



Fall prevention:

Tips to stay safe, steady, and active

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Presenters



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Webinar tips

- Use the Q&A section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- Click on the Chat box to connect with other participants and Arthritis Society Canada's chat moderator.
- If you have further issues, email arthritistalks@arthritis.ca





Falls and arthritis



**Prevention
strategies**



**Importance of
movement**



Q & A





**Why should falls matter to
people living with arthritis?**



Falls and arthritis

- Falls are not limited to older adults
- Falls occur in high-risk groups such as people with rheumatoid arthritis (RA).
- ~34% of people living with RA, regardless of age, will fall
- 16% considered as recurrent fallers
- 51.5% of falls result in injuries
- 28% higher risk of hip fracture than general population

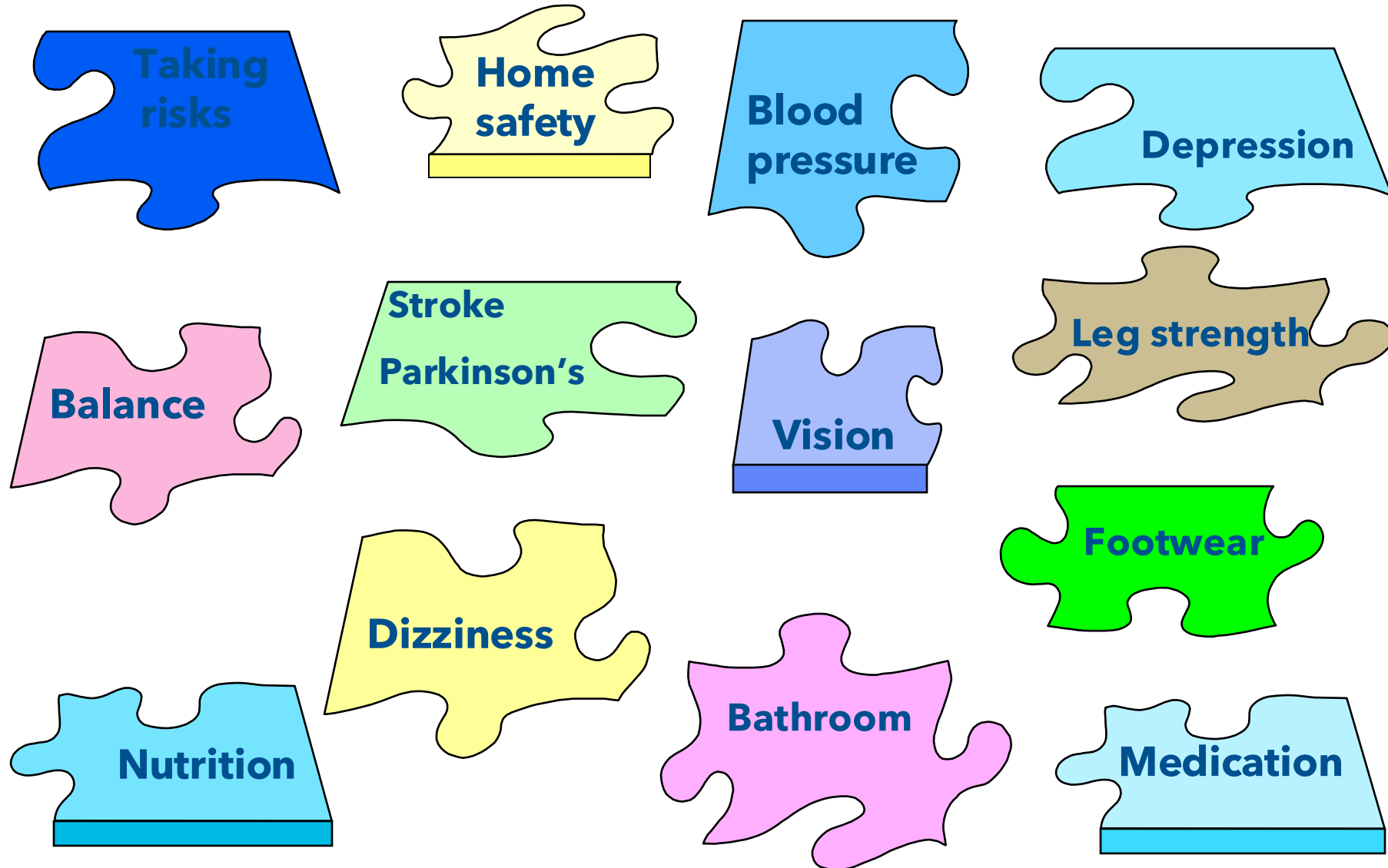


What can happen with an injury?

