#eldercarechat transcript

Healthcare Social Media Transcript

From: Wed Oct 05 10:00:00 PDT 2016
To: Wed Oct 05 11:15:00 PDT 2016

change time period

What is #eldercarechat? Who were the influencers during this time period? #eldercarechat analytics

Healthcare Conference - Healthcare Tweet Chats - Healthcare Analytics

Tweet  Print Transcript

laposadagvaz
Good morning from Green Valley, AZ! Will Dobbs tweeting. #eldercarechat
Wed Oct 5 10:00:14 PDT 2016

julie_fpciw
This is Julie Santos, Project Specialist @frontporchcs Center for Innovation + Wellbeing, guest expert for today's #ElderCareChat. Welcome!
Wed Oct 5 10:00:15 PDT 2016

ourparents
Welcome to new and returning attendees of #ElderCareChat!
Wed Oct 5 10:00:16 PDT 2016

fullyalive55
@julie_fpciw Thanks much! I have to duck out midway for a call but happy to join you for what I can. #eldercarechat
Wed Oct 5 10:00:39 PDT 2016

ourparents
We'll be discussing fall prevention today, and we’re thrilled to welcome Julie Santos, @julie_fpciw. #eldercarechat
Wed Oct 5 10:00:42 PDT 2016

julie_fpciw
Today’s #ElderCareChat topic is #FallPrevention. I look forward to hearing from all of you and for an engaging discussion!

In her role, she coordinates & organizes health education workshops for affordable senior housing communities in the LA area. #eldercarechat

@julie_fpciw Thanks for being here, Julie! #eldercarechat

She also manages the implementation of technology-based solutions and pilot projects at senior communities... #eldercarechat

...in Southern CA by working closely w/technology companies ranging from start-ups, non-profits & established companies. #eldercarechat

Julie holds a bachelor of science degree in neuroscience from UCLA. #eldercarechat

So glad to be back for another #eldercarechat!

Thanks so much for being here today, Julie! #eldercarechat

@Blakeford_Inc Glad to have you back!!! #eldercarechat

For new participants, we have two simple ground rules in place to help the conversation run smoothly. #eldercarechat

RT @julie_fpciw: Today's #ElderCareChat topic is #FallPrevention. I look forward to hearing from all of you and for an engaging discussion!

First, please hold links and announcements until the end; we reserve the last 5 minutes of the chat for that purpose. #eldercarechat
RT @OurParents: In her role, she coordinates & organizes health education workshops for affordable senior housing communities in the LA are…

Wed Oct 5 10:02:17 PDT 2016

Second, please respect the opinions and ideas shared by others, even if you disagree. #eldercarechat

Wed Oct 5 10:02:18 PDT 2016

RT @OurParents: First, please hold links and announcements until the end; we reserve the last 5 minutes of the chat for that purpose. #el…

Wed Oct 5 10:02:19 PDT 2016

I'm so glad to be able to participate in this #eldercarechat!

Wed Oct 5 10:02:21 PDT 2016

RT @OurParents: Second, please respect the opinions and ideas shared by others, even if you disagree. #eldercarechat

Wed Oct 5 10:02:25 PDT 2016

RT @OurParents: She also manages the implementation of technology-based solutions and pilot projects at senior communities... #eldercarech...

Wed Oct 5 10:02:28 PDT 2016

As per our usual MO for chats w/guest hosts, please save any additional questions for our guest until the end of the chat. #eldercarechat

Wed Oct 5 10:02:33 PDT 2016

RT @OurParents: ...in Southern CA by working closely w/technology companies ranging from start-ups, non-profits & established companies. …

Wed Oct 5 10:02:37 PDT 2016

RT @OurParents: Julie holds a bachelor of science degree in neuroscience from UCLA. #eldercarechat

Wed Oct 5 10:02:43 PDT 2016

Q1: Why are falls such a concern for older adults? #eldercarechat

Wed Oct 5 10:02:46 PDT 2016

Greetings M et al -checking in from sunny SoCal #eldercarechat

Wed Oct 5 10:02:47 PDT 2016
Thank you for the intro @ourparents! I look forward to today's discussion! #eldercarechat

Wed Oct 5 10:02:49 PDT 2016

@advocatemomdad So glad to have you here today, Debra! #eldercarechat

Wed Oct 5 10:02:56 PDT 2016

RT @OurParents: Q1: Why are falls such a concern for older adults? #eldercarechat

Wed Oct 5 10:03:01 PDT 2016

@ctffox Craig, so glad you're here! As you may have seen, a fellow SoCal resident is today's guest. :) #eldercarechat

Wed Oct 5 10:03:19 PDT 2016

@julie_fpciw @ourparents You're welcome! We're so pleased to have you here! #eldercarechat

Wed Oct 5 10:03:33 PDT 2016

Q1: WHY ARE FALLS SUCH A CONCERN FOR OLDER ADULTS? #eldercarechat

Wed Oct 5 10:03:51 PDT 2016

RT @OurParents: Q1: Why are falls such a concern for older adults? #eldercarechat

Wed Oct 5 10:04:00 PDT 2016

Looking forward to the discussion! #eldercarechat

Wed Oct 5 10:04:00 PDT 2016

@OurParents Yes I did-glad to have Julie with us! #eldercarechat

Wed Oct 5 10:04:02 PDT 2016

Disclaimer: #ElderCareChat is for general guidance. If you think you have a med problem, please consult your medical practitioner promptly.

