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# WHAT EVERY SENIOR NEEDS TO KNOW... BEFORE YOU FALL

by Certified Personal Trainer;  
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# *Fall Statistics for Seniors*

- **Currently in the U.S.**, every second of every day, an older adult suffers a fall. (CDC)
- **Every 11 Seconds** an older adult is treated for a fall related injury. (NCOA)
- **Falls** are the most common cause of a traumatic brain injury. (CDC)
- **More than 95%** of hip fractures are caused by falling - most falling sideways. (CDC)
- **Falls** are the leading cause of both fatal and nonfatal injuries for seniors. (NCAL)
- **1 Out of Every 5 Falls** causes an injury, such as broken bones or a head injury. (NIH)
- **Every year**, more than 25% of adults 65 and older fall. (CDC)
- **Falling once** doubles your chances of falling again. (CDC)





## *Welcome - I'm Joy Fletcher*

- Owner of **Agile 4 Life Fitness** offering online fitness classes specifically for seniors.
- I started doing online trainings in 2022 during the COVID shutdown. I worried my loving fitness friends from the Berkeley Y would loose all of their hard earned fitness gains.
- In total, I have over 40 years experience in health & fitness, with 10 yrs in Cardiac Rehab.
- I'm currently a WITS personal trainer and hold a position on their certification board.
- A senior fitness consultant.
- A certified Corrective Exercise Specialist.
- A contributing writer and speaker.
- I have a Bachelors of Science in Food and Nutrition.
- I'm the creator of **Standing Strong - A Seniors Guide to Fall Prevention**.
- My goal is to make it as easy as possible for everyone, esp. seniors, to stay active, healthy, strong, and fit while decreasing their risk of falling so they can live their best life.



**A** review of the fall statistics makes it very clear that one unfortunate, unplanned, accidental fall could leave an older adult losing their independence or worse.

Preventing a fall is by far the most desirable way to keep from being part of these grim statistics. That however can be a little trickier than you might think.

According to research on fall prevention, there are over 200 risk factors that can cause a fall. There are fall risks that happen around us and affect us externally—cracked sidewalks, slippery floors—and just as many fall risks that happen to us internally, especially as we age—hearing loss, medications, muscle weakness.

In the FREE infographic: [\*The 3 Most Important Changes You Should Start Today to Prevent Falls...As You Age\*](#), I talk about those risk factors and how you can improve your chances of preventing a fall. I hope you'll check it out.



# WHAT YOU NEVER WANT TO HAPPEN AFTER A FALL

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Not only do I have personal experience with, but have heard way too many stories about, seniors who have fallen and have not been able to get themselves up. Where they have had to wait and spend hours or even days, for someone to find them so they could get the help and assistance they desperately needed.

The term for this—spending an hour or more on the floor before help arrives—is called “long lie”. Unfortunately, long lie happens more than you think.

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**In one study of older adults  
47% of non-injured fallers  
could not get themselves up  
after a fall**

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<https://pubmed.ncbi.nlm.nih.gov/8416408/>



# WHAT CAN PREVENT YOU FROM GETTING UP...AFTER A FALL?

- ✓ You're injured and experience a broken bone, a concussion or you're rendered unconscious.
- ✓ The location of the fall is in an isolated location or is not easily accessible like a narrow hallway, on a slope or in a secluded area.
- ✓ You have ongoing muscle weakness or frailty.
- ✓ You have dementia and lose the ability to understand the situation.
- ★ You have a lack of social support with no one close by to help or check-in regularly.
- ★ You have not prepared and have no plan on what to do if you fall.
- ★ You have not practiced how to get yourself up from a fall.

**J**ust like any risk factor that affects balance and prevents falls, to get immediate results, it's best to tackle the ones that are in your control. Preferably tackling the risks that can be done quickly and with minimal effort first.

For instance, something that can be done relatively quickly and easily is to talk with friends or family members and set up (or exchange) regular frequent wellness calls or visits. This "plan" would help to eliminate the risk of spending days on the floor before someone finds you and helps you up.

