is in good condition before winter.
- Consider removing walker glides for tennis balls or rubber caps.
- Make sure walker hand grips cover the metal. Add non-slip, insulating material as needed.
- If possible, store mobility devices inside the home during freezing temps.

MOBILITY SUPPORTS-WHEELCHAIRS

(AND WALKERS)

- Keep batteries fully charged
- Check breaks on manual wheelchairs and rollators to make sure they are in great working order.
- Check tires on your mobility devices, just like cars, they need to have good tread. Or you can upgrade to a heavier tread for winter!
- Wipe any salt or sludge off your mobility device when you get back home.
- If possible, store mobility devices inside the home during freezing temps.

MOBILITY SUPPORTS-RAMPS, LIFTS AND WALKWAYS

- Make a plan for snow removal from ramps, lifts and walkways before the snow comes.
- Make sure any ramps you use have a non-slip surface. Add grip with non-slip tape or paint, if needed.
- Apply salt, as needed, and give it time to work before using ramp or walkway.
- Check condition of all handrails and replace if needed. If they are metal, make sure to always wear gloves during cold weather.
- Remember your glasses! Snow can cause glare which can hide walkway conditions.

MOBILITY SUPPORTS

Nubby wheelchair tires



Ice grip cane attachment



YakTrax

TRAVEL

Being sure footed is the best way to prevent falls during winter weather. There are a couple of devices that can help with that.

Swivel
Seat



Liberty Lift
Standing Aid



Handybar

MEDICATION

- Winter weather may prevent someone from getting to an appointment or to the pharmacy to pick up medication.
- Make sure to connect with the doctor with any medication routine changes as this can lead to falls.
- Make sure to have an appropriate medication planner or plan.
- Winter may be a good time to start medication delivery service.



AROUND THE HOME

The risk of falls around the home are not particularly seasonal, but there are a couple of factors that can be different.

- Winter has a much longer night than summer and in Missouri, the temperature is also going to change quite a bit.
- Keeping the thermostat low to keep bills manageable can effect our muscles are.
- Individuals may need a little extra time upon standing or a bit more support to stand.



BEDROOM

In the bedroom, the addition of some AT could be helpful to prevent falls, especially in the winter.



Motion activated lights

Dressing aids



Bed assist rails

KITCHEN

In the winter we can have two meals without the benefit of sunlight. So adding lighting and a few other tips can make a difference.

Task Lighting

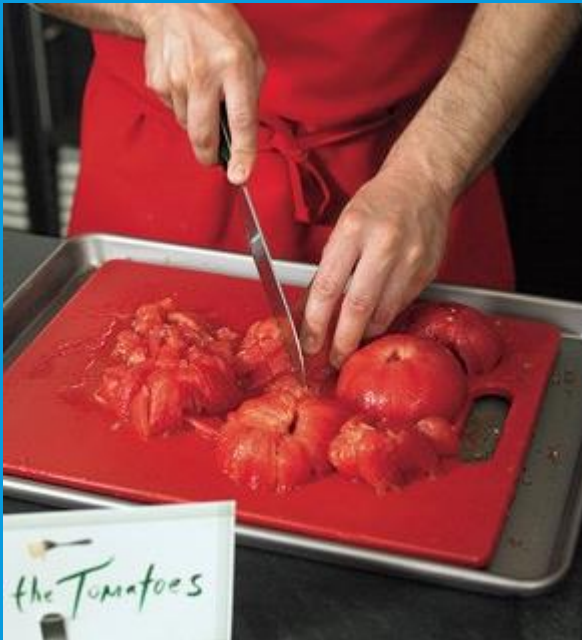


High contrast cutting boards

Pour Thing



MORE KITCHEN TIPS



Cut juicy or slippery items in a cookie sheet

Have an easy to use mop handy for spills



BATHROOM

Cold and Hard Surfaces! Same old solutions.



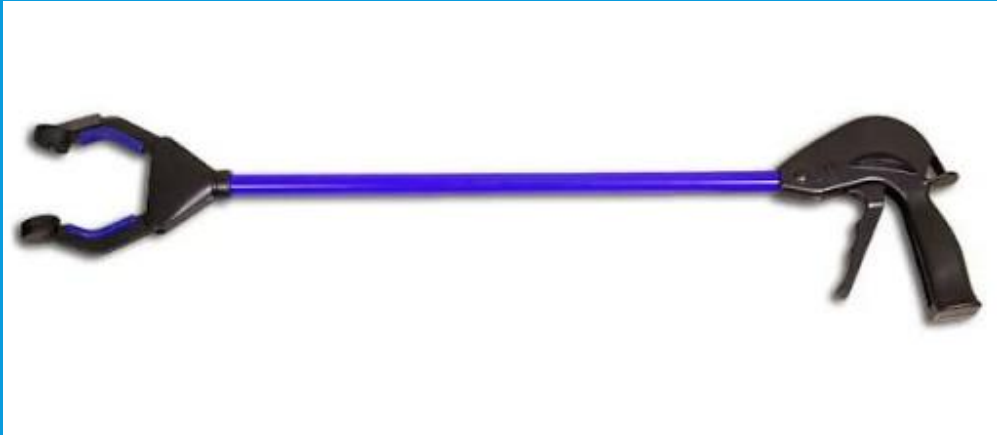
Grab bars



Dispensers



ALWAYS IN SEASON



Reachers can help with a wide variety of tasks in many rooms. Select the right style for the need.



If using a cell phone as an emergency alert, have a way to keep it with you, should a fall occur.

THANK YOU

Question or comments?

Other tips to share?

Contact info

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