Wed Oct 5 10:04:12 PDT 2016

@OurParents A1: Falls for older adults often result in serious injuries such as broken hips. Diff. to recover. #eldercarechat


A1: Falls can be the start of physical decline if not managed properly. #eldercarechat
Q1: WHY ARE FALLS SUCH A CONCERN FOR OLDER ADULTS? #eldercarechat

A1 #olderadults fear falling and will limit their activities bc they feel this will decrease their chances of falling. #eldercarechat (1/2)

However avoiding any enriching activities leads to physical decline, social isolation, and depression. #eldercarechat (2/2)

The media, doctors, and rumors say they are bad. Falls can indicate other long-tern health issues. #eldercarechat

Falls can be the start of physical decline if not managed properly. #eldercarechat

Falls for older adults often result in serious injuries such as broken hips. Diff. to recover. #eldercarechat

Independence is threatened by the risk of falls. #eldercarechat

Independence is threatened by the risk of falls. #eldercarechat
#eldercarechat A1 aging combined with diagnostic issues cause weakness and balance issues.

RT @julie_fpciw: A1 Independence is threatened by the risk of falls. #eldercarechat

RT @julie_fpciw: A1 #olderadults fear falling and will limit their activities bc they feel this will decrease their chances of falling. #el...

A1 There is a rise in death rates from falls among older adults. Even when falls are not fatal, falls cause many problems. #eldercarechat

RT @julie_fpciw: A1 However avoiding any enriching activities leads to physical decline, social isolation, and depression. #eldercarechat

RT @julie_fpciw: A1 However avoiding any enriching activities leads to physical decline, social isolation, and depression. #eldercarechat (...)

RT @julie_fpciw: A1 #olderadults fear falling and will limit their activities bc they feel this will decrease their chances of falling. #el...

@julie_fpciw So very true Julie-this inactivity simply exacerbates the potential for another fall. It can start a decline. #eldercarechat

@ctffox It's managing and mitigation of falls we need to do. :) #eldercarechat

MT @julie_fpciw: A1 #olderadults fear falling and will limit their activities
ourparents


eldercarechat

MT @julie_fpciw: A1 #olderadults fear falling and will limit their activities bc ITO it may decrease chances of falling. #eldercarechat

frontporchcs

RT @LaPosadaGVAZ: A1: The media, doctors, and rumors say they are bad. Falls can indicate other long-term health issues. #eldercarechat
Wed Oct 5 10:06:18 PDT 2016

fullyalive55

RT @julie_fpciw: A1 There is a rise in death rates from falls among older adults. Even when falls are not fatal, falls cause many problems...
Wed Oct 5 10:06:19 PDT 2016

julie_fpciw

RT @LaPosadaGVAZ: A1: The media, doctors, and rumors say they are bad. Falls can indicate other long-term health issues. #eldercarechat
Wed Oct 5 10:06:26 PDT 2016

srcaresherpa

RT @julie_fpciw: A1 Independence is threatened by the risk of falls. #eldercarechat

julie_fpciw

RT @SrCareSherpa: #eldercarechat A1 aging combined with diagnostic issues cause weakness and balance issues.
Wed Oct 5 10:06:30 PDT 2016

frontporchcs

RT @julie_fpciw: A1 Independence is threatened by the risk of falls. #eldercarechat
Wed Oct 5 10:06:36 PDT 2016

cfffox

Absolutely-an ounce of prevention... RT @LaPosadaGVAZ @ctffox It's managing and mitigation of falls we need to do. :) #eldercarechat

srcaresherpa

RT @OurParents: RT @julie_fpciw: A1 However avoiding any enriching activities leads to physical decline, social isolation, and depression....
Wed Oct 5 10:06:40 PDT 2016

frhomecare

RT @OurParents Today's #ElderCareChat is all about Fall Prevention. Join the conversation at 1ET: https://t.co/zQqwGGbkBC
RT @ctffox: Absolutely-an ounce of prevention... RT @LaPosadaGVAZ @ctffox It's managing and mitigation of falls we need to do. :) #eldercarechat

RT @SrCareSherpa: #eldercarechat A1 aging combined with diagnostic issues cause weakness and balance issues.

