

The background of the top section is a light blue gradient with several dark blue maple leaves scattered across it. The leaves are detailed with visible veins.

# LASTING STEPS

Reach your goals through Lasting Steps!

Doves Senior Care



*This book is for:*

**Lasting Steps™**  
*Fall Prevention Strategies*

Doves Senior Care, LLC  
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[www.DovesCare.com](http://www.DovesCare.com)

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# Lasting Steps™

**The Goal:** Help you remain safe, healthy and independent at home.

**The Challenge:** Falls account for more than half of all injuries among adults 65 years and over. One out of three older adults experience one fall each year and half of those will fall more than once. Among older adults, falls are the leading cause of fatal and nonfatal injuries.

**The Solution:** Thankfully, falls are not an inevitable part of aging and in fact most can be avoided. With your doctor's approval, Lasting Steps will introduce Therapeutic Activity techniques to reduce your risk of falling by improving endurance, strength, balance, coordination and flexibility.

**The Outcome:** Lasting Steps will add years to your life, and *"life to your years"*.

**We recommend that you ALWAYS have a caregiver or capable person by your side while performing Lasting Steps activities.**

**Consult your physician before starting any exercise program or Lasting Steps.**

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Date:



DOVES provides non-medical home care to enrich the quality of life for our clients.

We seek to stimulate their independence to ensure they remain safe in their own homes for as long as practically possible.

Call us at (480) 268-2685 if you need:

-  Companion Care
-  Meal Planning and Preparation
-  Homemaker Services
-  Transportation
-  Personal Care
-  Respite Care
-  Transitional Care
-  Wound Care
-  Medication Management
-  Therapeutic Activity
-  Encouragement
-  2-Hour Minimum

We are dedicated to our clients, community and employees.

## Table of Contents:

Notes to self .....	6
My information .....	12
Emergency contacts .....	13
Insurance information .....	14
Physician information.....	15
Home care services .....	16
Allergies .....	17
Medications.....	18
Special diet .....	22
When to call your doctor or 911 .....	23
Home safety.....	25
Fall prevention tips.....	34
Lasting Steps™ program .....	46

*The information and reference materials contained here are intended solely for the general information of the reader. It is not to be used for treatment purposes, but rather for discussion with your physician.*

## Notes to Self

Doves can help me with transportation, setting up doctor appointments, and ensure that I have my medications.

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Doves can collaborate with my health care providers and ensure that services are coordinated and understood.

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Doves can assist me with my therapies after I have been discharged from the hospital, rehab or home care.

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Doves can help me remain independent by assisting me with my activities, exercises and Therapeutic Activity.

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Doves can help me maintain my home, personal needs, and provide me and my family peace of mind.

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Doves can encourage me and support my emotional, physical, and social needs.

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## Notes to Self

Visit [www.stepwellmedical.com](http://www.stepwellmedical.com) for fall prevention medical equipment or ask my Doves representative.



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## Notes to Self

[illegible]

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## Notes to Self

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## My Information

**Last Name:** \_\_\_\_\_

**First Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**DOB:** \_\_\_\_\_

**Spouse:** \_\_\_\_\_

**Misc:** \_\_\_\_\_

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## Emergency Contacts

Relationship: \_\_\_\_\_

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

## Medical Power of Attorney (MPOA)

Relationship: \_\_\_\_\_

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Phone: \_\_\_\_\_

## Insurance Information

**Primary Provider:**\_\_\_\_\_

**Account #:** \_\_\_\_\_

**Group #:** \_\_\_\_\_

**Phone:**\_\_\_\_\_

**Secondary Provider:** \_\_\_\_\_

**Account #:** \_\_\_\_\_

**Group #:** \_\_\_\_\_

**Phone:**\_\_\_\_\_

**Power of Attorney:**\_\_\_\_\_

**Phone:**\_\_\_\_\_

**DNR:** \_\_\_\_ YES \_\_\_\_ NO

## Physician Information

**Last Name:** \_\_\_\_\_

**First Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

## Specialists

**Name:** \_\_\_\_\_

**Field:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Field:** \_\_\_\_\_

**Phone:** \_\_\_\_\_



## Home Care Services

**Home Health:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Hospice:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Medical Equipment:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Mobile Physicians:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Pharmacy:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

## Allergies

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## When should I call my doctor or nurse?

Call your doctor or nurse if you have:








-  Unexplained change in weight - if you gain or lose more than or equal to 4 pounds in a week
-  Increased swelling in your ankles, feet, legs, or abdomen
-  Shortness of breath (difficulty breathing) that is new, has become worse, or occurs more often, especially if it occurs when you are at rest or when you wake from sleep
-  A feeling of fullness (bloating) in your stomach
-  Extreme tiredness or decreased ability to complete daily activities
-  A respiratory infection or a cough that has become worse
-  Coughing during the night
-  Decreased urination, dark urine
-  Restlessness, confusion
-  Chest pain or discomfort during activity that is relieved with rest
-  Changes in sleep patterns, including difficulty sleeping or needing to sleep a lot more than usual
-  Fast heart rate - at or over 120 beats per minute while at rest



*(Continued from page 23)*

-  A new or a more noticeably irregular heartbeat
-  Constant dizziness or lightheadedness
-  Nausea or poor appetite
-  Vomiting
-  Any other symptom that causes stress or concern

### **When should I go to the ER or call 9-1-1?**

-  New chest pain or discomfort that is severe, unexpected and occurs with shortness of breath, sweating, nausea or weakness
-  Angina-type chest pain that lasts longer than 15 minutes and is not relieved by rest and/or medication (nitroglycerin)
-  Fast heart rate (more than 120 -150 beats per minute), especially if you are short of breath or dizzy
-  Shortness of breath NOT relieved by rest
-  Sudden weakness or paralysis (inability to move) in your arms or legs
-  Sudden onset of a severe headache
-  Fainting spell with loss of consciousness

## Home Safety

Consider these safety tips to stay safe at home.

### General Safety

- ☐ Emergency numbers and your address are posted by each telephone.
- ☐ Telephones are located in each room. They can be reached from the floor in case of a fall.
- ☐ Inside and outside door handles and locks are easy to operate.
- ☐ Doors have lever-action handles instead of round knobs.
- ☐ Door thresholds are low and beveled or there are no thresholds.
- ☐ Windows open easily from the inside, but they have a secure locking system that can prevent someone from entering from the outside.
- ☐ The water heater thermostat is set at 120 degrees or lower to prevent accidental scalding.
- ☐ Medications are stored in a safe place according to instructions on the label of the package or container.
- ☐ Carpeting and rugs are not worn or torn.
- ☐ Small, loose rugs have non-skid backing and are not placed in traffic areas of the home.
- ☐ Appliances, lamps, and cords are clean and in good condition.
- ☐ There are no exposed, glaring bulbs in lamps or fixtures.

- ☐ Electrical overload protection is provided by circuit breakers, fuses, or ground fault circuit interrupters (GFCI). GFCIs prevent electrical shock and are particularly important in areas where water is used, such as kitchens, bathrooms, and outside.
- ☐ Electrical service has enough capacity to serve the house and is up to code. (You can call your municipal electrical inspector to check the wiring in your house.)
- ☐ Extension cords do not carry more than their proper load as indicated on the cord or appliance.
- ☐ Electrical cords are placed out of the flow of traffic and out from underneath rugs and furniture.
- ☐ Smoke alarms are present in the home and are in working order. One way to help you remember to change the batteries is to replace them on your birthday—don't forget to mark it on your calendar

## **Kitchen Safety**

- ☐ The range and sink areas have adequate light levels. If you have a gas range, it is equipped with pilot lights and an automatic cut-off in the event of flame failure.
- ☐ The range is not where curtains might fall onto a burner. If you have an exhaust hood for the oven, it has easily removable filters for proper cleaning. Clean filters as needed.
- ☐ The kitchen exhaust system is internally vented, discharges directly outside, or discharges through ducts to the outside and not into the attic or other unused space.

- ☐ Countertop space lets you keep carrying and lifting to a minimum.
- ☐ Kitchen wall cabinets are not too high to be easily reached.
- ☐ Lighting of counter tops is enough for meal preparation.
- ☐ Light switches are located near the doors.
- ☐ Shiny or glaring work surfaces are not used.
- ☐ Oven controls are clearly marked and easily grasped.
- ☐ Oven controls are located on the front or side of the oven, so that you don't have to reach over the burners.
- ☐ A single-lever mixing faucet is used. This type of faucet controls both the hot and cold water flow with a single control.
- ☐ Flooring is not slippery and has a non-glare surface.
- ☐ When cooking, pan handles are turned away from other burners and the edge of the range.
- ☐ When cooking, you do not wear garments with long, loose sleeves.
- ☐ Hot pads and pan holders are kept near the range. If you have a microwave, it is operated only when there is food in it.
- ☐ Small appliances are unplugged when not in use. Knives are kept in a knife rack or drawer.
- ☐ Countertops and work areas are cleared of all unnecessary objects.
- ☐ Drawers and cupboards are kept closed.
- ☐ A sturdy, stable stepladder or step stool is used rather than a chair to reach objects in overhead cabinets.
- ☐ Grease or liquid spills are wiped up at once.

