According to the Centers for Disease Control and Prevention, even though one-third of adults age 65 and older experience a fall each year, fewer than half of these individuals tell their physician about it. It is essential to notify the doctor about the event. The doctor can make sure that an invisible injury did not result from the fall.

Fear of Falling

Balance can be affected in a person with a disability, such as stroke, and consequently many elderly people fear falling. Certain eye and ear disorders may increase risk of falls. If the person in your care has balance problems, dizziness, or a spinning sensation, a therapy subscription from the doctor may help.

To reduce fear of falling, therapists often have people practice getting up from a lying position. This increases confidence that they can get up if they fall. Any amount of exercise helps reduce risk of falls.

Water Therapy

Water therapy is also a safe way for a person with a disability and the elderly to exercise because there is no danger of falling. Floating in water allows easy movement and little strain on joints and muscles.

Fall Prevention Measures

✔ Staying in when it is rainy or icy outside.
✔ Having regular vision screening check-ups for eyeglasses.
✔ Using separate reading glasses and other regular glasses if bifocals make it difficult to see the floor.
✔ Being cautious when walking on wet floors. Look carefully at floor surfaces in public buildings. Many floors are made of highly polished marble or tile that can be very slippery.
✔ Wearing good foot support when walking. New shoes are slippery and crepe-soled shoes can cause the toe to catch.
✔ Having foot pain problems corrected and keep toenails trimmed and feet healthy for good balance.
✔ Avoid gravel or rock yards or paths.
✔ Stop at curbs and check the height before stepping up or down. Be cautious at curbs that have been cut away to allow access for bikes or wheelchairs. The incline may lead to a fall.
✔ Consider wearing hip protectors for added protection should you fall.
✔ Use a shoulder bag or fanny pack to leave your hands free to use hand rails as you go up and down steps and on escalators.
✔ Use a walker or cane as needed for added stability.
The Aging Network

As a result of 1973 amendments to the 1965 Older Americans Act, federal funding is provided for a network of agencies to coordinate services for the growing population of older Americans. This network includes the federal Administration for Community Living (ACL), state administrative units on aging, more than 655 nationwide Area Agencies on Aging (AAA), and thousands of community-based senior centers and nutrition sites.

The Kansas Department for Aging and Disability Services (KDADS) is the state administrative unit that oversees the operation of 11 state AAAs. Although most AAAs are private, not-for-profit agencies operating in multiple counties, the Johnson County AAA is a public not-for-profit operating as a unit of Johnson County Human Services.

For detailed information, visit www.jocogov.org/hsd.

Aging and Disability Resource Center

The Area Agency on Aging hosts your local Aging and Disability Resource Center (ADRC), where people can turn for information, assistance, and a single point of entry to public long-term support programs and benefits. ADRCs provide unbiased, reliable information and options assistance to persons eligible for Medicaid Home and Community-Based Services (HCBS) for Frail Elderly, Physical Disabilities and Traumatic Brain Injuries, as well as assessment services for persons considering a move to a nursing facility.

Receive services or be of service. Both are easy!

Begin receiving aging services. To learn more about any of the services provided through the Johnson County AAA, call an aging information specialist at 913-715-8861.

Become a volunteer. Consider joining the network of dedicated volunteers who help senior adults live in the Johnson County community with independence, dignity, and hope. Volunteers may choose activities that meet their interests and time schedules. The AAA’s priority volunteer program is Meals on Wheels. Call the coordinator of Volunteer Services at 913-715-8859 to learn more or to become a volunteer.
AAA Programs

- **Aging Information and Assistance.** Aging information specialists provide timely, updated facts about aging issues and services over the phone, through email, or in person by appointment.

- **Publications about Aging.** A variety of print and electronic materials provide important information of interest to senior adults and family caregivers.

- **The Best Times,** a quarterly newsmagazine, is available to Johnson County residents 60 and older. The Best Times provides vital information about aging services, programs, organizations, activities, and issues. The publication is also available online. Contact 913-715-8930 concerning subscriptions.

- **Caregiver Support.** Services to support non-paid caregivers of frail older adults who need services to maintain independent living.

- **Homemaker/chore programs.** Ongoing assistance with the upkeep and cleanliness of the home, shopping, and occasional heavy-duty cleaning are available through these programs.

- **Medication management.** Nurses visit private homes regularly to setup medications and monitor their use.

- **Assessment.** An in-home meeting with a potential client to determine needs for services. Additional assistance may be provided to coordinate multiple services if needed.

- **Nutrition Services.** Adults 60 and older in Johnson County have three dining options, based on their needs and preferences. Each meal provides a minimum of one-third of the daily nutritional requirements.

  - **CHAMPSS:** A senior dining option to augment meals at Senior Nutrition Centers, CHAMPSS provides greater time flexibility and more extensive menu selections at local grocery stores. Call 913-715-8894 for information regarding enrollment.

  - **Meals on Wheels:** Volunteers deliver nutritious meals Monday through Friday to senior adults who are homebound.

  - **Senior Nutrition Centers:** Nutritious meals are served at 11:30 a.m. five days a week at six centers. The centers offer friendship, education, fitness, and opportunities for socializing. See locations on the back of this brochure.

- **Legal services.** Seniors receive access to legal consultation and representation, education, and assistance with access to government benefits.

- **Personal care.** Attendants help senior adults with bathing, grooming, and other personal care.

- **Respite care.** An in-home substitute caregiver or adult day care can provide temporary relief for non-paid caregivers.