RT @julie_fpciw: A1 There is a rise in death rates from falls among older adults. Even when falls are not fatal, falls cause many problems…
Wed Oct 5 10:06:54 PDT 2016

MT @julie_fpciw A1 Rise in death rates from falls among older adults. Even when falls are not fatal, cause many problems. #eldercarechat
Wed Oct 5 10:07:11 PDT 2016

A1 Falls are a concern for older adults because the consequences of a fall can result in injury or death. #eldercarechat
Wed Oct 5 10:07:11 PDT 2016

@OurParents #eldercarechat Seniors alone at home specially in rural area is a big concern due to fall risk.

RT @LaPosadaGVAZ @ctffox It's managing and mitigation of falls we need to do. :) #eldercarechat

RT @JewelCodeCorp: A1 Falls are a concern for older adults because the consequences of a fall can result in injury or death. #eldercarechat

RT @SrCareSherpa #eldercarechat A1 aging combined with diagnostic issues cause weakness and balance issues.
Wed Oct 5 10:07:26 PDT 2016

RT @FRHomecare: RT @OurParents Today's #ElderCareChat is all about Fall Prevention. Join the conversation at 1ET: https://t.co/zQqwGGbkBC

A1: without specific consideration, otherwise normal furniture and interior design can become dangerous b/c of falling risk #eldercarechat
advocatemomdad

A1 Going room by room to see pitfalls and talking to the #olderadult helps give a sense of control & put solutions in place #eldercarechat

frontporchcs

RT @ctffox: Absolutely-an ounce of prevention... RT @LaPosadaGVAZ @ctffox It's managing and mitigation of falls we need to do. :) #eldercarechat

ourparents

YES! RT @Aetonix @OurParents #eldercarechat Seniors alone at home specially in rural area is a big concern due to fall risk.

frontporchcs

RT @FRHomecare: RT @OurParents Today's #ElderCareChat is all about Fall Prevention. Join the conversation at 1ET: https://t.co/zQqwGGbkBC

laposadagvaz

RT @Aetonix: @OurParents #eldercarechat Seniors alone at home specially in rural area is a big concern due to fall risk.

julie_fpciw

.@ctffox Certainly, a decline across all dimensions of wellness not just physical but also mental and social! #eldercarechat

ourparents

@advocatemomdad Great suggestion! I love the idea of giving the sense of control. So important. #eldercarechat

cbffox

@julie_fpciw Absolutely so Julie. A great point. #eldercarechat

blakeford_inc

RT @advocatemomdad: A1 Going room by room to see pitfalls and talking to the #olderadult helps give a sense of control & put solutions in p...

frontporchcs

RT @sharemailme: A1: without specific consideration, otherwise normal furniture and interior design can become dangerous b/c of falling ris...
The first fall substantially increases the likelihood of a second fall within...
ctffox

six months. A downward spiral. #eldercarechat

fullyalive55

RT @ctffox: The first fall substantially increases the likelihood of a second fall within six months. A downward spiral. #eldercarechat
Wed Oct 5 10:09:54 PDT 2016

ourparents

Anyone else using TweetChat and experiencing some hiccups? #eldercarechat
Wed Oct 5 10:10:02 PDT 2016

fullyalive55

RT @EasierLiving: A1 Many don't want to use the proper products because they want to remain independent which increases risk #eldercarechat
Wed Oct 5 10:10:07 PDT 2016

advocatemomdad

Sometimes the answer is simple. We put a rug with backing on TOP of it, so mom's feet did not slide as she got out of bed. #eldercarechat
Wed Oct 5 10:10:08 PDT 2016

evercarechat

Q2: WHAT ARE SOME MYTHS ABOUT FALLS/FALL PREVENTION? #ElderCareChat

ourparents

Q2: WHAT ARE SOME MYTHS ABOUT FALLS/FALL PREVENTION? #ElderCareChat

cbffox

@OurParents I'm using Tweetchat & it seems to be working ok. #eldercarechat

ourparents

Great idea! MT @advocatemomdad We put a rug with backing on TOP of it, so mom's feet did not slide as she got out of bed. #eldercarechat

frontporchcs

RT @ctffox: The first fall substantially increases the likelihood of a second fall within six months. A downward spiral. #eldercarechat

laposadagvaz

@EasierLiving Some don't understand how to use them..They see others using and show interest. #eldercarechat
@ctffox OK, thanks. It might just be my browser. Seems better now! #eldercarechat

RT @OurParents: Q2: WHAT ARE SOME MYTHS ABOUT FALLS/FALL PREVENTION? #ElderCareChat

RT @OurParents: Q2: WHAT ARE SOME MYTHS ABOUT FALLS/FALL PREVENTION? #ElderCareChat

RT @advocatemomdad: Sometimes the answer is simple. We put a rug with backing on TOP of it, so mom's feet did not slide as she got out of b...

