

# FALL PREVENTION, WINTERIZED

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# NO MO FALLS

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# QUICK TIPS

- Talk with friends about what you use to prevent falls and ask them what they use
- Pay attention to tasks that generate fear or anxiety about falling-what can be changed about that task



LET'S DIVE IN



# MOBILITY SUPPORTS-WALKERS

The wide variety of mobility supports are available to assist year round. Here are a few tips to keep them winterized.

- Check walker feet and cane tips to make sure the rubber is in good condition before winter.
- Consider removing walker glides for tennis balls or rubber caps.
- Make sure walker hand grips cover the metal. Add non-slip, insulating material as needed.
- If possible, store mobility devices inside the home during freezing temps.

# MOBILITY SUPPORTS-WHEELCHAIRS

## (AND WALKERS)

- Keep batteries fully charged
- Check breaks on manual wheelchairs and rollators to make sure they are in great working order.
- Check tires on your mobility devices, just like cars, they need to have good tread. Or you can upgrade to a heavier tread for winter!
- Wipe any salt or sludge off your mobility device when you get back home.
- If possible, store mobility devices inside the home during freezing temps.

# MOBILITY SUPPORTS-RAMPS, LIFTS AND WALKWAYS

- Make a plan for snow removal from ramps, lifts and walkways before the snow comes.
- Make sure any ramps you use have a non-slip surface. Add grip with non-slip tape or paint, if needed.
- Apply salt, as needed, and give it time to work before using ramp or walkway.
- Check condition of all handrails and replace if needed. If they are metal, make sure to always wear gloves during cold weather.
- Remember your glasses! Snow can cause glare which can hide walkway conditions.

# MOBILITY SUPPORTS

Nubby wheelchair tires



Ice grip cane attachment



YakTrax

# TRAVEL

Being sure footed is the best way to prevent falls during winter weather. There are a couple of devices that can help with that.

Swivel  
Seat



Liberty Lift  
Standing Aid



Handybar

# MEDICATION

- Winter weather may prevent someone from getting to an appointment or to the pharmacy to pick up medication.
- Make sure to connect with the doctor with any medication routine changes as this can lead to falls.
- Make sure to have an appropriate medication planner or plan.
- Winter may be a good time to start medication delivery service.



# AROUND THE HOME

The risk of falls around the home are not particularly seasonal, but there are a couple of factors that can be different.

- Winter has a much longer night than summer and in Missouri, the temperature is also going to change quite a bit.
- Keeping the thermostat low to keep bills manageable can effect our muscles are.
- Individuals may need a little extra time upon standing or a bit more support to stand.



# BEDROOM

In the bedroom, the addition of some AT could be helpful to prevent falls, especially in the winter.



Motion activated lights

Dressing aids



Bed assist rails

# KITCHEN

In the winter we can have two meals without the benefit of sunlight. So adding lighting and a few other tips can make a difference.

## Task Lighting

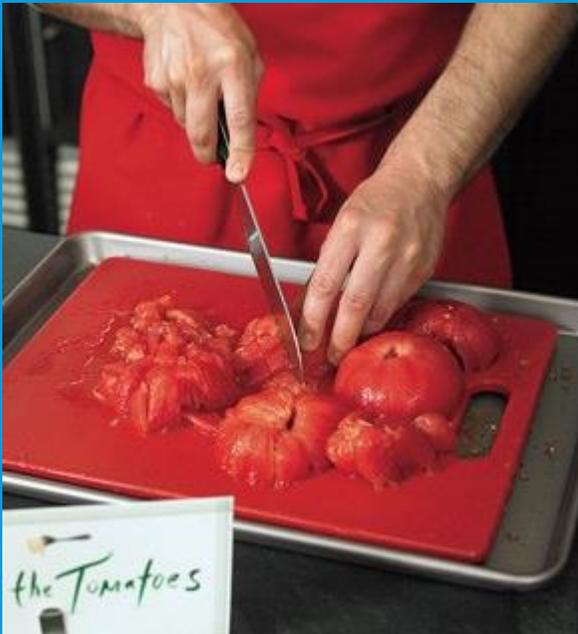


High contrast cutting boards

## Pour Thing



# MORE KITCHEN TIPS



Cut juicy or slippery items in a cookie sheet

Have an easy to use mop handy for spills



# BATHROOM

Cold and Hard Surfaces! Same old solutions.



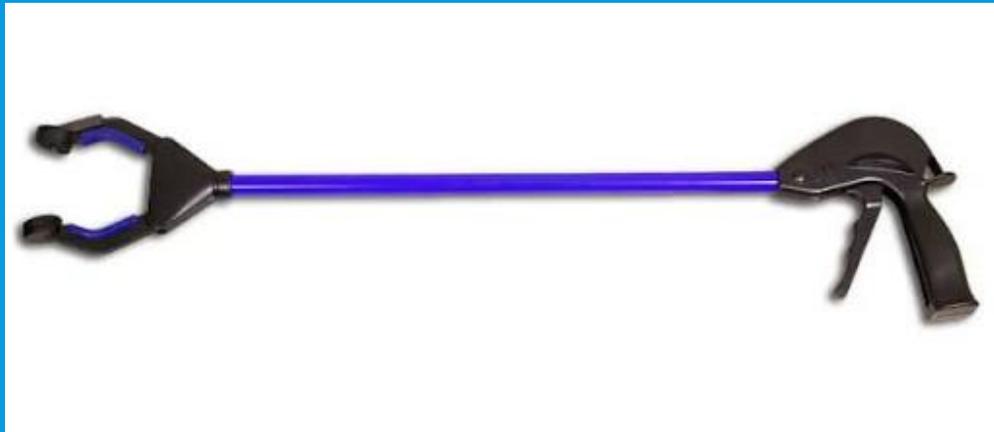
Grab bars



Dispensers



# ALWAYS IN SEASON



Reachers can help with a wide variety of tasks in many rooms. Select the right style for the need.



If using a cell phone as an emergency alert, have a way to keep it with you, should a fall occur.

# THANK YOU

Question or comments?

Other tips to share?

Contact info

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