## **Stairways & Halls**

- ☐ Steps are in good condition and are free of objects.
- ☐ Steps have non-skid strips. Carpeting on steps is securely fastened and free of fraying or holes.
- ☐ Smoke detectors are in place in hallways and near sleeping areas.
- ☐ Hallways are equipped with night-lights.
- ☐ Sturdy handrails are on both sides of stairway and are securely fastened.
- ☐ Light switches are located at the top and bottom of stairways and at both ends of long hallways.
- ☐ Inside doors do not swing out over stair steps.
- ☐ There is enough space in the stairway to avoid bumping your head.
- ☐ Room entrances do not have raised door thresholds.
- ☐ It is easy to see the leading edge or nosing of each stair tread while walking down stairs.
- ☐ Stairways and hallways are well lighted.

## **Living Room**

- ☐ Electrical cords are placed along walls (not under rugs) and away from traffic areas.
- ☐ Chairs and sofas are sturdy and secure.
- ☐ Chairs and sofas are not too low or too deep to get in and out of easily.
- ☐ The light switch is located near the entrance.
- ☐ There is enough space to walk through the room leaving clear passageways for traffic.
- ☐ Furniture, which might be used for support when walking or rising, is steady and does not tilt.

## **Bathroom**

- ☐ The bathtub or shower has a non-skid mat or strips on the standing area.
- ☐ Bathtub or shower doors are safety glass or plastic.
- ☐ Grab bars are installed on the walls by the bathtub and toilet.
- ☐ The towel bars and the soap dish in the shower stall are durable and are firmly installed.
- ☐ A single-lever mixing faucet is used, or you have faucet handles that are easy to grasp.
- ☐ Bathroom flooring is matte-finished, textured tile, or low pile commercial carpet (no throw rugs or bathmats).
- ☐ Bathroom has even lighting without glare. The light switch is near the door.
- ☐ The bathroom door opens outward.
- ☐ The bathroom has a safe supplemental heat source and ventilation system.
- ☐ The outlets are ground fault circuit interrupters (GFCI) that protect against electric shock.

## **Bedroom**

- ☐ A lamp or flashlight is kept within reach of your bed. Check batteries periodically to make sure they are working, and keep a spare package of batteries nearby.
- ☐ A night-light is used to brighten the way to the bath room at night.
- ☐ Plenty of room is left for you to walk around the bed.

- ☐ You have an adequate-sized nightstand or small table for the telephone, glasses, or other important items.
- ☐ There is a sturdy chair with arms where you can sit to dress.
- ☐ You have wall-to-wall low pile carpeting or a smooth surface floor.
- ☐ Your bedroom is located on the first floor of the home.
- ☐ A telephone jack is installed in the room.

## **Outdoor Areas**

- ☐ Steps and walkways are in good condition.
- ☐ Handrails are sturdy and securely fastened.
- ☐ Doorways, steps, porches, and walkways have good lighting.
- ☐ Porches, balconies, terraces, window wells, and other heights or depressions are protected by railings, closed with banisters, closed with fences, closed with accordion gates, or are otherwise protected.
- ☐ Hedges, trees, or shrubs do not hide the view of the street.
- ☐ Garage doors are easy for you to operate, even when snow is piled against them.
- ☐ The garage is adequately ventilated.

## **Oxygen**

- ☐ Do not smoke or get near open flame.
- ☐ Use colored versus clear tubing to avoid tripping.
- ☐ Never change flow without doctor approval.
- ☐ Tubing should never exceed 50 feet in length.

## **Fire Safety**

- ☐ Keep matches and lighters out of children's sight and reach.
- ☐ Do not smoke cigarettes if you are drowsy; have taken pain medication, or resting in bed.
- ☐ Do not smoke if you are on oxygen therapy, stay away from open flames.
- ☐ Plan fire escape paths from all rooms and have a designated meeting place outside.
- ☐ Keep a fire extinguisher (in good working order) in the kitchen and any other area where inflammable materials are stored.
- ☐ Keep blankets, clothing, curtains, furniture and anything that could get hot and catch fire away from portable heaters.
- ☐ Plug heaters directly into the wall socket and unplug them when they are not in use.
- ☐ Install smoke and carbon monoxide alarms in your home and test them each month.
- ☐ If a fire occurs, have everyone leave the home, then call 911.
- ☐ Plan and practice fire escape routes and make sure everyone knows two ways out of the building.
- ☐ If a fire occurs, crawl low, under the smoke. Feel closed doors with the back of your hand. If hot, use another exit. If not hot, open the door slowly and check for smoke/fire.



## Medications

- ☐ Never share or borrow medicine.
- ☐ Take your medicine as instructed/prescribed.
- ☐ Be careful not to confuse medicines, as they may look similar in nature.
- ☐ Have your pharmacist or nurse label your medicines with large print.
- ☐ If you miss a dose contact your physician, nurse or pharmacist.
- ☐ Do not suddenly stop taking medicine without consulting your physician.
- ☐ Do not save or take old medicines as they may lose their strength and effectiveness.
- ☐ Keep a list of your medicines with you at all times.
- ☐ If you are allergic to any medication or food, consider a medical alert tag/card.
- ☐ Consider using a pillbox if you forget to take your medicines.
- ☐ Keep medicines in a safe, dry place, out of reach of children and away from direct sunlight.
- ☐ Over-the-counter or non-prescription medicines can affect the effectiveness of prescription drugs and/or cause harmful side-effects. Always notify your primary care physician and caregivers of such use.
- ☐ Always wash your hands before and after touching medications, supplies, dressings, the IV site or food.
- ☐ Dispose of needles, syringes, lancets and other sharp objects properly. Place in hard plastic or metal container and secure lid tightly. Do Not Recycle Medical Waste.

## **Infection Control**

- ☐ Frequently wash hands vigorously with soap (20 seconds), followed by paper towel drying.
- ☐ Always wash your hands before and after touching medications, supplies, and dressings.
- ☐ Always wash hands before and after handling or preparing food.
- ☐ Cover your nose and mouth when coughing or sneezing.
- ☐ Do not use other people's personal hygiene items such as toothbrush, razor, or towels.
- ☐ Wear gloves if you may come in contact with blood or body fluids. Wash hands again after removing gloves.
- ☐ Check IV bags and sterile packages for moisture, cloudiness, cracks, rips or other damage. Don't use if present.
- ☐ Prepare and store food properly.
- ☐ Dispose of needles, syringes, lancets and other sharp objects properly. Place in hard plastic or metal container and secure lid tightly. Do Not Recycle Medical Waste.
- ☐ Discard all soiled and used dressings; IV bags and tubing, gloves and other disposable items in a plastic bag and tie it securely. Discard in household trash.
- ☐ Maintain good housekeeping to minimize the spread of bacteria by household pests.
- ☐ Report signs and symptoms of infection to your physician. Signs and symptoms may include: fever, chills, redness, tenderness, drainage, unexplained weakness or fatigue, nausea, pain, vomiting or diarrhea.

## Fall Prevention Tips

There's no place like home - and sometimes it seems like there's no place safer. For seniors, however, the home is where many injuries occur, and most of these are due to falls. Changes that are part of the normal aging process, such as declining vision, hearing, sense of touch or smell and bone density can increase the risk of injury. Injuries can also be more of a problem for seniors because, as the body ages, it takes longer to heal and recover from injury.

You might think that “accidents just happen” and that nothing can really be done to prevent them. Not so. By taking some simple measures, you can considerably reduce your chances of being injured at home. It's a matter of knowing what the potential hazards are, taking precautions and making adjustments. These changes can make a big difference!

This guide provides advice on how to prevent injuries by keeping your home, yourself and your environment as safe as you can. Checklists allow you to verify and increase the safety of your surroundings and lifestyle.

As the old saying goes: “An ounce of prevention is worth a pound of cure.” Inspecting your home and taking action to prevent home injuries can help you to live comfortably and safely for many years to come. We hope you will find this guide to be a practical tool to help you along the way.

## **The facts: Seniors and injury**

### ***Falls cause injuries and death***

Falls account for more than half of all injuries among adults 65 years and over. One out of three older adults experience one fall each year and half of those will fall more than once. Among older adults, falls are the leading cause of fatal and nonfatal injuries.

Nearly half of all injuries among seniors occur at home. The bathroom and stairs are particularly hazardous due to the risk of slipping, tripping and stumbling. Seniors who do fall often limit their activities for fear of falling again. Yet by limiting activities, they are likely to lose strength and flexibility, and increase their risk of falling again. Maintaining physical activity is essential if you wish to prevent falls and injury.

## **The facts: Aging brings changes**

Aging affects each individual differently. Some seniors experience physical limitations that seriously affect their level of activity while others are able to remain quite active. The natural process of growing older, however, generally includes changes in abilities. If you're experiencing some of the problems associated with the changes described below, consult your health professional and make sure you undertake whatever changes or adaptations will help you cope and compensate.

### ***Vision***

Eyes take longer to adjust from dark to light and vice versa, and become more sensitive to glare from sunlight or unshielded light bulbs. There is a decline in depth perception that can make it hard to judge distances. Perceiving contrasts and colors can also be more difficult.

### ***Touch, smell and hearing***

Sensitivity to heat, pain and pressure decreases; this may make it more difficult to detect a liquid's temperature or changes in ground or floor surfaces. Sense of smell diminishes, making it harder to smell spoiled food, leaking gas and smoke. Hearing loss can result in difficulty hearing telephones, doorbells, smoke alarms, etc.; it can also result in a decrease in balance, which can make falling more likely.