RT @ElderCareChat: Q2: WHAT ARE SOME MYTHS ABOUT FALLS/FALL PREVENTION? #ElderCareChat

A2 Myth: Falling is a "normal" aging process. Reality: through routine check-ups and good habits falls can be prevented. #eldercarechat

A2 Myth: Muscle strength and flexibility can't be regained. (1/2)
#eldercarechat

MT @julie_fpciw A2 Myth: Falling = "normal" aging process. Reality: via routine check-ups/good habits falls can be prevented. #eldercarechat
Wed Oct 5 10:12:00 PDT 2016

RT @julie_fpciw A2 Myth: Muscle strength and flexibility can't be regained. (1/2) #eldercarechat
Wed Oct 5 10:12:03 PDT 2016

A2 Reality: We lose muscle as we age, but exercise can partially restore strength and flexibility. (2/2) #eldercarechat
Wed Oct 5 10:12:03 PDT 2016

RT @julie_fpciw A2 Reality: We lose muscle as we age, but exercise can partially restore strength and flexibility. (2/2) #eldercarechat
Wed Oct 5 10:12:07 PDT 2016

A2 Myth: Falling is a "normal" aging process. Reality: through routine check-ups and good habits falls can be prevented. #eldercarechat


Q2: WHAT ARE SOME MYTHS ABOUT FALLS/FALL PREVENTION? #ElderCareChat


A1 Myth: Independence is threatened by the risk of falls. #eldercarechat

Wed Oct 5 10:12:33 PDT 2016

A2: "If I limit my activity, I'll minimize my likelihood of a fall"... not true!! #eldercarechat

Wed Oct 5 10:12:37 PDT 2016

A2 Myth: Muscle strength and flexibility can't be regained. (1/2) #eldercarechat

Wed Oct 5 10:12:37 PDT 2016

A1 There is a rise in death rates from falls among older adults. Even when falls are not fatal, falls cause many problems...

Wed Oct 5 10:12:41 PDT 2016

A2 Myth: Muscle strength and flexibility can't be regained. (2/2) #eldercarechat

fullyalive55
RT @ctffox: A2: "If I limit my activity, I'll minimize my likelihood of a fall"... not true! #eldercarechat
Wed Oct 5 10:12:44 PDT 2016

ourparents
RT @ctffox A2: "If I limit my activity, I'll minimize my likelihood of a fall"... not true! #eldercarechat

frontporchcs
RT @ctffox: A2 Reality: We lose muscle as we age, but exercise can partially restore strength and flexibility. (2/2) #eldercarechat

laposadagvaz
A2: Only happens to older adults. Accidents or falls can happen to anyone. Everyone has long-term issues after a fall. #eldercarechat

ourparents
A2: At any age, increased falling/falls typically indicates there's something else going on. #eldercarechat

frontporchcs
RT @ctffox: A2: "If I limit my activity, I'll minimize my likelihood of a fall"... not true! #eldercarechat

frhomecare
RT @ctffox A2: "If I limit my activity, I'll minimize my likelihood of a fall"... not true! #eldercarechat

srcaresherpa
#eldercarechat A2 myth: having walker or cane eliminates fall risk. many senior don't know how to use them properly. #seniorcare

frontporchcs
RT @LaPosadaGVAZ: A2: Only happens to older adults. Accidents or falls can happen to anyone. Everyone has long-term issues after a fall.
...

ourparents
@LaPosadaGVAZ YES! This is so true, and I've experienced it recently. My daughter was falling 3-5 times a day at school...
#eldercarechat

frontporchcs
RT @OurParents: A2: At any age, increased falling/falls typically indicates there's something else going on. #eldercarechat

advocatemomdad  
A2 Safety is not an expensive process. Wall to wall carpet made it hard for mom to see steps, black tape defines them for her #eldercarechat  

ctffox  
@LaPosadaGVAZ Very true. #eldercarechat  

srcaresherpapa  
RT @OurParents: A2: At any age, increased falling/falls typically indicates there's something else going on. #eldercarechat  

sharemailme  
@ctffox that is a great observation, I'm going to check with my grandmother that she's not thinking like that- thank you! #eldercarechat  

frontporchcs  
RT @SrCareSherpa: #eldercarechat A2 myth: having walker or cane eliminates fall risk. Many senior don't know how to use them properly. #sen...  

srcaresherpapa  
RT @LaPosadaGVAZ: A2: Only happens to older adults. Accidents or falls can happen to anyone. Everyone has long-term issues after a fall. #...  

