

HOARDING AND THE LINK TO FALLS with OCCUPATIONAL THERAPY

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WELCOME

- Today's presenter
 - *Heather Argueta MOT OTR/L*
 - MOWDR Home Safety Modification Program*
 - Fall Prevention*

PRESENTATION GOALS

- By the end of this presentation, you will be able to:
 - Become Familiar with Statistics of Falls
 - Recognize that most falls among older adults result from multi-faceted factors
 - Identify strategies and resources that you can use to reduce your risk for falls

STATISTICS

- According to the CDC, 1 in 5 falls causes serious injury such as a broken bones or head injury
- Each year 3 million people are treated in emergency department for falls and of those 800,000 are hospitalized each year
- In 2015, the total costs for fall totaled \$50 billion. Medicare and Medicaid paid 75%

MULTI-FACTORIAL RISK FACTORS

Most falls experienced by older adults result from multi-factorial risk factors:
Both Intrinsic and Extrinsic Factors

Intrinsic Factors include:

- *Physical risk factors:*
- *Behavioral risk factors*

Extrinsic Factors include:

- *Environmental risk factors*



Definition of Intrinsic Factors

- *Intrinsic Factors*

- *Physical risk factors*: Changes in your body that increase your risk for a fall

- Weakness, Medications, Decreased Balance, Decreased Vision

- *Behavioral risk factors*: Things we do or don't do that increase our fall risk

- The choices we make

PHYSICAL RISK FACTORS: MEDICATIONS

- Speak with your doctor or pharmacist about medications and how they make you feel.



PHYSICAL RISK FACTORS: VISION

- Have your vision checked regularly by an eye doctor
- Occupational therapy practitioners help people with vision issues by
 - Teaching skills and strategies to complete daily tasks
 - Recommending special devices and products
 - Helping to make the home environment safer



PHYSICAL RISK FACTORS: BALANCE

- Occupational therapy practitioners help people improve balance and learn more about what their bodies can and cannot do.
- The key is to maintain an active lifestyle.



Photograph courtesy of the UIC Dept. of Occupational Therapy

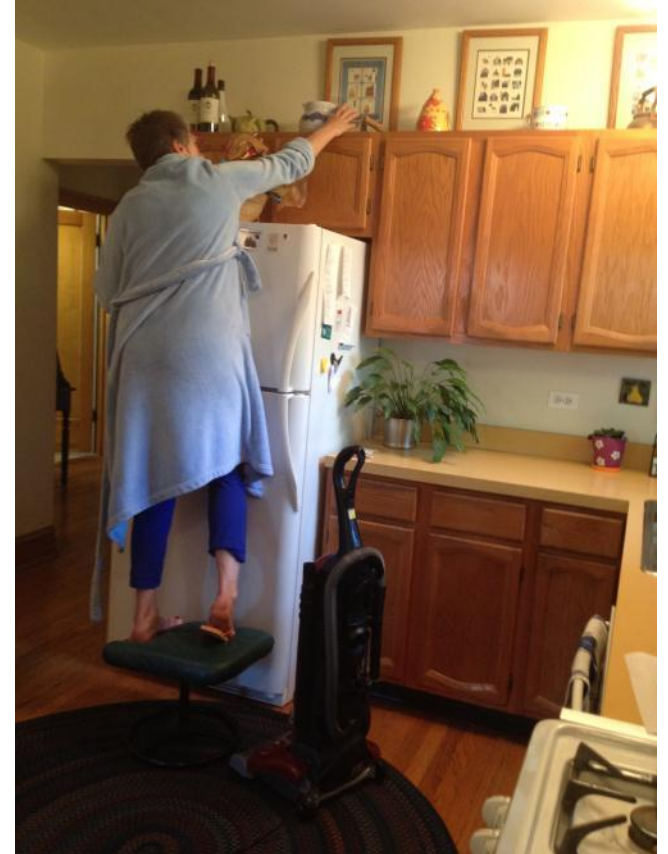
BEHAVIORAL RISK FACTORS

- It is important to stop before an activity, consider whether or not it is safe, and make a plan that reduces your risk of a fall.
- Occupational therapy can help people determine what is already safe and make many other activities as safe as possible.



