

# T.J. SAMSON HOME CARE

## Fall Reduction & Fall Prevention Program

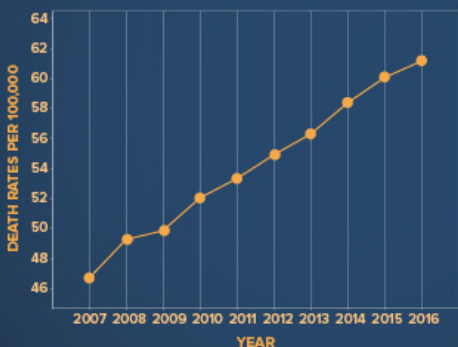
Fall prevention begins at home. Our excellent highly trained team of nurses, therapists, CNAs, and support staff work together to provide a program to help our patients safely remain in their homes.

T.J. Samson Home Care is here to help you live a full life with as much independence as possible and to help prevent any further re-hospitalizations.

### TAKE EXTRA PRECAUTIONS:

- Turn on the lights when you enter a room. Do not walk in the dark.
- Make sure your pathway is clear.
- Use the handrails on staircases.
- Sit in chairs that do not move and have arm rests to help you sit and stand.
- Wear shoes that have backs on them, with firm, flat, non-slip soles.
- Replace the rubber tips on canes and walkers when they become worn.
- Declutter pathways within your home.
- Remove rugs that can slip.

## Fall Death Rates in the U.S. INCREASED 30% FROM 2007 TO 2016 FOR OLDER ADULTS



If rates continue to rise,  
we can anticipate

**7 FALL  
DEATHS**  
EVERY HOUR  
BY 2030

Learn more at [www.cdc.gov/HomeandRecreationalSafety](http://www.cdc.gov/HomeandRecreationalSafety).



# TJ Samson

## HOME CARE PROGRAM

270.651.4430

Contact us for more information  
about preventing falls.

## FALL PREVENTION STARTS AT HOME!

- Falls are the **number one** cause of death and injuries among older adults age 65 and over. The long-term consequences can be life-altering. Each year, millions of older people fall. In fact, more than one out of four older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again.
- Falls can lead to hospitalization and disability. **One out of five** falls causes a head injury or broken bone. Hip fractures affect over 300,000 older adults each year. It's also common to break the thigh, pelvis, spine, arm, leg, hand and ankle bones after an elderly fall.
- Fall injuries can make it hard to stay active and live on your own. If you're over 75 and you fall, you're four times more likely to be admitted to a skilled nursing facility. Even if you're able to stay home, falls can hurt your quality of life.
- Each year, 3 million older people are treated in emergency departments for fall injuries.
- Fear of falling may stop you from leaving the house and staying social and mobile. When you move less, it gets harder to do daily activities like bathing, cooking and shopping. Isolation and inactivity increase your risk for depression and anxiety. All these changes can make you more likely to fall.