ourparents  
@LaPosadaGVAZ ...and "nearly" falling about 20 times a day. Not normal, not OK! And she's only 5. #eldercarechat  

aetonix  
A1 Facility owners need to be very aware of falls risk and take actions(40% of admission due to fall) #eldercarechat  
https://t.co/EjuN2ekU5x  

julie_fpciw  
#eldercarechat Another myth: We discuss your overall wellbeing declines. (1/2) https://t.co/HNyCcjO3qV  

fullyalive55  
A2: That moving and exercising less will reduce or eliminate fall risk. Use it or lose it! #eldercarechat  

ourparents  
YES! MT @SrCareSherpa #eldercarechat A2 myth: having walker/cane eliminates fall risk. Many don't know how to use them properly. #seniorcare
@ctffox If you don't exercise you don't get stronger which makes you vulnerable to falls. #eldercarechat

RT @fullyalive55 A2: That moving and exercising less will reduce or eliminate fall risk. Use it or lose it! #eldercarechat

RT @julie_fpciw: A2 Myth: Falling is a "normal" aging process. Reality: through routine check-ups and good habits falls can be prevented. #…

@sharemailme You're welcome. It is an understandable notion but one that is misguided. #eldercarechat

RT @advocatemomdad: A2 Safety is not an expensive process. Wall to wall carpet made it hard for mom to see steps, black tape defines them f…

RT @Aetonix A1 Facility owners need to be very aware of falls risk and take actions(40% of admission due to fall) #eldercarechat

Bingo! RT @ctffox: A2: "If I limit my activity, I'll minimize my likelihood of a fall"... not true!! #eldercarechat

YES! RT @julie_fpciw .@ctffox If you don't exercise you don't get stronger which makes you vulnerable to falls. #eldercarechat

RT @SrCareSherpa: #eldercarechat A2 myth: having walker or cane eliminates fall risk. many senior don't know how to use them properly. #sen…

@OurParents they a natural part of aging and there's nothing you can do to prevent them. #myth #eldercarechat

RT @Aetonix: A1 Facility owners need to be very aware of falls risk and take actions(40% of admission due to fall) #eldercarechat
YES! MT @advocatemomdad A2 Safety is not an expensive process. W2W carpet made it hard to see steps, black tape defined them #eldercarechat

RT @LaPosadaGVAZ: A2: Only happens to older adults. Accidents or falls can happen to anyone. Everyone has long-term issues after a fall. #…

RT @EmilyGGB29 @OurParents they a natural part of aging and there's nothing you can do to prevent them. #myth #eldercarechat

@SrCareSherpa YES I've seen so many older adults use their walker/cane/wheelchair improperly and create more of a h…

@OurParents Good..Falls are bad for anyone. So few understand they can lead to other issues. :( #eldercarechat

RT @OurParents: RT @fullyalive55 A2: That moving and exercising less will reduce or eliminate fall risk. Use it or lose it! #eldercarechat

ANY OTHER MYTHS YOU'D LIKE TO SHARE? #eldercarechat

RT @ctffox: YES! RT @julie_fpciw .@ctffox If you don't exercise you don't get stronger which makes you vulnerable to falls. #eldercarechat

#eldercarechat A2 myth: adapting your home to reduce fall risk requires extensive renovation. Fact: many fixes are simple and low cost

RT @OurParents: @julie_fpciw So true! Excellent answer. Falling is not a normal part of the aging process! #eldercarechat
@jessica_fpciwi @SrCareSherpa I agree. Sometimes mobility aids serve in fostering more falls than preventing them. #eldercarechat


RT @julie_fpciwi: @ctffox If you don't exercise you don't get stronger which makes you vulnerable to falls. #eldercarechat


MT @SrCareSherpa #eldercarechat A2 myth: adapting home to reduce fall risk requires extensive renovation. Fact: many fixes = simple/low cost


A2 "If it happens to me once, it won't happen again." #eldercarechat


@LaPosadaGVAZ Absolutely! I know. :( Need to raise awareness! #eldercarechat


RT @OurParents: MT @SrCareSherpa #eldercarechat A2 myth: adapting home to reduce fall risk requires extensive renovation. Fact: many fixes…


RT @julie_fpciwi: .@ctffox If you don't exercise you don't get stronger which makes you vulnerable to falls. #eldercarechat


YES! Definitely a myth. RT @julie_fpciwi A2 "If it happens to me once, it won't happen again." #eldercarechat

Wed Oct 5 10:18:00 PDT 2016

RT @jessica_fpciwi: @SrCareSherpa YES I've seen so many older adults use their walker/cane/wheelchair improperly and create more of a hazard…

Wed Oct 5 10:18:01 PDT 2016

RT @jessica_fpciwi: @SrCareSherpa YES I've seen so many older adults use their walker/cane/wheelchair improperly and create more of a hazard…

Wed Oct 5 10:18:02 PDT 2016

RT @OurParents: ANY OTHER MYTHS YOU'D LIKE TO SHARE? #eldercarechat
A2: "I can't regain my muscle strength so why exercise"-another myth that limits activity. #eldercarechat

RT @SrCareSherpa: #eldercarechat A2 myth: adapting your home to reduce fall risk requires extensive renovation. Fact: many fixes are simple…

