



TIP OF THE MONTH

Fall Prevention Starts At Home

Did you know that September is Falls Prevention Month? Falls among seniors are common. Probably more common than you would think. According to the CDC, more than **one out of every four people ages 65 and older fall** each year. After the first fall, the chances of falling again doubles. Little more than half of the reported falls happen in the home. This being the case, we wanted to start at the source, and help seniors who are likely spending more time than ever at home, be safe.

What Conditions Make Me More Likely to Fall?

Falls can happen for several reasons. Many times there is more than one risk factor present which could cause someone to fall. Common warning signs include:

- Feeling pain or stiffness when you walk
- Needing to walk slower or to hold on to things for support
- Feeling dizzy or unsteady when you get up from your bed or chair
- Feeling weak in your legs
- You take more than one medication
- You have problems seeing

An easy way to check the likelihood of a fall is to use the **Tinetti Balance Assessment Tool**. This 15-minute test is used to assess the fall risk of an individual and should be completed by a health care professional.

How Can I Make My Home Safer?

That's a great question! Some of the easiest things you can do include:

- Clearing wires, throw rugs, and clutter off of the floors
- Making sure frequently used items are easily accessible
- Putting away pets at night
- Installing handrails in key places around the home.

We have put together an in-depth **guide on how to fall-proof your home**. This is a great starting point for seniors looking to remain at home.

Next Steps:

If you or someone you love are at risk for falls, call us. We offer a fall risk assessment that can determine unique areas of risk. By participating in a fall prevention program, we can reduce the likelihood of a fall and increase a person's ability to live independently. **Fall prevention programs** focus on balance, strength, and mobility. Education on safety techniques and prevention are also prevalent. Your home is your sanctuary, so let's work together to keep it that way

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“What you get by achieving your goals is not as important as what you become by achieving your goals.”

— Zig Ziglar

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Red Beans & Rice

We know you'll fall in love with this recipe. This is definitely a classic the whole family will enjoy.



INGREDIENTS

- 1 Bag of fresh red/kidney beans
- 1 48oz container of chicken broth
- 1 cooked sausage link (beef, pork, andouille) chopped
- White onion quartered
- 2 garlic cloves
- 2 Tbs thyme
- 2 bay leaves
- Salt to taste
- 1 cup of cooked rice per person

DIRECTIONS

1. Soak your beans overnight in the fridge
2. Drain the beans and throw them in a large pot
3. Add all of the ingredients except for the rice and bring to a boil
4. Once boiling, reduce to a simmer and cover for 1-2 hours
5. Check broth levels and bean tenderness every 30 mins
6. When the beans are nice and soft serve hot over a bed of rice



WHY YOU SHOULDN'T PUT OFF GOING TO PHYSICAL THERAPY

Featured Article:

[Why You Shouldn't Put Off Going to Physical Therapy](#)