- Become less active
- Spend more time inside
- Lose muscle strength
- Lose confidence
- See less of family and friends → isolation
- Afraid of falling



Causes of falls



Modifiable risk factors for falling reported with RA

- Improper use of walking devices (OR 1.60),
- Medications (psychotropic [OR 1.79], antihypertensives/diuretics [OR 1.83], polypharmacy [OR 1.51]),
- Dizziness (OR 1.95)
- Glucocorticoids and methotrexate were not significant risk factors in this review (Guo X, Pei J, Wei Y, Zhang G, Yan F, Han L. Prevalence and risk factors of falls in adults with rheumatoid arthritis: A systematic review and meta-analysis. *Semin Arthritis Rheum.* 2023 Jun; 60).

OR stands for odds ratio. It's a technical term that measures the increase in risk relative to people without that risk factor. Odds ratio of 1.1 = 10% increased risk of a fall compared to people without that factor.





What are some practical ways to make one's home and surroundings safer?



In your home



Stairs

- **2 handrails** on both sides of stairs
- **Beware of** patterns on carpets



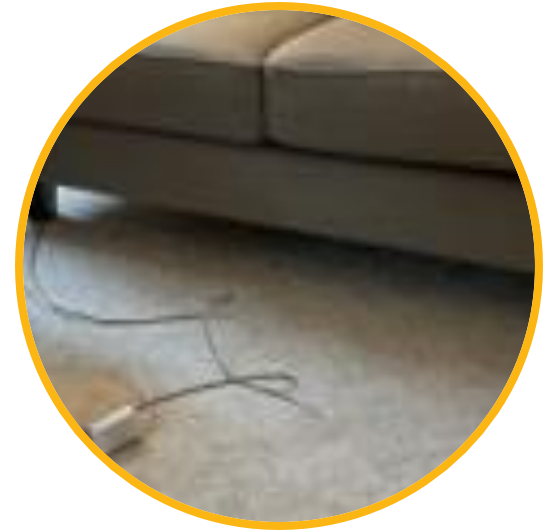
Rugs

- **Check the rubber backing** on scatter mats
- **Replace rugs:** Watch out for edges that curl