RT @ctffox A2: "I can't regain my muscle strength so why exercise"-another myth that limits activity. #eldercarechat

RT @jessica_fpci: @SrCareSherpa YES I've seen so many older adults use their walker/cane/wheelchair improperly and create more of a hazard…

RT @julie_fpci: A2 "If it happens to me once, it won't happen again." #eldercarechat

@LaPosadaGVAZ @ctffox I've noticed many people fall trying to get out of the bed or trying to go to the restroom at night #eldercarechat

YES! RT @jessica_fpci: I've noticed many people fall trying to get out of the bed or trying to go to the restroom at night #eldercarechat

A2: Another deadly myth is that fall patients should not talk to family abt it for fear of causing them to worry. #eldercarechat

@jessica_fpci @ctffox And unaware where their pets are too! #eldercarechat

RT @ctffox A2: Another deadly myth is that fall patients should not talk to family abt it for fear of causing them to worry. #eldercarechat
@julie_fpciw yes definitely a myth, I've seen it actually can happen more often https://t.co/2NfsOqqIq3

@ctffox YES! Important one. #eldercarechat

So true! #eldercarechat https://t.co/Ej9IYy8lH6

RT @jessica_fpciw: @SrCareSherpa YES I've seen so many older adults use their walker/cane/wheelchair improperly and create more of a hazard…
Wed Oct 5 10:20:05 PDT 2016

RT @jessica_fpciw: @LaPosadaGVAZ @ctffox I've noticed many people fall trying to get out of the bed or trying to go to the restroom at nigh…
Wed Oct 5 10:20:05 PDT 2016

@LaPosadaGVAZ @jessica_fpciw @ctffox I often trip over my dog; she likes to be "underfoot!" #eldercarechat

That is true. We will go over some small changes one can make to their home to make it fall-proof later in the chat…
https://t.co/r8MiKQ1QpU

RT @jessica_fpciw: @LaPosadaGVAZ @ctffox I've noticed many people fall trying to get out of the bed or trying to go to the restroom at nigh…

Q3: WHY IS THE ISSUE OF FALL PREVENTION SO COMPLICATED? #eldercarechat

@jessica_fpciw Very common-I have seen this a lot. @LaPosadaGVAZ #eldercarechat

RT @OurParents: Q3: WHY IS THE ISSUE OF FALL PREVENTION SO COMPLICATED? #eldercarechat
frontporchcs
RT @ctffox: A2: Another deadly myth is that fall patients should not talk to family abt it for fear of causing them to worry. #eldercarechat

tfrhomecare
RT @OurParents Q3: WHY IS THE ISSUE OF FALL PREVENTION SO COMPLICATED? #eldercarechat
Wed Oct 5 10:20:45 PDT 2016

frontporchcs
RT @OurParents: @LaPosadaGVAZ @jessica_fpciw @ctffox I often trip over my dog; she likes to be "underfoot!" #eldercarechat

laposadagvaz
RT @OurParents: Q3: WHY IS THE ISSUE OF FALL PREVENTION SO COMPLICATED? #eldercarechat

cctffox
@OurParents @LaPosadaGVAZ @jessica_fpciw A good point-pets can be stationary or moving obstacles! #eldercarechat

frontporchcs
RT @OurParents: Q3: WHY IS THE ISSUE OF FALL PREVENTION SO COMPLICATED? #eldercarechat

srcaresherpa
@ctffox Yes, they are afraid if they speak up they will lose independence! #eldercarechat

julie_fpciw
Oh no, I've tripped over my dogs too -- they love being near me. I have to always look where I am going.... https://t.co/mqauaBjsPZ

ourparents
@julie_fpciw Yes, mine too! #eldercarechat

sharemailme
A2: myth: falls are mainly caused from slipping, reality: falls are caused from muscle weakness, blood pressure probs, etc. #eldercarechat

srcaresherpa
RT @OurParents: Q3: WHY IS THE ISSUE OF FALL PREVENTION SO COMPLICATED? #eldercarechat

So true! RT @SrCareSherpa @ctffox Yes, they are afraid if they speak
up they will lose independence! #eldercarechat


A3 Most falls’ cases result from several factors in one's life i.e. home hazards, types of medications, not exercising, etc. #eldercarechat


#Neuro-fact: your balance consists of visual, proprioceptive, vestibular, motor system--brainstem puts these together! #eldercarechat


@SrCareSherpa Yes-it's up to all of us to make it completely ok to hear of their fears/concerns. #eldercarechat


A3: Falls are complicated b/c no 2 people are alike. Each senior has a unique history, diagnosis, meds & mobility #eldercarechat


Fall prevention involves making personal and home lifestyle changes. Not one solution fits all. #eldercarechat


A3: There can be shame around falling. Embarrassment. Fear of needing a mobility aid. #eldercarechat