Compare that to working on muscle strength. While improving muscle weakness is an excellent plan and is highly encouraged, it's important to remember that the benefits will not be immediate. So while improving muscle strength does decrease your risk of a fall, it will not be immediate. Any noticeable improvements will take about 4-6 weeks and that's if you train consistently for at least two days a week.



# THE 2 BEST TECHNIQUES TO IMPROVE YOUR CHANCES OF GETTING UP AFTER A FALL

## ***1. Always be prepared in case you fall.***

Just like any emergency situation, if there is no plan, there's a good chance the situation could turn out with an undesirable outcome. We'll cover a number of ideas you can implement quickly and easily.

## ***2. Review and practice ways to get up in case you do fall.***

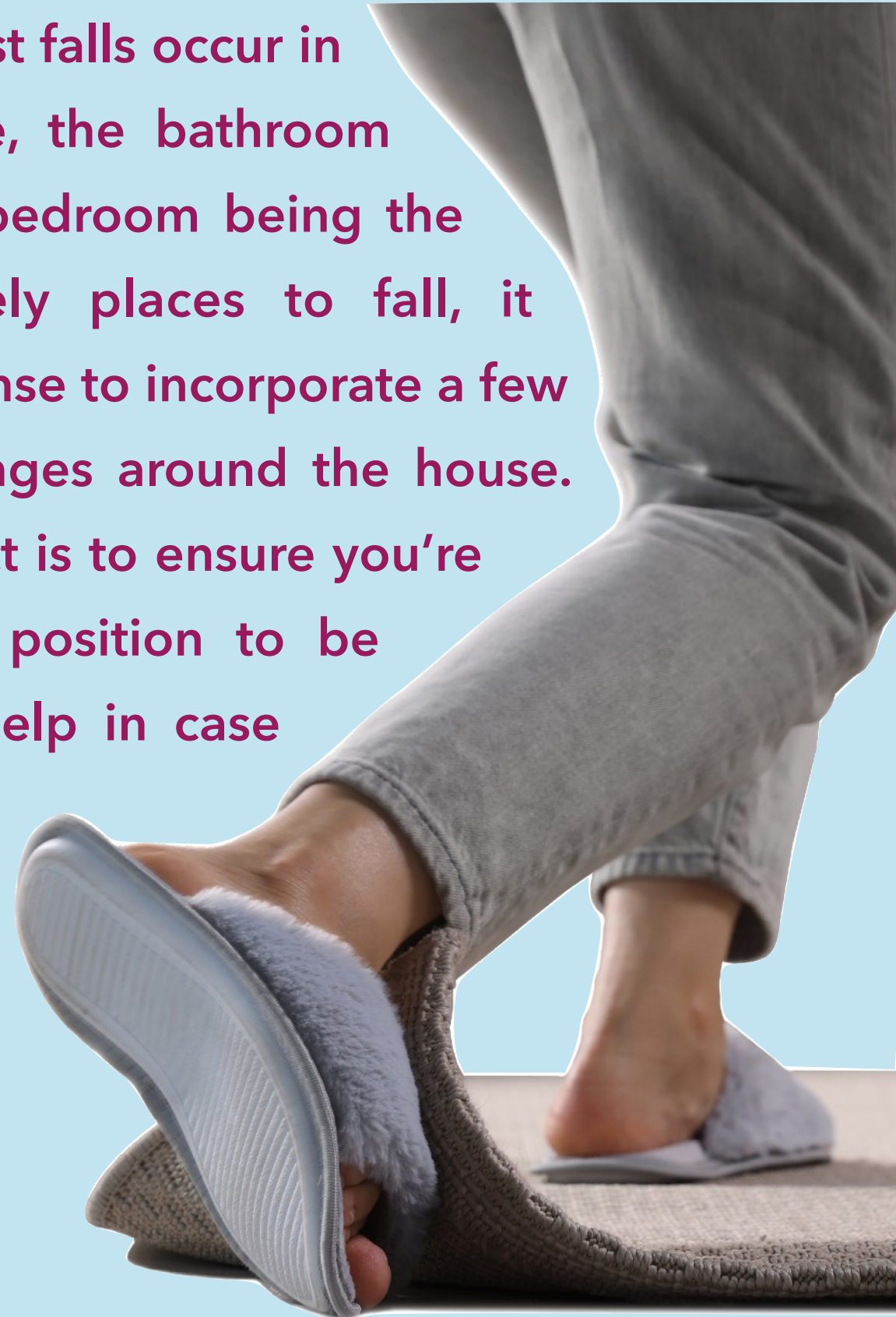
Our body's movements are controlled in part by muscle memory. It helps your body to remember what to do if you practice how you would get up after a fall. Again, any good emergency plan has better results if it's practiced. So, we'll review a number of different ways to get yourself up.

