

A Guide For Seniors

Avoiding trips and falls that may alter your quality of life.



Are you at risk for falling?

- Have you fallen in the past?
- Do you have arthritis in your feet or ankles?
- Do your legs or ankles feel weak or unsteady?
- Do you drag your feet, stumble or shuffle when walking?
- Do you find it necessary to grasp stationary objects, like walls / furniture / rails, to gain balance when walking?

If you answered "Yes" to any of the above questions, you may have a balance problem that could be improved with the use of the Moore Balance Brace.

The MBB is custom made in America!

Fabricated in Mesa, Arizona by highly trained and experienced technicians, the Moore Balance Brace fits into most supportive shoes without needing to increase the size of the shoe. Your healthcare provider can recommend shoes that will help improve balance and easily accommodate the Moore Balance Brace.



MOORE BALANCE BRACE
Custom-fabricated exclusively
by Arizona AFO

The OHI Family of Brands



3 in 10 seniors aged 65 and older suffer a fall each year

Why be concerned about falling?

- Falls and fall related injuries are the leading cause of accidental deaths in older people
- Half of seniors who fall, will fall again within a year
- 40% of nursing home residents fall each year, some more than once
- Nearly half of the seniors who fall reduce their activity after a fall
- Most fractures among older adults are caused by falls
- In 2007 over 18,000 seniors died from unintentional fall injuries

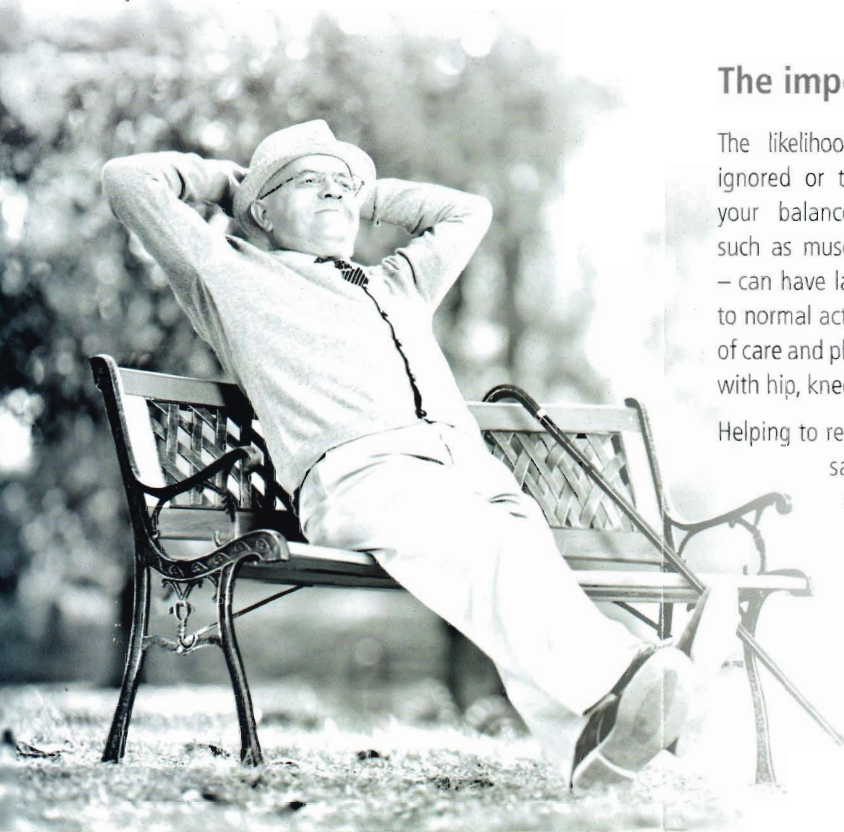
Be prepared when you visit your primary care physician:

- Provide your doctor with a list of your prescriptions and over-the-counter medication, including supplements, and ask if any have possible side effects that may cause dizziness or affect your balance
- Ask about any health conditions that concern you as they may have a direct effect on your balance and manner of walking
- Make note, and tell your doctor, of any falls or near falls you may have had in your home or when involved in an out-of-home activity

The importance of addressing risk

The likelihood of slipping and falling should not be ignored or taken lightly. Tripping and falling or losing your balance – due to existing medical conditions such as muscle weakness or loss of feeling (neuropathy) – can have lasting and sometimes fatal results. Returning to normal activity after a fall often takes weeks or months of care and physical therapy to alleviate the pain associated with hip, knee or head injury.

Helping to reduce the risk of falling by making your home safe while providing additional support for weakened muscles is significantly easier than recovering from a fall related injury – and it's pain free. Taking time now to avoid falls may help preserve your quality of life in the long term. And it all starts with a visit to your healthcare provider...



Tips to help you prevent or reduce falling

1. Make your home safer

- Remove loose items (like papers, books, clothes, boxes or shoes) from stairs and walkways
- Place double-sided tape or slip-resistant backing under rugs or do not use rugs at all
- Put grab bars next to toilet and inside the tub/shower and place a non-skid mat in the tub
- Use a raised toilet seat or one with armrests
- In shower / tub, bathe sitting down on a strong plastic seat and use a hand-held shower nozzle
- Make sure your rooms are brightly lit
- Turn staircase lights on before walking up or down the stairs
- Use night-lights in hallways, bedrooms and bathrooms

2. Start a planned and ongoing exercise program

- With your healthcare provider's approval and direction, begin and maintain a daily exercise program to help reduce your chances of falling
- Ask about exercises that would be best for balance improvement for your particular condition
- Exercise can help improve balance and coordination – consider Tai Chi, walking or water workouts
- Consider the benefits of a cane or walker
- Your healthcare provider may recommend home health care if your mobility is limited

3. Pay attention to your feet

- Have your feet checked by your healthcare provider at least once a year – this is especially important if you have diabetes
- Ask your healthcare provider for additional ways to reduce your chances of falling
- Examine your feet daily. Look for bruising, inflammation or sores
- Wear comfortable, well-fitted shoes
- If your feet are in pain, your chances of falling increase

4. Have your vision evaluated

- Protect and care for your eyes with a yearly eye exam