BEHAVIORAL RISK FACTORS

What could this woman be doing differently to put her at less of a risk for a fall?



Photograph courtesy of the UIC Dept. of Occupational Therapy

Definition of Extrinsic Factors

- *Extrinsic Factors*

- *Environmental risk factors*: Hazards in our home or community

- Lighting
 - Pets
 - Animals
 - Cluttered Pathways
 - Throw Rugs

ENVIRONMENTAL RISK FACTORS

What are the fall risks in this bedroom?



Photograph courtesy of AOTA

ENVIRONMENTAL RISK FACTORS

What about this picture? Hazards ?



ENVIRONMENTAL RISK FACTORS

- What about this picture ? Hazards



ENVIRONMENTAL RISK FACTORS

- Clutter
 - Household clutter is a common problem.
- Extreme Clutter
 - But extreme clutter as seen in the second picture is evidence of hoarding, a serious psychological condition that requires some sort of intervention
- Fall Hazards
 - All home clutter is a FALL waiting to happen

HOW CAN AN OCCUPATIONAL THERAPIST HELP ?



ROLE OF OCCUPATIONAL THERAPY IN FALLS PREVENTION

- Occupational therapy practitioners teach people who are at risk for falls how to safely do things



ROLE OF OCCUPATIONAL THERAPY IN FALLS PREVENTION

- An occupational therapy home safety assessment involves carefully assessing a person's ability and determining whether the home environment fits the person and supports independence.



STEPS to FALL PROOFING YOUR HOME

- There are programs like MOWDR Home Modification Fall Prevention Program that will evaluate homes to decrease hazards and increase the safety of our loved ones
- The Next slides contain recommendations from a professional to get you thinking about the rooms of your homes and what hazards are lying around

MINIMIZING YOUR RISK FACTORS



FALL Proofing your Home

- Front Door:
 - Check your entrances for lighting
 - Check your front steps to make sure they are not broken or uneven
 - Consider installing a grab bar to one side of your door to hold on to when changing surface area

FALL Proofing your Home

- Stairs/Hallway
 - Keep stairs Clutter-free
 - Add strips of contrasting color to help visualize the stairs better
 - Make sure to have lighting at the top and bottom of the stairs
 - Check all your lighting, but don't change the bulbs yourself

FALL Proofing your Home

- Kitchen
 - Move your most commonly used items within reach
 - Replace scatter rugs with rubber backed rugs or remove all together
 - Remove clutter from counters and floor to make clutter free pathways
 - Add a stool for energy conservation when needed during cooking

FALL Proofing your Home

- Bathroom
 - Add non skid to the bottom of your tub/shower
 - Install grab bars in your shower/tub for safe transfers in and out
 - Consider adding a shower chair or hand held showerhead for increase safety and energy conservation
 - Keep the floors, counters and all pathways in your bathroom clear of clutter

FALL Proofing your Home

- Bedroom
 - Make sure your light is within easy reach
 - Keep a flashlight and phone on the bedside table
 - Consider adding a bedbar to assist you out of bed and to standing
 - Keep the pathway to your bed free of clutter
 - Keep a chair nearby for safe lower body dressing

SUMMARY OF STRATEGIES TO REDUCE FALLS RISK

- Talk to physicians and pharmacists about medications
- Get an eye exam regularly
- Maintain a healthy sleep schedule
- Stay active and exercise regularly
- Find alternatives for potentially risky behaviors
- Identify and eliminate fall hazards in the home
- CLEAR THAT CLUTTER (its a fall hazard)

CONCLUSION

- Remember...
 - Falls can be prevented
 - Take charge of your health and utilize your resources
 - Apply for the home safety modification program with MOWDR (Meals on Wheels Diablo Region) with fall prevention
 - Look into other programs at MOWDR



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Additional References

- CDC Home and Recreational Safety Important Facts about Falls
- CBS News article with credit to Oxford University Press – Who's a hoarder?
- MOWDR- Meals on Wheels Diablo Region Home Safety Modification Program
- NCOA Blog, National Council on Aging – 18 steps to Fall Proofing your Home

THANK YOU

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