**Make a Plan #1**

**ALWAYS  
BE  
PREPARED**

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Since most falls occur in the home, the bathroom and the bedroom being the most likely places to fall, it makes sense to incorporate a few easy changes around the house. The object is to ensure you're not in a position to be without help in case you fall or you're injured in a fall.





# WHAT TO THINK ABOUT - SO YOU CAN PREPARE

## *Things to Consider*

1. Will there someone close by to help you up off the floor, in a short time span?
2. Do you have enough strength to get yourself up off the floor on your own?
3. Will you need something to grab onto to help pull yourself up off the floor?
4. Will there be something close by you can use to pull yourself up off the floor if you need it?
5. What if it's necessary to maneuver yourself to something to pull yourself up?

# START HERE...TO BE PREPARED

1. If you have a land line, place at least one phone in an area where you spend a majority of your time. Make sure it's low enough to be reached even if you're confined to the floor after a fall.
2. If you have a cell phone, make a conscious effort to ALWAYS have it on your person while you move about from room to room. For convenience, either store it in a pocket or purchase a convenient phone holder. Search 'cell phone carriers for elderly' on Amazon for ideas.
3. Check to see if your wearable device (ie. Apple Watch or FitBit) or cell phone has an automatic emergency SOS alert system. If so, make sure you have it set up, you have emergency contacts entered, and you understand how it works should you need it.





# ALWAYS BE PREPARED CONTINUED...

4. Consider buying a separate medical alert device. To ensure the service you purchase will be there when you need it, here's what to look for:
- A. The device itself should have a UL listing. Meaning it has been tested under many different types of conditions and it works as it claims.
  - B. Make sure the service and the device does testing every month or allows for testing every month.
  - C. The device should have a 24 hour battery backup in case of a power outage.
  - D. You are looking for a service that has a very quick response time - 60 seconds or less.
  - E. Make sure the service has its own call monitoring center and is not using a 3rd party which can delay response time.
  - F. Make sure the service offers complete coverage, available 24/7, 365 days, day and night.



## Make a Plan #2

# REVIEW AND PRACTICE

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Before we talk about the different ways to get up after a fall, it's important to talk about how to protect yourself so that you aren't injured if you do fall.

Sometimes a fall happens so fast that you don't have time to think (about it) and everything that happens will be reactive. However, if you have "mentally reviewed and practiced" what you should do to protect yourself during a fall, it could save you from a serious injury.

**Important Note:** NEVER practice falling without professional supervision. This is especially true if you have been diagnosed with osteopenia, osteoporosis or any other type of condition that causes weakness and/or brittleness in the bones or spine.



# HOW TO FALL TO PREVENT INJURIES

1. **Protect your head by tucking your chin.** This is one of the most important things to do if you feel yourself start to fall. Using this simple technique can save you from a concussion, traumatic brain injury or even whiplash.
2. **Try to land soft and on the largest surface of your body.** This technique requires more control. There are number of things you're trying to control as you fall.
  - You try to land on a soft surface and not land hard on one small body area.
  - You try to twist away from any hard surfaces, projectiles, corners or hard objects.
  - You try to land either on your back side or on one side of the butt and leg, not allowing a direct impact on the hip.
3. **Bend your knees when falling backwards.** The object is to shorten the distance of your fall allowing you to decrease the impact forces.
4. **Try to relax as you fall.** This can help to distribute the impact so it's not all on one spot. Better distribution of the impact forces can help to minimize injuries.
5. **Keep your elbows bent like a spring.** When your arms are straight and locked, in an effort to catch yourself, it's one of the most common reasons for a broken bone. Keep your arms bent to help absorb the impact.

