

## The Fallout From Falls...

**It is said that *pride comes before a fall.*** While that may be taken out of context--and with many different applications--it is worthy of personal consideration. All too often, we fall because we are not willing--or, perhaps, humble enough--to slow down...watch our steps carefully...remove obstacles in or near our pathways...and simply admit -- *this is where a dose of reality mixed with a little humility comes in* -- we may need help.

For thousands of Florida's seniors, accidental falls represent a serious health risk. Statistics reveal that one out of every three Americans 65 and older will experience at least one fall this year. **Among older adults, falls cause more deaths than any other type of injury** (CDC Fact Sheet 2004). Most authorities agree that many of these falls are preventable. You may be surprised to learn that the majority of these falls occur indoors--predominantly in the bathroom, kitchen, and bedroom.

**Falls can result in pain and discomfort, loss of mobility, and perhaps, in far too many cases, a loss of independence.** Many factors can contribute to one's fall risk including one's current mobility, medications, and even the wrong kind of footwear for a

particular surface. Here are a dozen sound suggestions for preventing a fall:

- Improve strength, balance, and coordination by getting regular, and regulated, activity
- Wear appropriate shoes clothing
- Review the medications you take with your physician
- Be cautious on outdoor surfaces
- Know your indoor surfaces--especially bathrooms (tubs and showers)
- Improve safety inside your home
- Eat a well-rounded diet for good nutrition and maintain a consistent sleep schedule
- Have your eyes examined regularly
- Concentrate when you're walking
- Avoid high places--especially ladders...even step-ladders
- Call Aker Kasten Home Health Care Agency for a free, no-obligation, home safety assessment
- Take a teaspoon of humility every four hours or as needed... ☺

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## Caregiver Spotlight

We would like to introduce a most competent and compassionate member of our Home Health Family, **Heidi Smith**. Raised and educated in the last frontier state of Alaska, Heidi and her husband, David, spent several years in David's homeland of Canada.

Heidi graduated from Lake Head University of Thunder Bay, Ontario. She holds a degree in psychology and has been awarded a Certificate in

Dementia Studies and Palliative Care.

Heidi became interested in elder care while completing her psychology studies. But it was her personal sensitivity which motivated further training in the fields of her certification.

Heidi has been a part of The Aker Kasten Family for nine months under the supervision of our Director of Nursing as a Senior Advisor / Senior

Advocate. Her genuine tenderness in sharing her expertise enhances the ability of Aker Kasten to care for those we serve.

Heidi is also the proud mother of two great young men, Ryan and Jared.



### Guest Speaker:

Looking for an inspiring speaker for your civic, social, or church group? Dr. John Aker has been around the world engaging audiences and has authored many articles and three books. He is available to speak on a variety of topics including



those related to health care, the growth of home care, aging with a smile, and more. **An exciting guest speaker is a great way for your group to reach out to the community, so please call us today at 561-955-6010.**

***I don't know why it is we are in such a hurry to get up when we fall down. You might think we would lie there and rest a while.***

***-Max Eastman, The Enjoyment of Laughter, Part III, Chap 4.***

## Aker Kasten Home Health Care Agency

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## **Aker Kasten Home Health Care Agency--Where Kindness And Excellence Meet...**

### **Fallout from Falls, continued**

Since the majority of fall injuries occur at home, The Aker Kasten Home Health Care Agency Staff--our RNs, LPNs, Certified Nursing Assistants, Home Health Aides, and Companions--all work together in conjunction with our Director of Nursing to evaluate and facilitate home safety. Even if you do not feel you require home healthcare services, most experts agree that a Home Safety Evaluation is a wise investment.

Our Director of Nursing and our staff of Home Health Specialists are available to conduct a thorough review of your home to help you identify potential fall risks. Our Home Safety Evaluation includes very specific recommendations for simple, but necessary, changes such as installing grab bars and a shower stool in the bathroom...taping down loose rugs...clearing clutter from

walkways...and positioning and adjusting the brightness of lamps. Our safety survey team can also recommend adaptive equipment and make appropriate referrals when necessary. Where Aker Kasten determines a need for home repairs or improvements such as handrails, stair repairs, or wheelchair ramps, they will help connect you with other community resources which specialize in such home improvements for seniors.

But remember, other factors such as proper nutrition and regular medication reviews are also good ways to prevent a fall. The Aker Kasten Home Health Staff can help provide the latest nutritional guidelines and our home health aides and companions are available to help prepare well balanced

you to your physician to ensure your medications and their dosages are reviewed and that proper consideration is given any potential interaction with over-the-counter medications or supplements which you take regularly.

**Allow Aker Kasten Home Health to provide you with peace of mind by conducting a courtesy Home Safety Evaluation,** reviewing nutritional information with you, and/or assisting with meal preparation. Let us help you reduce your risk of a fall. Aker Kasten Home Health Specialists are just what the doctor ordered--and we are standing by to help fulfill that prescription!

Oh, yes--and the humility...



don't forget