A3: Seniors want to protect independence so they are silent when it comes to asking for help #eldercarechat #seniorcare


Great one! MT @sharemailme A2: myth: falls = caused by slipping, reality: related 2 muscle weakness, blood pressure, etc. #eldercarechat


RT @SrCareSherpa A3: Seniors want to protect independence so they are silent when it comes to asking for help #eldercarechat #seniorcare


RT @FrontPorchCS A3: There can be shame around falling. Embarrassment. Fear of needing a mobility aid. #eldercarechat

RT @LaPosadaGVAZ: A3: Fall prevention involves making personal and home lifestyle changes. Not one solution fits all. #eldercarechat


RT @sharemailme: A2: myth: falls are mainly caused from slipping, reality: falls are caused from muscle weakness, blood pressure probs, et...


RT @FrontPorchCS: A3: There can be shame around falling. Embarrassment. Fear of needing a mobility aid. #eldercarechat


RT @SrCareSherpa: A3: Seniors want to protect independence so they are silent when it comes to asking for help #eldercarechat #seniorcare


RT @julie_fpciw: A3 Most falls' cases result from several factors in one's life i.e. home hazards, types of medications, not exercising, et...

Wed Oct 5 10:23:00 PDT 2016

RT @ctffox: @OurParents @LaPosadaGVAZ @jessica_fpciw A good point-pets can be stationary or moving obstacles! #eldercarechat


Yes, there are other factors too that go into falling such as medication. People get effects such as dizziness from... https://t.co/OKqgf4ctvv


RT @ctffox: @OurParents @LaPosadaGVAZ A3: Fall prevention involves making personal and home lifestyle changes. Not one solution fits all. #eldercarechat


MT @julie_fpciw A3 Most falls' cases result from several factors i.e. home hazards, types of medications, not exercising... #eldercarechat


RT @SrCareSherpa: A3: Seniors want to protect independence so they are silent when it comes to asking for help #eldercarechat #seniorcare


A3: Seniors are not always open to wear / use devices that may help to notify/prevent fall #eldercarechat

A3: Family members sometimes go to far when helping to prevent falls and quash independent behavior #eldercarechat #seniorcare

YES! MT @julie_fpciw A3 fact: balance consists of visual, proprioceptive, vestibular, motor system: brainstem puts together! #eldercarechat

RT @FrontPorchCS: So true! #eldercarechat https://t.co/Ej9lYy8lH6

RT @OurParents: MT @julie_fpciw A3 Most falls’ cases result from several factors i.e. home hazards, types of medications, not exercising......

RT @FrontPorchCS: A3: There can be shame around falling. Embarrassment. Fear of needing a mobility aid. #eldercarechat

RT @advocatemomdad: A3: Embarrassed to tell you of a fall, resentment that you are trying to change their home, admitting that they are frai...

RT @advocatemomdad: A3: Embarrassed to tell you of a fall, resentment that you are trying to change their home, admitting that they are frai...
Wed Oct 5 10:24:02 PDT 2016

Jumping in late:-) A3: Falls aren't always due to balance. Could be medical/medication side effects #eldercarechat https://t.co/nm13z2fPCd
Wed Oct 5 10:24:02 PDT 2016

@julie_fpciw That's a great point, and one I've come to understand personally with my daughter's frequent falls. #eldercarechat

@OurParents @julie_fpciw Good point Julie-meds are often overlooked as a factor in falls. #eldercarechat
ourparents

@julie_fpciw I'd love to pick your brain about her falls sometime, if you'd be open to that! #eldercarechat

ourparents

@caregivingeasy Better late than never! Welcome! Thanks for jumping right in. :) #eldercarechat

ourparents

YES! MT @SrCareSherpa A3: Family members sometimes go to far when helping to prevent falls/quash independent behavior #eldercarechat

ourparents

RT @Aetonix A3: Seniors are not always open to wear / use devices that may help to notify/prevent fall #eldercarechat

caregivingeasy

@Aetonix - so true. Had many clients not use because they made them feel "old." #eldercarechat https://t.co/y82Xx1C4f0
Wed Oct 5 10:25:05 PDT 2016

ourparents

MT @advocatemomdad A3: Embarrassed to tell you of a fall, resentment re: trying to change home, admitting that they are frail #eldercarechat

aetonix

A3: The budget to get fall detection system is sometime not available but required #eldercarechat

julie_fpciw

It's the shame/stigma when family or friends inquire when they see them wear devices or modify their homes…. https://t.co/LM7TTQ4OJf

jewelcodecorp

A3 @julie_fpciw @ourparents @caregivingmadeeasy Good point! Good idea to check meds to see if they cause dizziness/s effects #eldercarechat

jessica_fpciw

@FrontPorchCS YES it is difficult for many older adults to admit their fall or try to underplay it for fear of losi… https://t.co/7F3cTuYd7u

srcaresherpa

Awesome point!! https://t.co/9LqYZMQZry
A3. Hi, All. Many seniors envision themselves as the Olympic ager who won't need devices. Hard to accept limitations. #eldercarechat

ourparents
RT @Aetonix A3: The budget to get fall detection system is sometime not available but required #eldercarechat