# THE BEST FIRST STEPS AFTER A FALL

1. If you are in a safe place, don't immediately try to move or get up unless you are having trouble breathing or notice bleeding. At which point **call 911** immediately.
2. If you can breath and there is no bleeding, take time to allow your adrenaline levels to lower and to recognize what's happened.
3. Calm yourself and allow your breathing to come back to normal.
4. If other people are around and offer help, let them know you need a few moments to evaluate your situation before you try to get up. (Unless trouble breathing or bleeding)
5. After you've calmed down, and you're fully aware of your situation, the next step is to check to see if you're injured. (Do a Body Check)
6. If you didn't land on your back, see if you can roll to your back without assistance and/or without sharp pain. If this is not possible, stay as you are and have someone nearby **call 911**.
7. If you're on your own and you can't move, see if you can get to your phone to **call 911**.
8. If neither of these are an option, you'll need to yell for help or try and get yourself to a place where others can see or hear you.







# BODY CHECK TO SEE IF YOU'RE INJURED

- **Ankles** - point, flex, and roll each ankle, 2 times.
- **Knees** - bend 1 knee, keeping foot on the floor. Slide the foot toward your butt and back out to straight, 2 times each.
- **Hips** - bring one knee up to the chest, go back to straight, bring the other knee up to the chest and back. Do 2 times to check each side of the hip.
- **Lower Back** - place both feet on the floor, knees to ceiling, and let both legs fall to one side, then fall to the other side, 2 times each side.
- **Wrists** - with arms at the side, rotate each wrist, 2 times.
- **Shoulders** - raise each arm up to about chest high and lower, 2 times.
- **Neck** - move your head side to side, 2 times.

If you can not move any of your joints or body parts due to pain, or you can not get into an upright, seated or standing position, because of pain, get help immediately by **calling 911**.

*(Always KeeP your Hands Low When Stretching Naked!)*

# FALL SAFETY CARD - FOR YOUR WALLET

<p><b>WHAT TO DO NEXT IF YOU FALL:</b></p> <p>If you're safe, breathing &amp; not bleeding:</p> <ul style="list-style-type: none"><li>✓ Take a few moments, breath normally to calm yourself</li><li>✓ Let help know you're okay – don't rush</li><li>✓ Roll to your BACK – if you can't, <b>CALL 911</b></li></ul> <p>★ <i>Do a <b>BODY CHECK</b> for injuries</i></p> <p>★ <i>Do each movement 2 times</i></p> <p>1. <b>Ankles</b> - point, flex, &amp; roll each ankle</p> <p>2. <b>Knees</b> - 1 knee bent, foot on the floor, slide foot out &amp; in bending/straightening your knee</p> <p>3. <b>Hips</b> - bring 1 knee to your chest, then the other</p> <p>4. <b>Lower Back</b> - bend knees with feet on the floor &amp; let both knees fall to one side, then the other side</p> <p>5. <b>Wrists</b> - arms at your side, bend elbows, rotate wrists</p> <p>6. <b>Shoulders</b> - raise 1 arm, shoulder high, lower &amp; switch arms</p> <p>7. <b>Neck</b> - move your head side to side</p> <p><i><b>Always Keep your Hands Low When Stretching Naked</b></i></p> 	<p><b>Next</b> ←</p> <ul style="list-style-type: none"><li>• If you fall and you're not in a safe place</li><li>• If you can't move without sharp pain</li><li>• If you can't breath or you're bleeding</li></ul> <p><b>Call 911:</b></p> <p><b>What to Do if You Fall</b></p>  <p>This Fall Safety Card is provided by <b>Agile 4 Life Fitness - Premium Online Fitness for Seniors</b> creator of <b>Standing Strong - A Seniors Guide to Fall Prevention</b></p> <p>for more information: Visit: <a href="https://agile4lifefitness.com">agile4lifefitness.com</a> or <a href="https://standingstrong.my.canva.site/">https://standingstrong.my.canva.site/</a> Email: <a href="mailto:info@agile4lifefitness.com">info@agile4lifefitness.com</a></p> <p> 1698 SW Goucher St. McMinnville, OR 97128 </p>
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To make this into a card to carry in your wallet -

1. Print this page.
2. Cut out around the outside - don't cut the sides apart.
3. Fold in the center at the solid line - printed sides facing out.
4. Tape the sides. It will be 4" x 3 1/2".
5. Fold on the dotted line. It will be 2" x 3 1/2".

