



Fall Prevention

Why Is Fall Prevention Important?

Falling is not an inevitable part of aging, but the risk of falling increases with age. Falls are a major cause of disability and the leading cause of injury deaths among people 65 or over (Centers for Disease Control, 2006). Over 13,000 deaths in older Americans are associated with falls each year (CDC, 2003). Falling and the fear of falling can make older people lose confidence and increase dependency upon others to carry out normal day to day tasks. The most profound effect of falls is the loss of independent functioning. Approximately 25 percent of people 75 or over unnecessarily restrict their activities because of fear of falling (National Institute on Aging).

Prevention Is Better

There are many factors that can be addressed to reduce the risk of falling: balance impairment, muscle weakness, inactivity, loss of vision, medication interactions or side effects, home hazards and sudden illness.

How Does QuietCare Help?

QuietCare recognizes and reports normal, healthy behaviors—and significant changes—during the times the senior is alone in their residence. When there are changes in behavior that indicate potential health problems or dangerous situations, QuietCare alerts caregivers so that they can provide appropriate medical attention. For those at risk for falls, QuietCare provides caregivers with a unique insight into the person's lifestyle pattern and associated risk factors. It is also a highly reliable emergency notification system for falls, so that caregivers can check on the senior immediately. QuietCare is a major step forward in proactive care, helping seniors enjoy a higher quality of life and avoid serious health complications, while maintaining their dignity and privacy.

- **Night-Time Activity:** 70% of falls occur at night. Knowing that an individual is unusually “active” at that time is important. Medications and lifestyle factors can be checked, and potential hazards can be reduced in the home.
- **Bathroom Visits:** An increase in bathroom visits can mean an emerging healthcare condition, such as urinary tract infections, stomach upsets or a reaction to medication. These may cause the person to lose balance, mobility and becoming generally weak – all factors that increase the risk of falling. QuietCare tracks changes in frequency and duration so that caregivers can take action earlier.
- **Meal Preparation:** A balanced diet, fluid intake and meals taken at appropriate times helps maintain muscle and bone strength, hydration and blood sugar levels, all factors in preventing falls. QuietCare monitors refrigerator usage as an indicator of meal preparation.
- **Medication:** Forgetting to take medication is a common problem and potential risk factor. QuietCare monitors the person's medication area so that caregivers can check that medications have been taken at appropriate times.
- **Overall Activity Levels:** Reduced activity can result in an increased risk of falling. QuietCare reports the level of activity in the residence and alerts caregivers to significant changes.
- **Visitors:** QuietCare monitors movement through the front door. This provides caregivers with insights into the time and frequency of visits.
- **Wander (Night Movement and Night Exit):** If you are concerned about a person who can put themselves at risk by wandering at night, QuietCare can immediately alert you to any night-time movement or if they exit the apartment.

QuietCare also alerts caregivers to emergency situations, such as a bathroom fall, no morning bedroom exit, dangerously low/high room temperatures or a high fall risk resident getting out of bed without assistance.