What are the risk factors contributing to falls?

- Poor Nutrition & Hydration
- Polypharmacy
- Alcohol/Substance Abuse
- Hazardous living situations

**References**


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Tips to Prevent Falls

One in three adults over 65 falls each year.

Are you at risk?
Who can you call for help?

Marin County Information and Referral
Marin County Adult and Aging 415-457-4636

Nutritional services

Novato Independent Elders (NIEP)

**Description:**
- Grocery delivery
- Seasonal produce at wholesale price
- Groceries distributed "farmers market style"

**Phone:** (415)899-8296
**Website:** www.novatoseniors.org

Alcohol/Substance Abuse

Moderation Management Support Group

**Description:**
- For adults who are looking into their alcohol use

**Phone:** (415)689-1017

In home Services

In-home Support Services (IHSS) Program

**Description:**
- Receive in-home support with personal care, paramedical services, house cleaning, cooking, shopping and accompaniment to and from medical appointments

**Phone:** (415)473-7118
**Address:** 10 N. San Pedro Rd., San Rafael, CA
**Website:** www.PAmarin.org

Poor Nutrition & Hydration

Only 15% of older adults consume enough protein. Lack of protein leads to loss of muscle, which increases risk of falling. Drink 6-8 glasses of liquid daily for proper hydration.

Polypharmacy

Polypharmacy is defined as "the long term simultaneous use of two or more drugs." Signs of polypharmacy include: tiredness, sleepiness, decreased alertness, and weakness. All these symptoms can lead to falls.

Alcohol/Substance Abuse

One in five older adults may be affected by alcohol and drug abuse. Older adults are 4X more likely to fall if abusing alcohol or drugs.

Unsafe living conditions

Falls caused by environmental factors account for 30%-50% of all falls. Minimizing throw rugs and carpets can reduce risk of falling.