Refrigerator Card at: <https://agile4lifefitness.punchpass.com/content-library/184533>

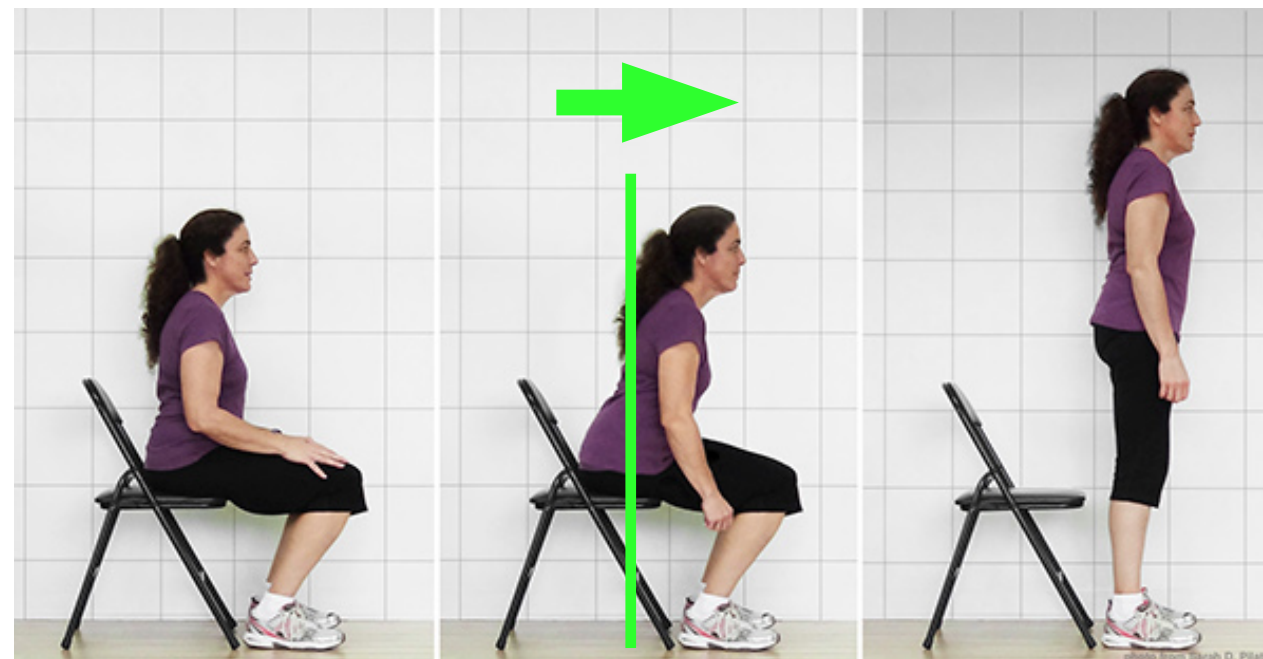


# HOW TO GET UP FROM A FALL - USE YOUR BODY WEIGHT

Posture is one of the over 200 risk factors that make a fall more likely. When shoulders no longer rest in proper alignment and they become rolled too far to the front, it causes the center of gravity to change on the entire body. Thus shifting the whole body too far forward.

While this is not ideal for everyday life, this is the perfect setup to help you move yourself up into a chair or bench and up off the floor. This will also help make it easier for anyone who is helping you up off the floor.

The thing to keep in mind (so this technique will work) is, **your body will follow your shoulders.** Lean your shoulders out in front of your hips and you'll find it's much easier to lift or pull yourself up.



# STRAIGHT LEG CROSSOVER - USING BODY WEIGHT ONLY

If there is nothing around that you can use to get yourself up, use the **Straight Leg Crossover**. This does require some arm strength to help stabilize you but does not put pressure on the knees.