### ***Bone density***

Bones naturally become less dense and weaker with age. Bone loss (osteoporosis) among seniors can be worsened by lack of exercise and nutritional deficiencies. Bone loss can lead to painful fractures, disfigurement, lowered self-esteem and a reduction or loss of mobility.

### ***Balance and gait***

Balance is a complex function involving eyes, inner ear, muscular strength and joint flexibility. Any one of these can change as a result of aging. A general decline in equilibrium can make it more difficult to maintain or recover balance, meaning that a slip or trip can become a fall. The speed of walking, the height to which the heels are lifted, and the length of a person's stride can change

with age. These changes can make it more likely for someone to experience a fall.

### ***Memory***

In general, sharp brains tend to stay sharp. Cognitive processing and memory may take a bit longer, but this is a normal effect of aging. This is why it's important to make lists and keep phone numbers handy.

Most seniors develop effective coping mechanisms as they age. Being aware of the normal changes of aging allows you to plan for home and lifestyle adaptations that will help you retain your health, quality of life and independence.

## **Keeping yourself healthy and active**

What does home safety have to do with fitness and food? Plenty! Spending time and energy on your health can provide a big pay-off. You'll not only feel better, you'll be considerably reducing your chances of having a fall or other injury.

### ***Benefits of healthy eating***

The foods you eat build and maintain your body. With age, your body continues to need essential nutrients to function correctly. Food deficiencies in seniors can cause or increase the risk of bone loss, heart disease, diabetes, arthritis, etc. - all of which increase your risk of falling. Healthy eating promotes a healthy heart, strong bones and good resistance to infection and injury. Eating poorly, skipping meals or not eating enough can cause weakness and dizziness, and increase your risk of a fall.

### ***Benefits of active living***

Remaining physically active also reduces your risk of falling by giving you more flexible joints, stronger bones and muscles, better heart and lung function, more energy, less fatigue, better sleep and less anxiety and depression. Being active includes everyday activities, such as walking, climbing stairs, gardening and shopping, as well as exercise classes and recreational activities like swimming, golfing and Tai Chi. Whatever your current physical condition, you can engage in some form of physical activity with the help of your doctor.

### ***Physical activity***

There's no time like the present. Even when physical activity starts in later life, it can lead to significant improvements in your health and quality of life. Choose activities that will build your endurance, increase your flexibility and improve your strength and balance. Remember to check with your doctor first and to start slowly.

## **Keeping track of your medicine**

Seniors may be more prone to illness due to the weakening of the body's natural defenses. It's not surprising, therefore, that many require a greater number of drugs to treat their health problems. Because seniors also tend to have more than one health problem, they may receive multiple prescriptions or they may combine prescription drugs with over-the-counter products or with natural remedies. Given that the aging body is more sensitive to the effects of many medications, the

combinations can cancel the benefits of any or all medications and produce adverse reactions, such as memory loss, sleepiness, agitation and confusion. These effects have been associated with falls and other injuries.

To inform your doctor or pharmacist about all the medications you take, put all your medications, including herbal remedies, over-the-counter and non-prescription medicines in a bag and take it to your next doctor's appointment or pharmacy visit. If your medication causes dizziness or sleepiness, adjust your activities so you aren't at risk of falling.

Don't mix drugs and alcohol. Alcohol can react with many common over-the-counter medications, including tranquilizers, sleeping pills, cold or allergy medicines, high blood pressure pills and pain medication.

### **Keeping safe with safety equipment/aids**

Many of the products on the market today can make your life easier, more enjoyable and safer. Many are not very expensive, and some would make nice gifts. These products can be found in hardware stores, pharmacies, medical supply stores, mail- order catalogues and other specialty stores.

#### ***Useful aids for walking***

**Canes** can be a handy aid for walking, and these days they come in some fashionable styles too. It's very important to make sure your cane is the right height and the rubber tips are checked every once in a while to



ensure they are still in good shape. Wrist straps can be attached to your cane to prevent dropping. A clip can be put on the cane so that it will hang on the edge of a table or walker.

**Cane spikes** fit over the end of your cane for extra grip on an icy day. Spikes with four or five prongs are best. Many spike attachments flip up or down as needed. The spikes should be flipped up or taken off your cane when you enter a store or shopping mall, as the spike can slip on floor surfaces.

**Safety soles** are anti-skid detachable soles with studded treads that make walking safer in the wintertime. The safest design is a full sole that runs the entire length of the shoe. These have to be removed when you are walking indoors, such as in a shopping mall, since they will slip on floor surfaces.

**Walkers** - If walking for 20 minutes without help is a problem for you, an inside or an outside walker could be worth having. With a walker, you can go further, longer and, with some models, you can even have a seat when you want to take a rest. Many models also come with a basket for carrying packages. Special tote bags, trays, and cane and oxygen holders that attach to the walker can also be purchased.

**Appropriate footwear** - Comfortable shoes that provide good support can help to prevent falls. Lower heels are easier on your feet and back and are more stable for walking. Elastic laces are available to make laced shoes

easier to get on and off. Beware: easy-on shoes or slippers without fitting around the heel (i.e. backless) can be dangerous; shoes with smooth, slippery soles can cause you to fall; and composition soles, such as crepe soles, can stick to carpets and cause you to trip.

**Medication organizers** (dosettes) are compartment boxes designed to help you keep track of medications. They're available in drugstores.

**Wire/cord clips** enable you to tack down electrical and telephone cords along the walls so they don't run across the floors, where they're more likely to cause you to trip. You can find these clips at most hardware stores.

**Emergency response systems** are communication devices that will get help for you in case of an emergency. A variety of businesses and some non-profit organizations are involved in this kind of service. The company will install the device in your home for a minimal price and then charge a monthly fee to monitor the unit. You wear a wristwatch or pendant-type of device with a call button, which you press in case of an emergency.

**First aid kits** can be a godsend when there's an emergency. Make up your own first aid kit or purchase one from a reputable provider. Take note of where you keep it.

### ***Asking for help***

One of your best aids is your own voice. Don't hesitate to ask for help when you need it. Most people are delighted to be of assistance, and asking for help may well respond to your neighbors' and friends' need to be useful and to enjoy your company! Asking for help is also a way to keep safe by making others aware of your presence and your needs.

### **Keeping your home safe**

Injuries can result from seemingly innocent things around your home - many of which are easily fixed or adapted after you do some detective work to track them down. The following tips will help you avoid trouble before it happens. Your safety depends on it!

### ***Additional Tips***

We are concerned about your safety; please consider these "Lasting Steps Tips" to prevent fall related accidents:

#### **Tip #1 - Take Care of Yourself**

- ☐ Get regular medical checkups. Talk to your doctor to ensure you are taking appropriate levels and types of medication.
- ☐ Have your hearing and vision checked on a regular basis.
- ☐ Exercise regularly and eat nutritious meals.

## **Tip #2 - Remove Existing Hazards**

- ☐ Remove throw rugs or fasten to the floor with double-sided carpet tape.
- ☐ Keep cords out of pathways.
- ☐ Clean up spills as soon as they happen.
- ☐ Use sturdy stepstools with handrails. If you use a ladder, be sure it's the right size for the job and that it's secured. Don't be afraid to ask for help!
- ☐ Arrange furniture to minimize obstructions and allow for easy navigation.
- ☐ Have sidewalks and walkways repaired so that surfaces are level.
- ☐ Remove furniture that is not sturdy.

## **Tip #3 - Add Protection**

- ☐ Wear shoes with non-skid soles.
- ☐ Turn on lights when walking through dark rooms or hallways.
- ☐ Use nightlights in bathrooms, bedrooms, and hallways.
- ☐ Install grab bars in the bathtub, shower, and toilet areas.
- ☐ Install Anti-slip decals on bottom of bathtub.
- ☐ Use rubber backed rugs in bath/shower area.
- ☐ Install raised toilet seat.
- ☐ Install handrails on both sides of interior and exterior stairwells.
- ☐ Place phones in multiple rooms in case you need to call for emergency assistance.
- ☐ Place telephone and lamp near bed.
- ☐ Acquire a personal emergency response system.
- ☐ Install a seat at the entrance of your home to remove or put on your shoes and boots.

- ☐ To help avoid taking a misstep, you can paint wooden or concrete steps with a strip of contrasting color on the edge of each step or on the top and bottom steps. Don't rush going up or down stairs. Rushing is a major cause of falls.
- ☐ Some tile and bath cleaning products actually in crease slipperiness. Be careful when using such products.
- ☐ Make sure your bed is not too high or low, so that it is easy to get in and out of it. You can purchase short bed rails to steady yourself when getting out of bed.
- ☐ When you use a ladder, never stand or sit on the top three rungs. Maintain your balance by keeping your body centered between the rails, not reaching to the sides and not pushing or pulling on anything.

#### **Tip #4 - Modify Personal Habits**

- ☐ Move slowly after lying or sitting to prevent dizziness.
- ☐ Always wear well-fitted shoes or slippers with low heels and non-slip soles.
- ☐ Do not wear long skirts, long house coats, or loose slacks.
- ☐ Do not use bath oil.
- ☐ Turn on a night light before going to bed.
- ☐ Turn on a light when getting up at night.
- ☐ Avoid using a ladder or step stool.