In your home

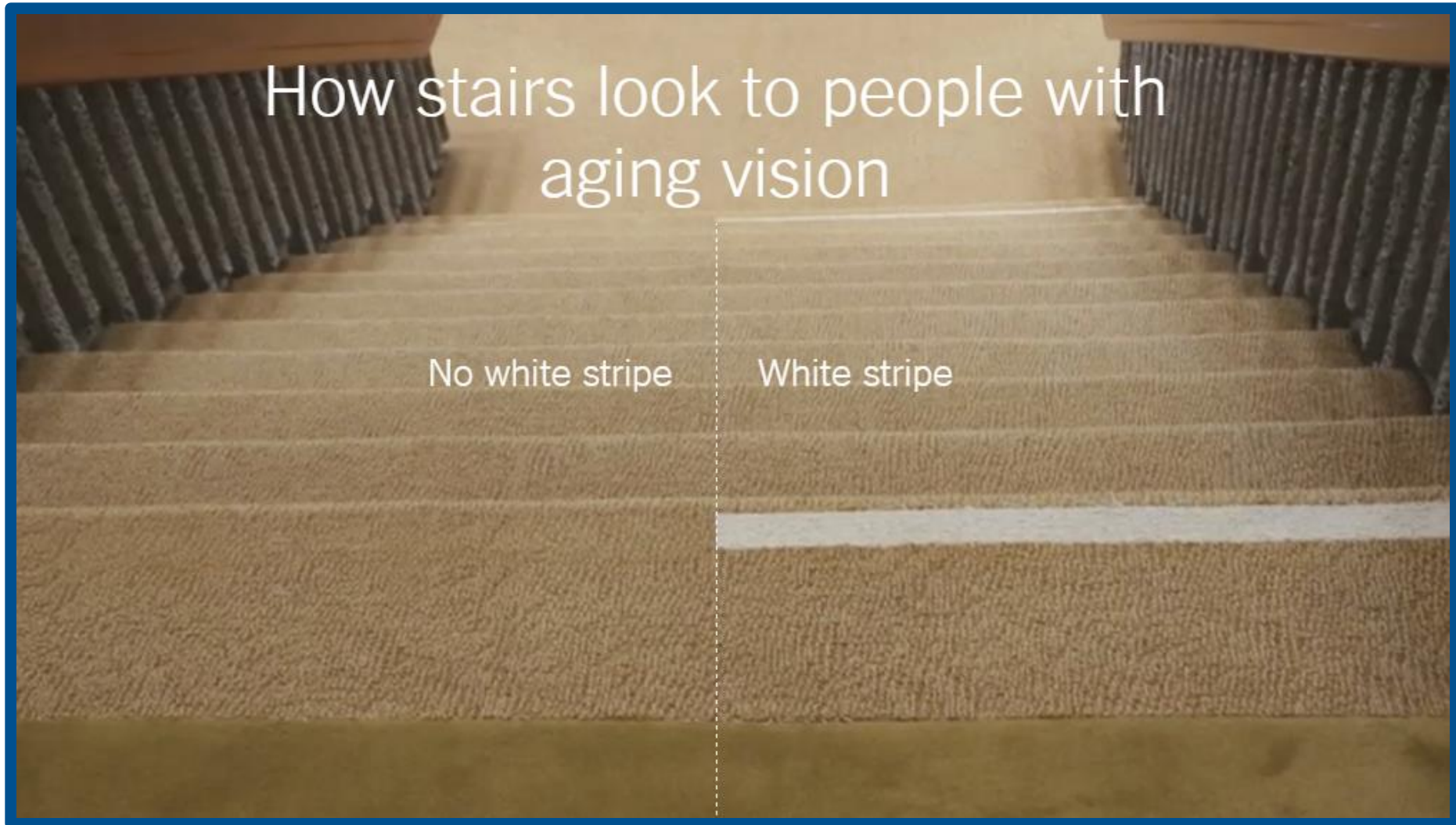
- **Find** the electrical and charging cords: Keep them tucked away
- Watch for sheets and bedding that hang on the floor
- **Keep an eye** on your pet: know where they are



In the bathroom



On the stairs



Footwear

- “Slip-pers”
- Non-slip socks
- Outdoor shoes
 - Grip
 - Heelcup
 - Heel height

A Supportive Shoe





How can regular movement help?



The power of movement

- Regular physical activity can reduce fall risk by 23%
- 42% reduced risk with 3+ hours of balance training
- Less than 30 minutes/day!



The power of movement

- Strength training (lower body, core) helps build and maintain muscle, improving strength and joint stability
- Balance training improves muscular stability and trains brain-body connection
- Walking on uneven surfaces challenges balance, improves stability

The magic formula: some strength and balance training every week!



Winter walking

- Consider walking poles
- Carry a bag of sand or cat litter
- Consider ice grips
- Get in and out of car with feet together
- Wear sunglasses
- Moving from brightly lit building into dark or from sunshine inside
- Watch surfaces when walking-black ice



Walk like a penguin!

- Short steps
- Feet further apart for balance
- Shuffle feet





**What should someone do if they
experience a fall?**



How to get up from the floor by yourself after a fall

- Calm down.
- Check your body.
- If you are injured, call for help. Stay warm.
- If you are not injured, look for a sturdy piece of furniture.



Roll onto your side.



Crawl over to a chair or sturdy furniture.



From a kneeling position, put your arms up onto the seat of the chair.