- Sit in an upright position on the floor or ground, both legs out in front of you.
- Cross one leg over, keeping the other leg straight. Try to put the foot of the crossed leg flat on the ground/floor.
- Place both hands close to the hip of the straight leg side (bottom leg).
- Shift your weight and lean your shoulders forward using arms to balance you as you lift yourself and twist your hips to face the floor/ground.
- You're now on all 4's with your palms and feet on the floor.
- Walk your feet up so you feel more balanced and raise yourself to standing.



## Step 1



## Step 2



## Step 3



## Step 4



# 4 FLOOR MOVES

1. 'Bear Crawl' - Done on all 4's, if your knees can handle the pressure.
2. 'Glute Scoot' - Sit upright, legs in front, knees bent, with a hand on each side of your hip. Either slide front or back, lifting or rocking your glutes, hips, and legs across the floor, balancing with your arms.
3. 'Side Slide' - Same position as above, move to the side instead of front or back. This uses more arm strength to slide.
4. 'Commando Crawl' - Lay with stomach on the floor, bending your arms to 90°, placing your forearms and palms on the floor close to your torso. Lift your shoulders and chest slightly off the floor. Dig your toes and arms into the floor to push you forward. Using an opposite foot and arm works best for forward movement.





# ONE KNEE PROPOSAL LIFT - USING KNEES



Get to a chair or something chair high. Put a hip close to chair front. Turn your upper torso and hold onto the sides of the chair.



Bring the outside leg up and place your foot on the floor like you're making a proposal. Lean your shoulders forward.



Press yourself up with your arms and then with your legs to get you to a standing position.



## LEG TUCK LIFT - NOT USING KNEES



Sit close & sideways to a chair. Lay your arm across the seat. Pull the ankle of the leg closest to the chair toward you, like you're going to sit crossed-legged.



Bend the knee of the other leg, furthest from the chair, by sliding the foot across the floor and bringing it as close to the tucked leg as you can.



Grab the outside edge of the chair with the arm furthest from the chair. Lean your body toward the chair, shifting your body weight over your legs.



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**Was This  
Information Helpful  
to YOU?**

**Any Questions/Comments?**

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**Would you truly like to  
decrease your risk  
of falling and live a  
more active life?**

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# Standing STRONG

## A Seniors Guide to Fall Prevention

A 12-Week, Live Online  
Group Program offering  
**Guaranteed Results.**

Learn 7 easy, age-appropriate  
movements proven to get you  
strong and improve your balance.

Feel more confident, have more  
energy, be more active, and  
you'll look and feel healthier .

It's balance training made easy &  
strength training that will actually  
relieve pain and stiffness.



*"The future  
depends on what  
we do  
in the present."*

*~ Mahatma Gandhi*



# THE COST OF FALLING

On average...



## REMEMBER

1 out of every 5 falls will cause a broken bone or a head injury.

- ✗ The cost of treating a fall is \$30,000.
- ✗ The cost of in-home care \$4,500 per month.
- ✗ The cost of nursing home care \$105,850 per year.
- ✗ The cost of an assisted living center \$51,600 per year.
- ✗ The cost to modify your home to help you prevent a fall \$3,000 to \$15,000.

# Standing **STRONG**

- ◆ 12-weeks of training—meet for 2 live sessions a week for a total of 24 trainings. Each session is 45-minutes of training from an experienced certified personal trainer. (**\$2,160 Value**)
- ◆ Group Meetings over Zoom—saves you travel time, parking and transportation costs. Plus, you're with a like-minded community who also wants to improve their strength and balance. (**~\$20 Value**)
- ◆ An illustrated 170 page e-book with all the training exercises, routines, and other valuable information covered in the program to improve your balance and strength. (**\$60 Value**)
- ◆ A set of 3 TheraBand™ non-latex professional resistance bands cut to a custom length so you can build strength without stressing painful joints. (**\$30 Value**)
- ◆ Regaining the confidence and enjoying the life you envisioned when you retired—traveling, spending time with friends and family, feeling strong and stable, all with less pain. (**Priceless**)

**Total Value:**  
**\$2270.00**

**ALL FOR ONLY \$795.00**

**OR 3 MONTHLY  
PAYMENTS OF \$299**