

Ravenswood Care Center Shares Fall Prevention Strategies for Seniors

Written by Australian Business

RAVENSWOOD, WV, September 19, 2013 **/24-7PressRelease/** -- When it comes to caring for the elderly, [Ravenswood Care Center](#) realizes that safety is a high priority. Many people become more unsteady and weaker as they age, making falls a realistic concern. Frequently checking in on seniors can help to provide more immediate care should a fall occur, but a recent [article](#) in the Vail Daily highlights fall prevention tips for families and care givers.

Falls are significant issue of concern when it comes to seniors. They can lead to serious injury and sometimes require hospitalization for treatment. According to the Centers for Disease Control and Prevention's National Center for Injury Prevention and Control, "older adults are hospitalized for fall-related injuries five times more often than they are for injuries from other causes." The bathroom is one of the most common places for a fall to occur.

In addition to resulting in physical injury, falling can also have an impact on the mental health of seniors. Many develop a fear of falling that can lead to them becoming more inactive and losing confidence in their abilities, which can start a vicious cycle. The more they become fearful and inactive, the more their balance tends to decrease due to inactivity, resulting in more fear. The cycle goes on and on. There are steps that seniors and their families can take to work toward preventing falls, however.

Things which at one time did not pose a threat to the safety of the elderly can become more dangerous as they age. As they become less mobile and steady, maneuvering around obstacles can become more difficult. Rugs, for example, can become a tripping problem. If they are not securely fastened to the floor, seniors can catch their feet on the edge or slip as the rug moves and fall. Consider tacking rugs down or removing them all together.

Cords are another tripping hazard. Rather than expecting seniors to have the agility to step over them, try to minimize the distance they span. Plug lamps and other devices into nearby sockets so that the cords are not stretched across walking areas and are more easily hidden. Also make sure that hallways and other paths are well-lit and free from clutter. The less objects sitting around, the easier it is to navigate.

Whenever possible, attach handrails and grab bars. The stairs can become tricky to negotiate, so having hand rails readily accessible can provide more balance and stability. Grab bars can reduce the chances of slipping and falling while in the shower or tub or on the toilet. Consider adding non-skid mats to the bottom of the tub or investing in a tub seat for additional safety.

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Paying attention to the clothing that seniors wear is important as well. Make sure that clothing fits well and is not too loose or baggy. If there is material dragging on the floor, it poses a higher risk for tripping and falling. Although floppy slippers are comfortable, slippers that fit more snugly and have non-skid soles are a better option. This allows for seniors to have more control when walking because their slippers are not sliding off or flopping on the ground.

"Falls are a concern for many people," asserts a representative of Ravenswood Care Center. "Making homes or living areas as safe as possible by removing unnecessary clutter and adding additional supports such as grab bars are valuable steps in preventing falls." At Ravenswood Care Center staff checks on residents frequently and addresses any safety concerns.

ABOUT:

Ravenswood Care Center is an assisted living facility located in Ravenswood, West Virginia. It provides residents with the ability to maintain their independence in a structured setting while receiving the level of assistance and care that they require as they age. The facility employs a staff of 50 who care for the approximately 80 residents who call the center their home.