For safety medical equipment visit:

**[www.stepwellmedical.com](http://www.stepwellmedical.com)**

Falls are by far the leading cause of seniors' injuries and injury-related hospitalization. They cause pain and, for many, lead to a move from home to a care establishment. They often cost seniors their independence and quality of life. Yet most falls incurred by seniors are preventable. Whether you live in a house, a condo or an apartment, living safely at home requires adapting your environment, your behavior and your lifestyle to the normal changes that age brings.

You need to make sure your home is safe. This may involve installing brighter lighting, moving your furniture around, uncluttering your floors, rethinking the arrangement of your storage shelves, putting in night-lights or getting a good fire extinguisher.

You need to keep yourself healthy and active. Whatever your physical condition, it's never too late to eat well and to be more active. Not only will this benefit your overall health and increase your resistance to disease, it will also help you maintain the balance and strength you need to ward off falls and serious injury at home and elsewhere. You need to recognize that assistive devices and gadgets are a smart way to make your everyday life easier, independent and safe. Find out which are available and use them!

Every change you make to adapt your home and to stay healthy will help keep you from falls and injury. We hope that this guide has provided you with many suggestions that will allow you to remain safely in your own home for many years to come.

## **SAFETY INSTRUCTIONS**

**STOP** immediately and contact your physician if you experience chest pain, dizziness or severe shortness of breath while exercising or performing Lasting Steps activities. If you feel very unwell and your symptoms do not go away when you stop exercising call an ambulance or 9-1-1.

If you experience minor pain in your joints or muscles, stop, check your position and try again. If the pain persists, stop and seek advice from your physician.

However, feeling your muscles working or slight muscle soreness the next day after exercise is normal and shows that the exercises are working.

Breathe normally throughout and enjoy yourself.

Aim to do these exercises two to three times per week or as directed by your physician.

**We recommend that you ALWAYS have a caregiver or capable person by your side while performing Lasting Steps activities.**

**Consult your physician before starting any exercise program or Lasting Steps.**

# Lasting Steps™





# Head Movements

- 1. Stand up tall and look ahead**
- 2. Slowly turn your head as far as you can to the right**
- 3. Slowly turn your head as far as you can to the left.**
- 4. Repeat five times to each side**

Special Instructions:

- Consider doing while showering



Comments:

# Neck Movement

- 1. Stand up tall and look ahead**
- 2. Place one hand on your chin**
- 3. Guide your head straight back**
- 4. Repeat five times**

Special Instructions:

- Consider doing while showering**



Comments:

# Back Extensions

- 1. Stand up tall with feet shoulder width apart**
- 2. Place the hands on the small of the back**
- 3. Gently arch back**
- 4. Repeat five times**

Special Instructions:



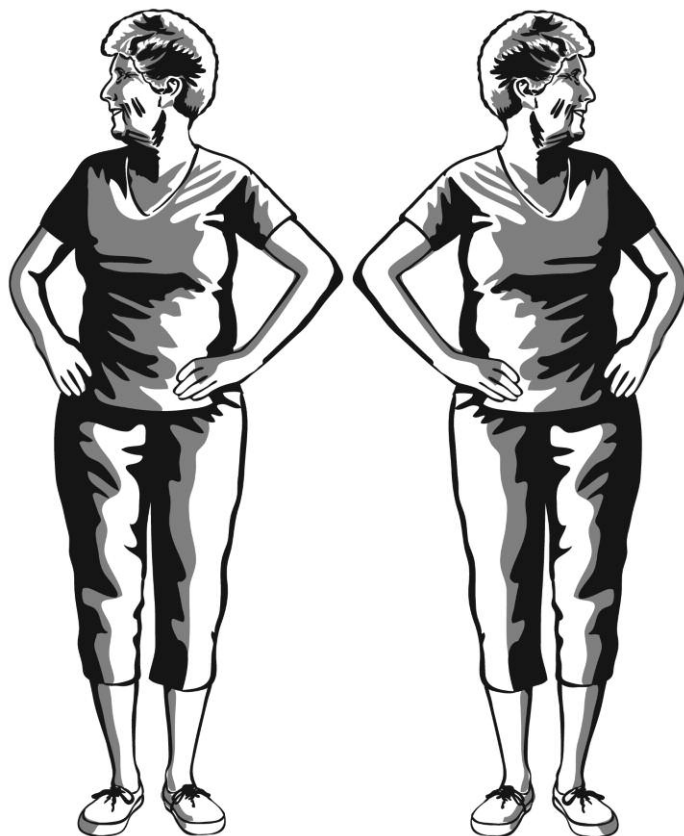
Comments:

# Trunk Movements

- 1. Stand up tall with feet slightly spread and pointing outwards**
- 2. Place your hands on your hips**
- 3. Do not move your hips**
- 4. Turn as far as you can to the right, comfortably**
- 5. Turn as far as you can to the left, comfortably**
- 6. Repeat five times to each side**

Special Instructions:

- Try while sitting and placing hands on knees



Comments:



# Ankle Movements

- 1. Either stand or sit**
- 2. Point the foot down then pull the foot back toward you**
- 3. Repeat 10 times for each foot**

Special Instructions:



Comments:

# Front Knee Strengthening

- 1. You could do this while watching TV**
- 2. Strap the weight on to your ankle**
- 3. Sit on a chair with your back supported**
- 4. Straighten the leg**
- 5. Lower the leg**
- 6. Repeat \_\_\_\_\_ times**
- 7. Repeat with other ankle \_\_\_\_\_ times**

Special Instructions:

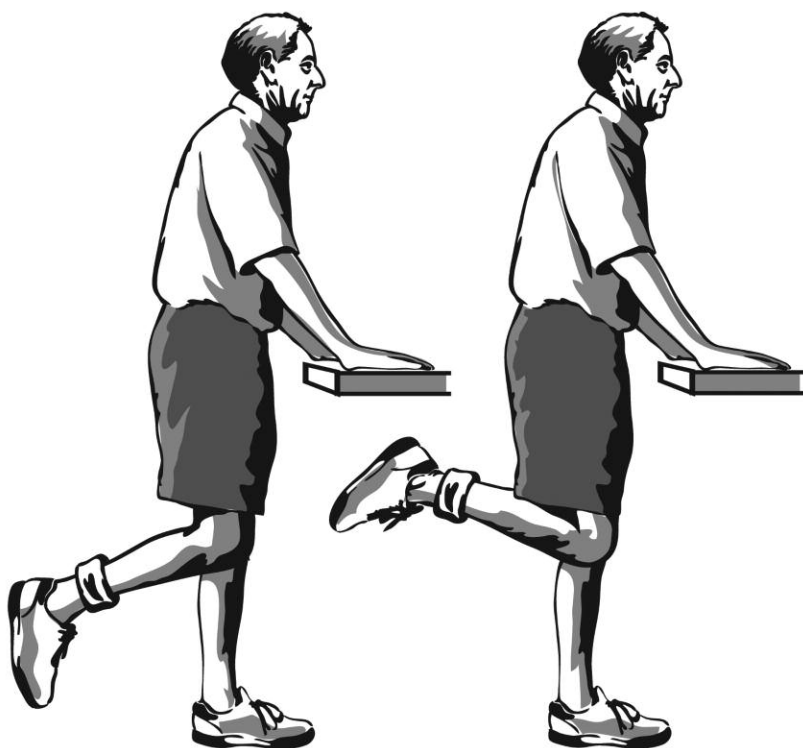


Comments:

# **Back Knee Strengthening**

- 1. Strap the weight on to your ankle**
- 2. Stand up tall facing the bench with both hands on the bench**
- 3. Bend the knee, brining the foot toward your bottom**
- 4. Return to the start position**
- 5. Repeat \_\_\_\_\_ times**
- 6. Strap weight on other ankle and repeat \_\_\_\_\_ times**

Special Instructions:



Comments:

# Side Hip Strengthening

- 1. Strap the weight on to your ankle**
- 2. Stand up tall beside the bench**
- 3. Hold on to the bench**
- 4. Keep the exercising leg straight and foot forward**
- 5. Lift the leg out to the side and return and repeat \_\_\_\_\_ times**
- 6. Strap weight on other ankle and repeat \_\_\_\_\_ times**

Special Instructions:



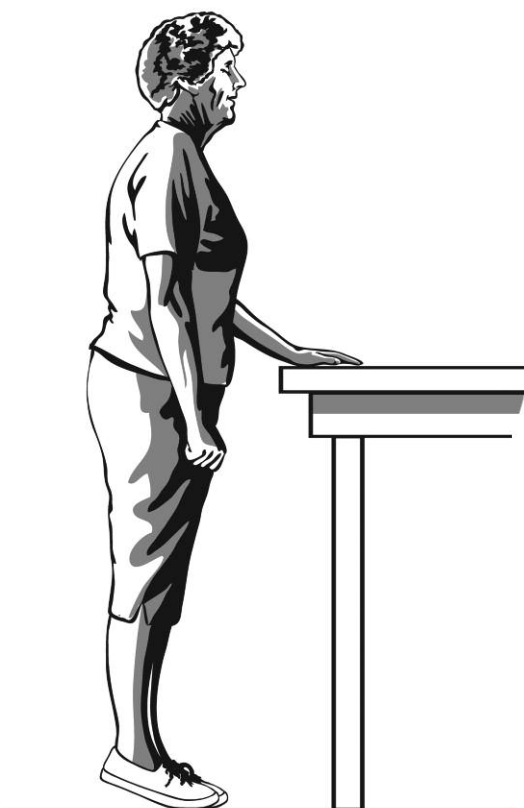
Comments:



## **Calf Raises - With Support**

- 1. Stand up tall facing the bench**
- 2. Hold on and look ahead**
- 3. The feet are shoulder-width apart**
- 4. Come up onto your toes**
- 5. Lower the heels to the ground**
- 6. Repeat this exercise 20 times**

Special Instructions:

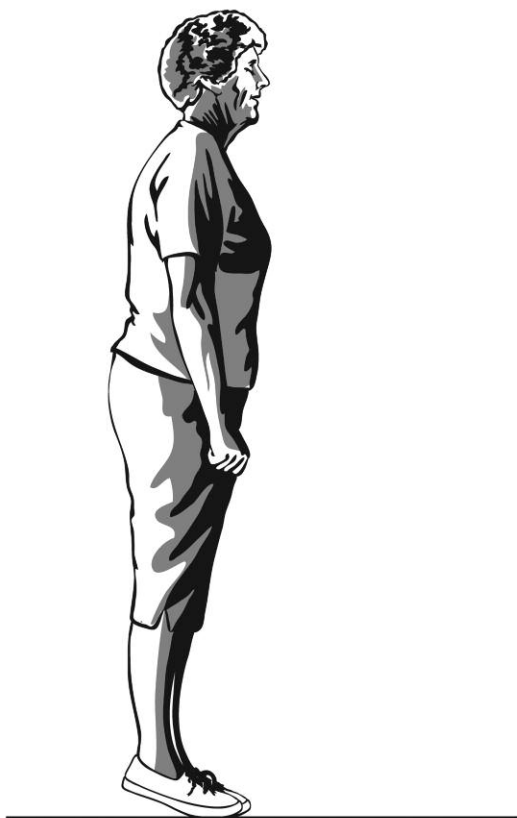


Comments:

# **Calf Raises - No Support**

- 1. Stand up tall looking ahead**
- 2. The feet are shoulder-width apart**
- 
- 4. Come up onto your toes**
- 5. Lower the heels to the ground**
- 6. Repeat this exercise 20 times**

Special Instructions:

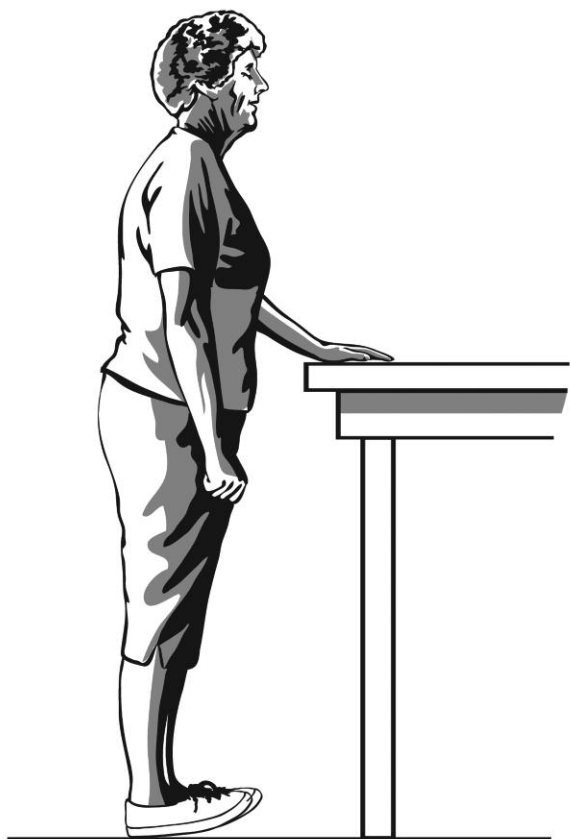


Comments:

## **Toe Raises - With Support**

- 1. Stand up tall beside the bench**
- 2. Hold on and look ahead**
- 3. The feet are shoulder-width apart**
- 4. Come back onto the heels, raising the balls of your feet off the floor**
- 5. Lower the feet to the ground**
- 6. Repeat this exercise 20 times**

Special Instructions:

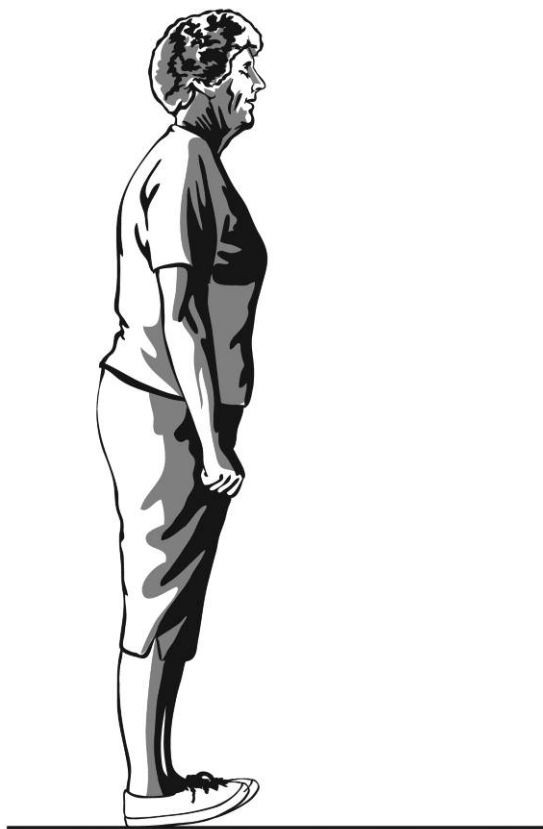


Comments:

## **Toe Raises - No support**

- 1. Stand up tall and look ahead**
- 2. The feet are shoulder-width apart**
- 3. Come back onto the heels, raising the balls of your feet off the floor**
- 4. Lower the feet to the ground**
- 5. Repeat this exercise 20 times**

Special Instructions:



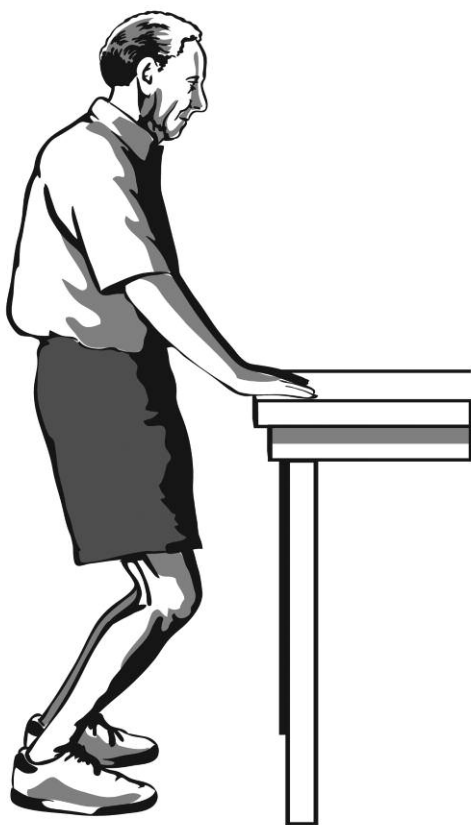
Comments:



# **Knee Bends - With Support**

- 1. Stand up tall facing the bench with both hands on the bench**
- 2. Place your feet shoulder-width apart**
- 3. Squat down half way, bending your knees**
- 4. The knees go over the toes**
- 5. When you feel your heels start to lift, straighten up**
- 6. Repeat \_\_\_\_\_ times**

Special Instructions:



Comments:

# **Knee Bends - No Support**

- 1. Stand up tall and look ahead**
- 2. Place your feet shoulder-width apart**
- 3. Squat down half way, bending your knees**
- 4. The knees go over the toes**
- 5. When you feel your heels start to lift, straighten up**
- 6. Repeat \_\_\_\_\_ time**

Special Instructions:



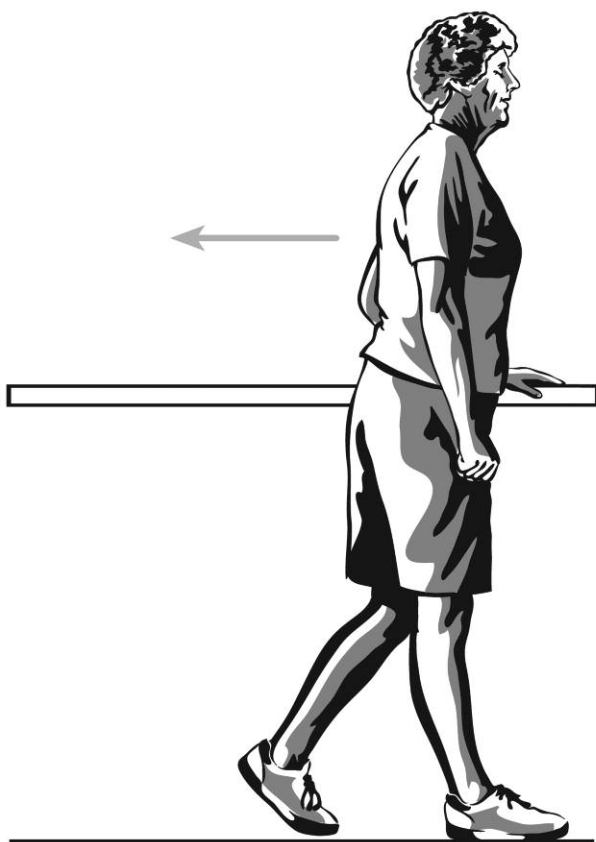
Comments:

# **Backward Walking - Support**

- 1. Stand up tall and hold on to the bench**
- 2. Walk backwards 10 steps**
- 3. Turn around and hold on with the other hand**
- 4. Walk backwards 10 steps to the beginning**
- 5. Repeat exercise \_\_\_\_\_ times**

Special Instructions:

- Extra caution should be observed**



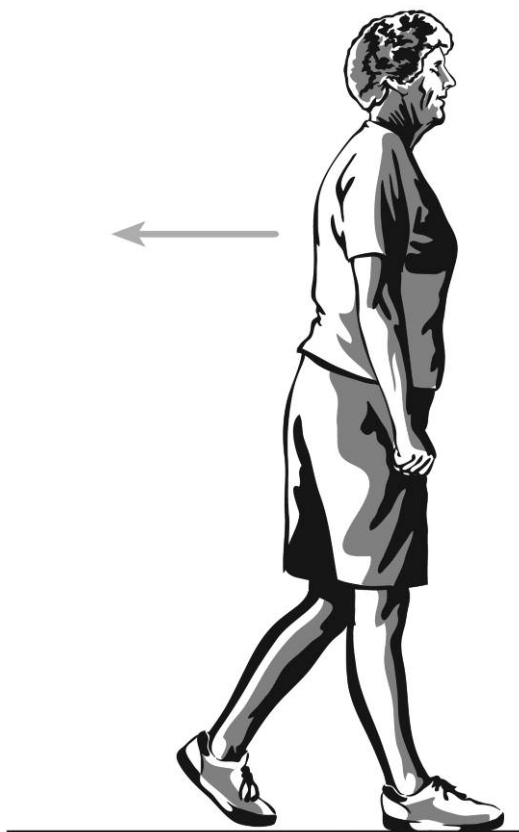
Comments:

# **Backwards Walking - No Support**

- 1. Stand up tall and look ahead**
- 2. Walk backwards 10 steps**
- 3. Turn around**
- 4. Walk backwards 10 steps to the beginning**
- 5. Repeat exercise \_\_\_\_\_ times**

Special Instructions:

- Extra caution should be observed



Comments:

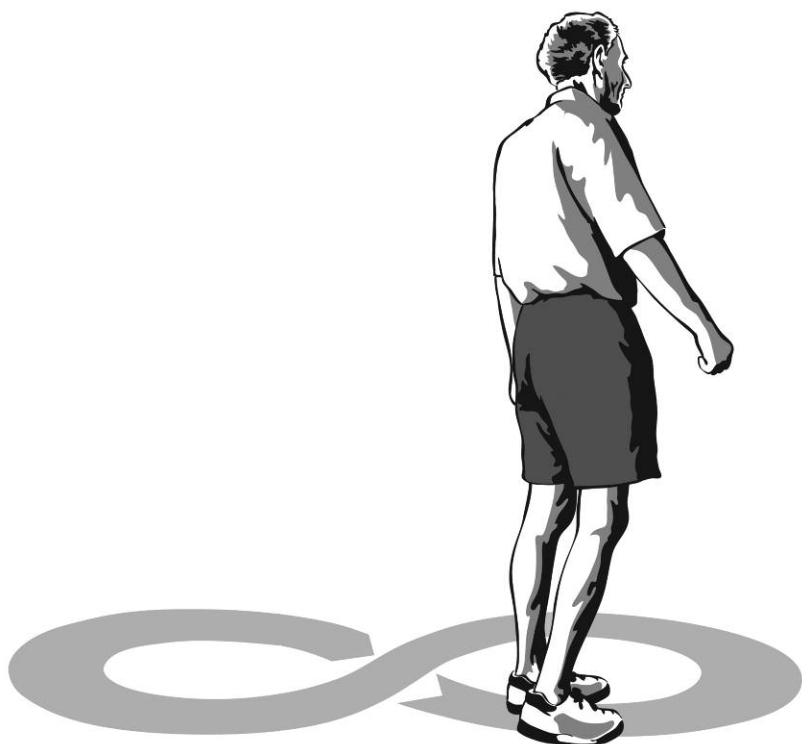


# **Walking & Turning Around**

- 1. Walk at your regular pace**
- 2. Turn in a clockwise direction**
- 3. Walk back to your starting position**
- 4. Turn in an anti-clockwise position**
- 5. The exercise is a figure eight movement**
- 6. Repeat this movement**

Special Instructions:

- Extra caution should be observed



Comments:

# Sideways Walking

- 1. Stand up tall and place your hands on your hips**
- 2. Take 10 side steps to the right**
- 3. Take 10 side steps to the left**
- 4. Repeat**

Special Instructions:

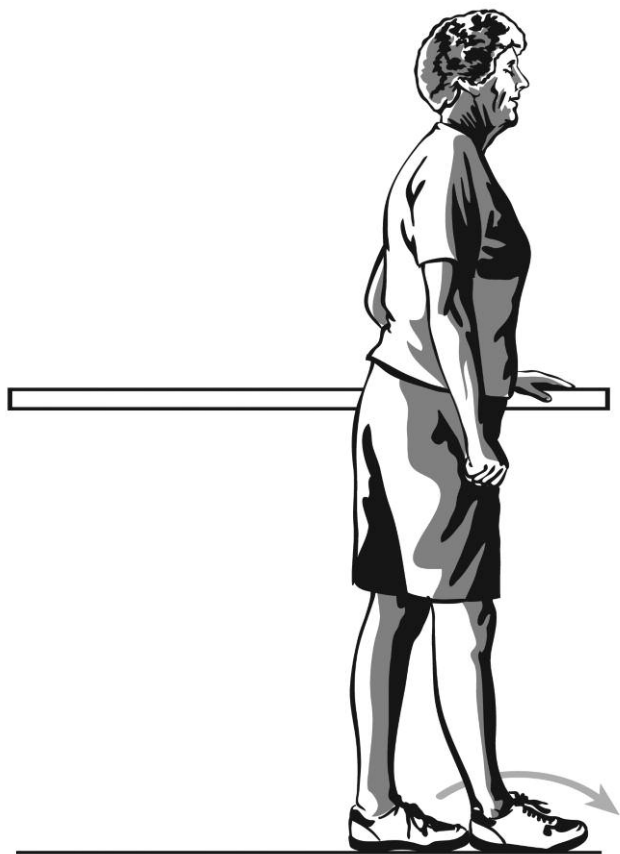


Comments:

# **Heel Toe Standing - Support**

- 1. Stand up tall beside the bench**
- 2. Hold on to the bench and look ahead**
- 3. Place one foot directly in front of the other foot so the feet form a straight line**
- 4. Hold this position for 10 seconds**
- 5. Change position and place the foot behind directly in front**
- 6. Hold this position for 10 seconds**

Special Instructions:



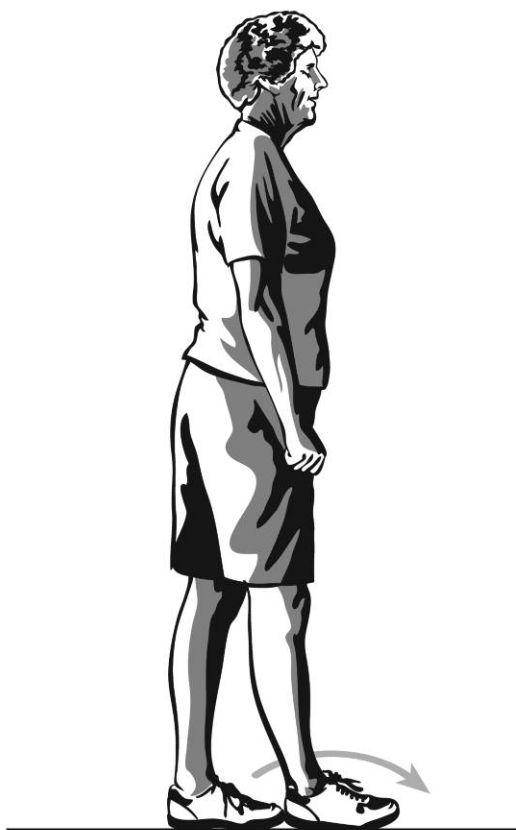
Comments:

# **Heel Toe Standing - No Support**

- 1. Stand up tall and look ahead**
- 2. Place one foot directly in front of the other foot so the feet form a straight line**
- 3. Hold this position for 10 seconds**
- 4. Change position and place the foot behind directly in front**
- 5. Hold this position for 10 seconds**

Special Instructions:

- Extra caution should be observed



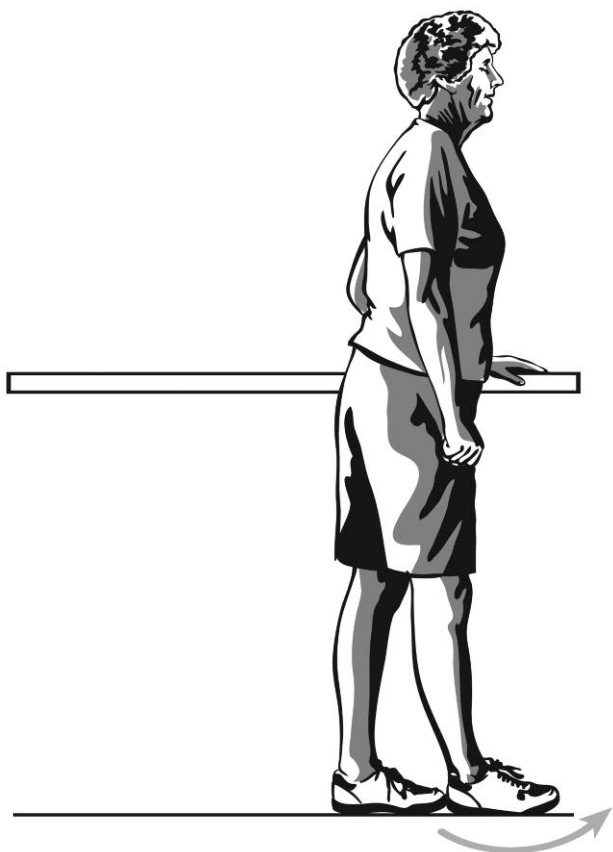
Comments:



# Heel Toe Walking

- 1. Stand up tall beside the bench**
- 2. Hold on and look ahead**
- 3. Place one foot directly in front of the other foot so the feet form a straight line**
- 4. Place one foot directly in front**
- 5. Repeat for 10 more steps**
- 6. Turn around and repeat**

Special Instructions:



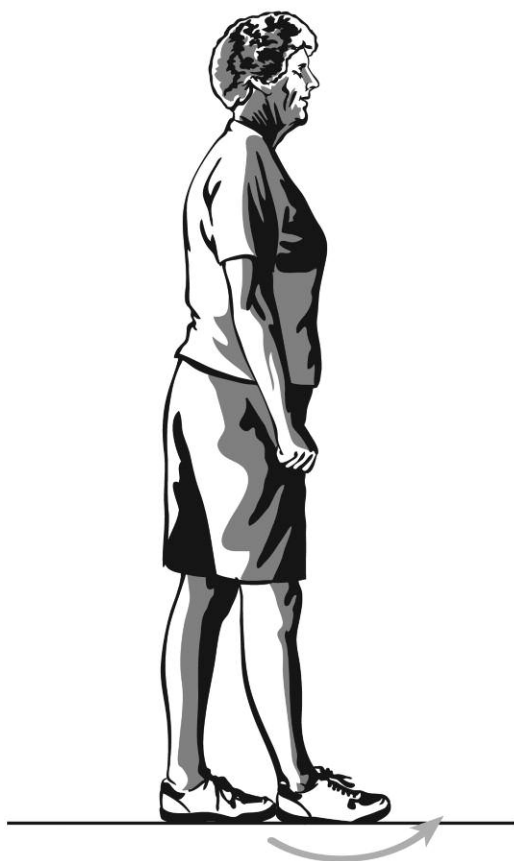
Comments:

# **Heel Toe Walking - No Support**

- 1. Stand up tall and look ahead**
- 2. Place one foot directly in front of the other foot so the feet form a straight line**
- 3. Lift the heel of the back foot and place it directly in front of the other foot**
- 4. Place one foot directly in front**
- 5. Repeat for 10 more steps**
- 6. Turn around and repeat**

Special Instructions:

- Extra caution should be observed

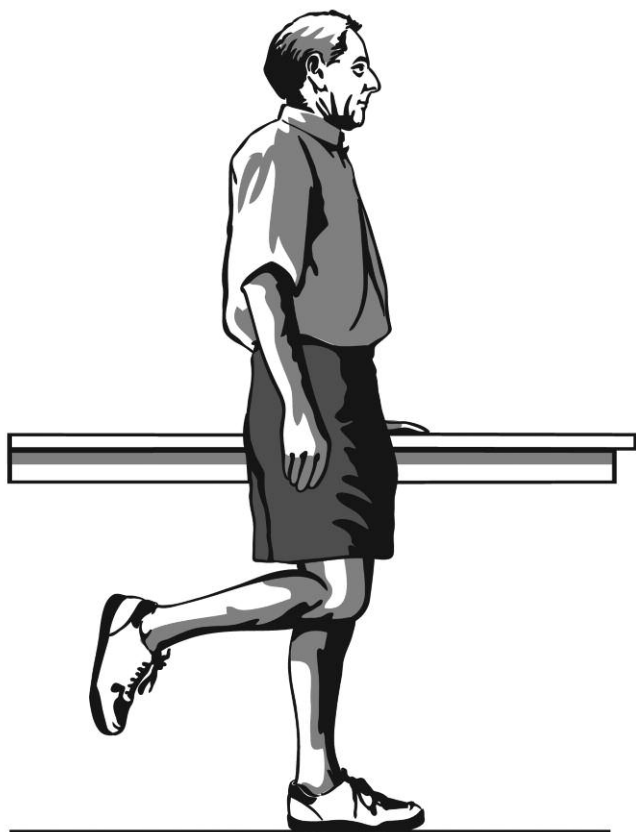


Comments:

# **One Leg Stand - With Support**

- 1. Stand up tall beside the bench**
- 2. Hold on and look ahead**
- 3. Stand on one leg**
- 4. Try to hold this position for \_\_\_\_\_ seconds**
- 5. Stand on the other leg**
- 6. Try to hold this position for \_\_\_\_\_ seconds**

Special Instructions:



Comments:

# **One Leg Stand - No Support**

- 1. Stand on one leg**
- 2. Try to hold this position for \_\_\_\_\_ seconds**
- 3. Stand on the other leg**
- 4. Try to hold this position for \_\_\_\_\_ seconds**

**Special Instructions:**

- Extra caution should be observed**



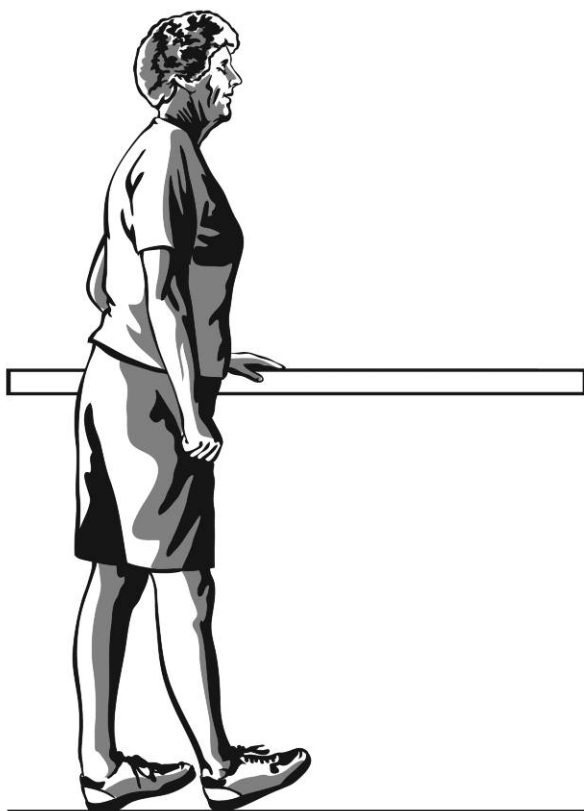
Comments:



# **Heel Walking - With Support**

- 1. Stand up tall beside the bench**
- 2. Hold on and look ahead**
- 3. Come back onto the heels, raising the ball of the foot off the floor**
- 4. Walk 10 steps on your heels**
- 5. Lower the feet to the ground and turn around**
- 6. Turn around and repeat**

Special Instructions:



Comments:

# **Heel Walking - No Support**

- 1. Stand up tall and look ahead**
- 2. Come back onto the heels, raising the ball of the foot off the floor**
- 3. Walk 10 steps on your heels**
- 4. Walk 10 steps on your heels**
- 5. Lower the feet to the ground and turn around**
- 6. Turn around and repeat**

Special Instructions:

- Extra caution should be observed**

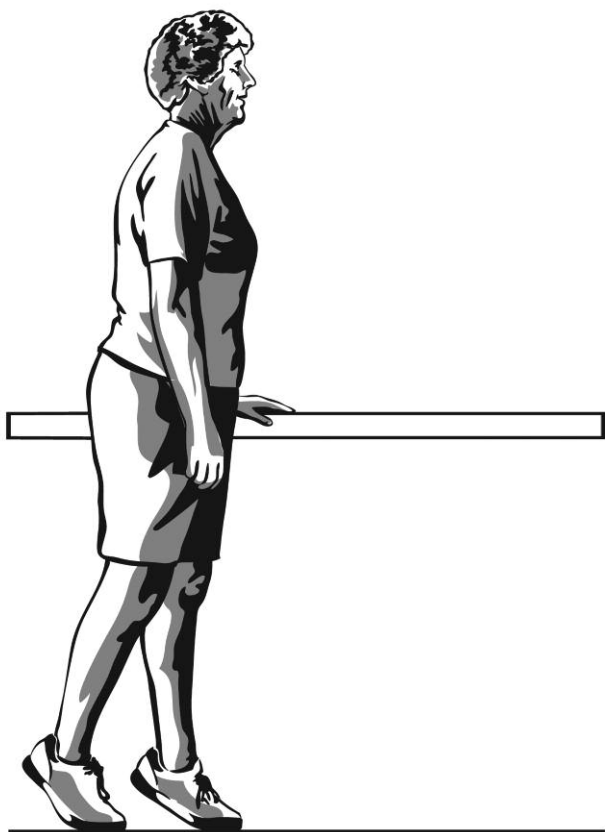


Comments:

# **Toe Walking - With Support**

- 1. Stand up tall beside the bench**
- 2. Hold on and look ahead**
- 3. Come up onto your toes**
- 4. Walk 10 steps on your toes**
- 5. Lower the heels to the ground and turn around**
- 6. Walk 10 steps on your toes**
- 7. Repeat**

Special Instructions:



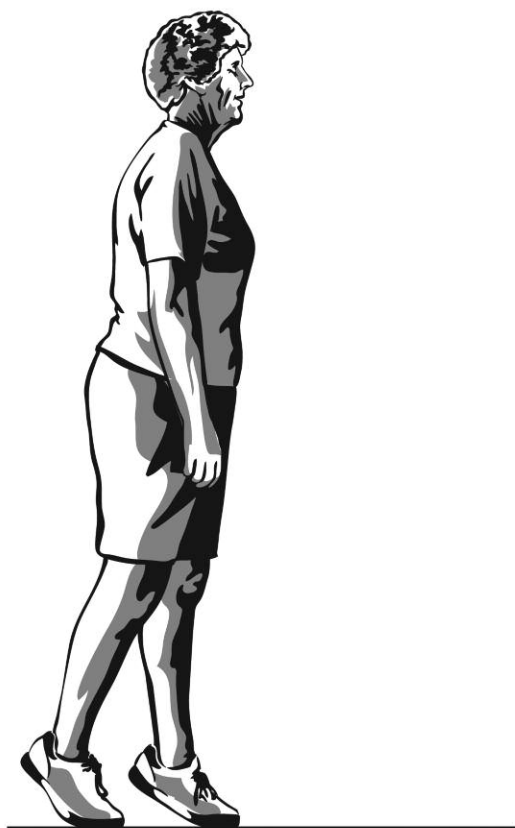
Comments:

# **Toe Walking - No Support**

- 1. Stand up tall and look ahead**
- 2. Come up onto your toes**
- 3. Walk 10 steps on your toes**
- 4. Lower the heels to the ground and turn around**
- 5. Walk 10 steps on your toes**
- 6. Repeat**

**Special Instructions:**

- Extra caution should be observed**



Comments:

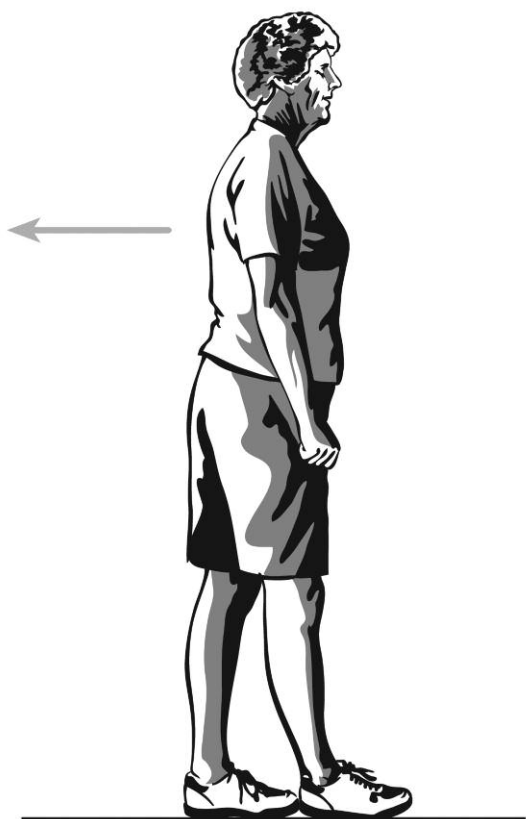


# Heel Toe Walking Backwards

- 1. Stand up tall and look ahead**
- 2. Place one foot directly behind the other foot**
- 3. Place the foot in front directly behind**
- 4. Repeat for 10 more steps**
- 5. Turn around and repeat**

Special Instructions:

- Extra caution should be observed



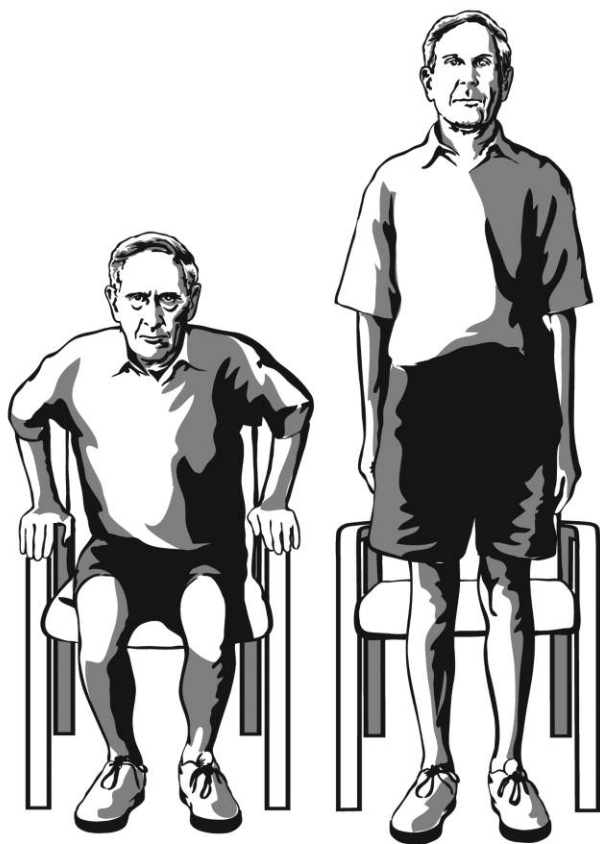
Comments:

# **Sit To Stand - Two Hands**

- 1. You could do this exercise while you watch TV**
- 2. Sit on a chair which is not too low**
- 3. Place the feet behind the knees**
- 4. Lean forward over your knees**
- 5. Push off with both hands to stand up**
- 6. Repeat \_\_\_\_\_ times**

## **Special Instructions:**

- Extra caution should be observed**
- Always use stable chair with wide base**



Comments:

# **Sit To Stand - One Hand**

- 1. You could do this exercise while you watch TV**
- 2. Sit on a chair which is not too low**
- 3. Place the feet behind the knees**
- 4. Lean forward over your knees**
- 5. Push off with one hand to stand up**
- 6. Repeat \_\_\_\_\_ times**

## **Special Instructions:**

- Extra caution should be observed**
- Always use stable chair with wide base**



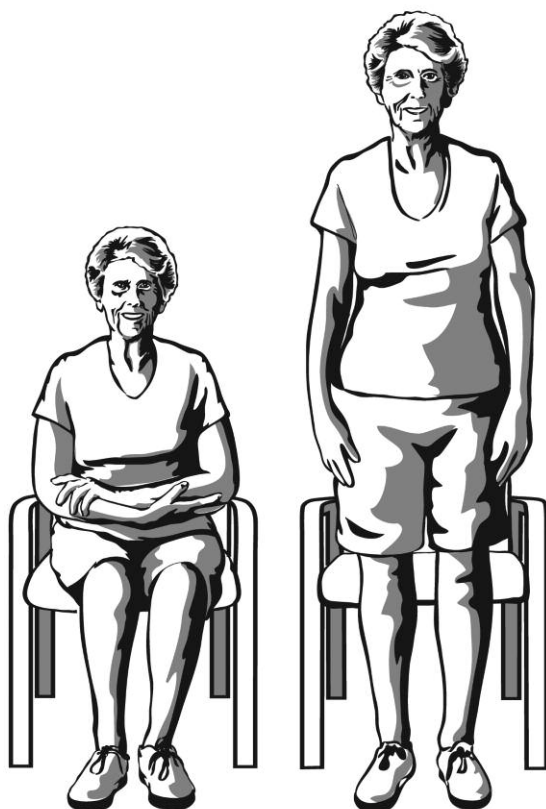
Comments:

# **Sit To Stand - No Hands**

- 1. You could do this exercise while you watch TV**
- 2. Sit on a chair which is not too low**
- 3. Place the feet behind the knees**
- 4. Lean forward over your knees**
- 5. Stand up without using your hands**
- 6. Repeat \_\_\_\_\_ times**

## **Special Instructions:**

- Extra caution should be observed**
- Always use stable chair with wide base**



Comments:



*“If it doesn’t challenge you,  
it doesn’t change you”*

-Fred Devito

# *Leaves should fall... people should not!*

**Lasting Steps will add years to your life, and “life to your years”**

Falls account for more than half of all injuries among adults 65 years and over. One out of three older adults experience one fall each year and half of those will fall more than once. Among older adults, falls are the leading cause of fatal and nonfatal injuries. Thankfully, falls are not an inevitable part of aging and in fact most can be avoided. With your doctor's approval, Lasting Steps will introduce Therapeutic Activity techniques to reduce your risk of falling by improving endurance, strength, balance, coordination and flexibility.