- **A private pay care management service** is offered through the ADRC. This service assists those who need help in setting up services for seniors in Johnson County.
**Transferring from a Wheelchair to a Car**

Be sure the car is parked on a level surface without cracks or potholes.

- Open the passenger door as far as possible.
- Move the left side of the wheelchair as close to the car seat as possible.
- **Lock the chair’s wheels.**
- Move both footrests out of the way.
- Position yourself facing the person.
- Tell him what you are going to do.
- Bending your knees and hips, lower yourself to his level.
- By grasping the transfer belt around his waist help him stand while straightening your hips and knees.
- If his legs are weak, brace his knees with your knees.
- While he is standing, turn him so he can be eased down to sit on the car seat. GUIDE HIS HEAD so it is not bumped.
- Lift his legs into the car by putting your hands under his knees.
- Move him to face the front.
- Put on his seat belt.
- Close door carefully.

**Transportation**

A network of transportation services, public and private, will pick up the disabled and the elderly at their homes. These services rely on vans and paid drivers and run on a schedule to specific locations. Free transportation is available from community volunteer organizations, although most public services charge on a sliding scale.
Influenza ("the flu") is a contagious respiratory illness that can be severe and life-threatening, especially for adults 65 years of age and older. The immune system weakens with age, which makes it harder to fight disease. The flu can be dangerous in older adults whether they are healthy or have a chronic health condition such as heart disease or diabetes, which can worsen as a result of the flu.

Getting an annual flu vaccination is one of the things you can do to help maintain your health. According to the U.S. Centers for Disease Control and Prevention, the single best way to help prevent the flu is to get an annual vaccination, which is recommended for everyone six months of age and older, with rare exception.

Source: NCOA National Council on Aging

NOTE
If the person falls and cannot move or use the injured limb, keep the limb from moving. Do not straighten a deformed arm or leg. Splint an injury in the position you find it. Seek advice from the healthcare provider.

Inspiration
An ounce of prevention is worth a pound of cure.
~Benjamin Franklin
The Area Agency on Aging sponsors services to support non-paid caregivers of frail older adults who need services to maintain independent living.

If you are a caregiver and need help, contact the Johnson County Area Agency on Aging (AAA) Information Specialists at 913-715-8861.

The AAA works with community-based organizations to provide services for caregivers. These services are funded under the Family Caregiver Support Program (FCSP). There is no fee to the caregiver for these services but donations are appreciated.

**FCSP Services** may include:
- Caregiver Training
- Respite Care
- **Supplemental Services** – These services, attendant/person care, bathroom items, chore, homemaker, flex, repair/maintenance/renovation, transportation, are provided on a limited basis to complement the care provided by the caregivers.
- Services may also be available for Grandparents or Relative Caregivers.

**HELPFUL WEBSITES:**

**Johnson County Area Agency on Aging (AAA)**
http://www.jocogov.org/hsd

**Aging & Accessibility Directory**
AAA publications and directories

**AAA Caregiver Support**
http://www.jocogov.org/dept/human-services/area-agency-aging/caregiver-support

**Kansas Department for Aging and Disability Services (KDADS)**
www.kdads.ks.gov

**Kansas Caregiver Guide**

**Family Caregiver Alliance**
www.caregiver.org

**National Institute on Aging**
www.nia.nih.gov

**Hospice Caregiver Information**
www.hospicenet.org/html/caregivers.html

**Hospice Foundation of America**
www.hospicefoundation.org/caregivers

**National Cancer Institute**
www.cancer.gov/cancertopics/caring-for-the-caregiver

The mission of the Johnson County Area Agency on Aging is to advocate for and assist older adults in maintaining their independence and dignity through community-based services.
Falls and fractures are not an inevitable part of growing older. Many can be prevented. Many falls result from personal or lifestyle factors that can be changed. Read the issue and answer True or False to the questions below.

1. According to the Centers for Disease Control and Prevention, one-third of adults age 65 and older experience a fall each year.
   T F

2. Balance can be affected in a person with a disability, such as a person living with stroke.
   T F

3. Certain eye and ear disorders may increase your risk of falls.
   T F

4. Having regular vision screening does not help prevent falls.
   T F

5. Influenza (“the flu”) is a contagious respiratory illness that can be severe and life-threatening, especially for adults 65 years of age and older.
   T F

6. If the person falls and cannot move or use the injured limb, keep it from moving. Do not straighten a deformed arm or leg. Splint an injury in the position you find it.
   T F

7. When transferring from a wheelchair to a car, place the wheelchair as close to the car seat as possible and lock the chair’s wheels.
   T F

8. Water therapy is a safe way for a person with a disability and the elderly to exercise because there is no danger of falling.
   T F

9. Having foot pain problems corrected and keep toenails trimmed and feet healthy helps a person have good balance.
   T F

10. The incline at curbs that have been cut away to allow access for bikes or wheelchairs cannot lead to a fall.
    T F

Name__________________________________________________________

Signature_________________________________ Date____________________
Safety Tips—Outdoor Areas

Safe outdoor areas are important, especially for those who are frail or elderly and are mobile. Safety features should include the following:

- Ramps for access on ground that is not level or even
- A deck with a sturdy railing
- Alarmed or locked outside doors
- Enough light to see walkway hazards at night
- Nonslip step surfaces in good repair
- Stair handrails fastened to their fittings
- Cover porch steps with a gritty, weather-proof paint and step edges marked with reflective paint