Bring one knee forward.
Place that foot on the floor.



Push up with your arms
and legs. Pivot your
bottom around.



Sit down. Rest before
trying to move.



Resources for general falls

Finding Balance

- Alberta= <https://findingbalancealberta.ca/>
- BC= <https://www.findingbalancebc.ca/>
- New Brunswick= <https://findingbalancenb.ca/about/>

Stay on your Feet (Western Australia) =

<https://www.injurymatters.org.au/programs/stay-on-your-feet/>



Thank you

Special appreciation is expressed to Rosalie Freund, Occupational Therapist for use of some slides in this presentation

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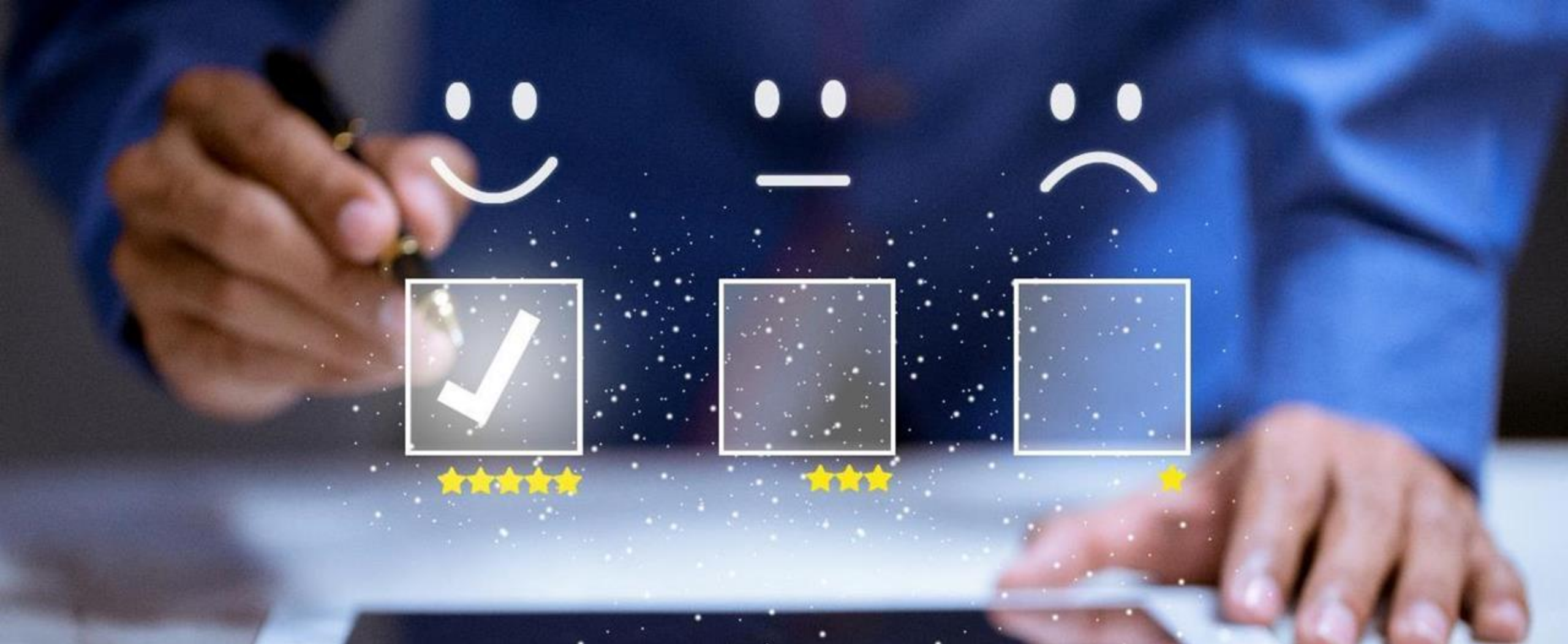
Q: What excites you about the future for those diagnosed with arthritis today?





Questions





Tell us what you think...



Create a future with less
pain and more possibility.



DONATE NOW



3X
MATCH

**WORLD
ARTHRITIS
DAY**