Aetonix
A3: Liability is a big deal in that space! Who is liable? Wrong focus. Helping the person at risk is the important part. #eldercarechat

ourparents
MT @SheaCompanions A3. Many seniors envision themselves as the Olympic ager who won't need devices. Hard 2 accept limitations #eldercarechat

Blakeford_Inc
RT @LaPosadaGVAZ: A3: Fall prevention involves making personal and home lifestyle changes. Not one solution fits all. #eldercarechat

srcaresherpa
RT @OurParents: YES! MT @SrCareSherpa A3: Family members sometimes go to far when helping to prevent falls/quash independent behavior #eldercarechat

ourparents
YES! Excellent point, @Aetonix. Safety first. #eldercarechat

Frontporchcs
RT @OurParents: RT @Aetonix A3: Seniors are not always open to wear / use devices that may help to notify/prevent fall #eldercarechat

ourparents
@SheaCompanions Well-said, and so true! #eldercarechat

Julie_FPCIW
You need to see your pharmacist to see if you can change your meds if you feel your current RX is making you imbalan…
https://t.co/SE2WD07oeo

RT @Aetonix: A3: The budget to get fall detection system is sometime not available but required #eldercarechat

@JewelCodeCorp Absolutely! Meds can play a part! #eldercarechat

Yes! https://t.co/YknEYgxrxL

RT @julie_fpciw: You need to see your pharmacist to see if you can change your meds if you feel your current RX is making you imbalance or d…

RT @OurParents: MT @SheaCompanions A3. Many seniors envision themselves as the Olympic ager who won't need devices. Hard 2 accept limitation…
Wed Oct 5 10:28:01 PDT 2016

Q4: WHAT IS YOUR EXPERIENCE WITH FALLS (PERSONAL/PROFESSIONAL)? #eldercarechat

RT @OurParents: Q4: WHAT IS YOUR EXPERIENCE WITH FALLS (PERSONAL/PROFESSIONAL)? #eldercarechat

A3: we sometimes forget we may be unwilling to do some of the things we are asking our seniors to do #empathyVSafety #eldercarechat

We need to do a better job - as a society - about reducing shame around mobility devices. #eldercarechat https://t.co/utJTqAovcq

RT @FrontPorchCS: We need to do a better job - as a society - about reducing shame around mobility devices. #eldercarechat https://t.co/utJ…

A3 Also low vision can be another factor in your risk of falls. #eldercarechat
RT @sharemailme: A2: myth: falls are mainly caused from slipping, reality: falls are caused from muscle weakness, blood pressure probs, et…

RT @OurParents: Q4: WHAT IS YOUR EXPERIENCE WITH FALLS (PERSONAL/PROFESSIONAL)? #eldercarechat
Wed Oct 5 10:29:02 PDT 2016

RT @julie_fpciw: A1 Independence is threatened by the risk of falls. #eldercarechat
Wed Oct 5 10:29:02 PDT 2016

TRUTH! RT @julie_fpciw A3 Also low vision can be another factor in your risk of falls. #eldercarechat

A3 Many lifestyle choices interplay in one’s risk for falls. #eldercarechat

AGREE COMPLETELY! RT @FrontPorchCS We need to do a better job - as a society - about reducing shame around mobility devices. #eldercarechat

A3: difficult to balance independent behavior with fall risk management #eldercarechat

RT @FrontPorchCS: We need to do a better job - as a society - about reducing shame around mobility devices. #eldercarechat https://t.co/utJ…

RT @julie_fpciw A3 Many lifestyle choices interplay in one’s risk for falls. #eldercarechat

RT @SrCareSherpa A3: difficult to balance independent behavior with fall risk management #eldercarechat

RT @OurParents: Q4: WHAT IS YOUR EXPERIENCE WITH FALLS (PERSONAL/PROFESSIONAL)? #eldercarechat
Wed Oct 5 10:29:34 PDT 2016
A3: Things as simple as an inner ear infection can cause imbalance, dizziness & contribute to falls. #eldercarechat

SO TRUE! MT @SrCareSherpa A3: we sometimes forget we may be unwilling to do what we’re asking our seniors to do #eldercarechat
Wed Oct 5 10:30:00 PDT 2016

RT @ctffox A3: Things as simple as an inner ear infection can cause imbalance, dizziness & contribute to falls. #eldercarechat
Wed Oct 5 10:30:02 PDT 2016

Thankful for Medic alert device. Mom slide getting back into bed. I didn't wake when she called. The medic alert woke me up! #eldercarechat
Wed Oct 5 10:30:05 PDT 2016

A4: I've seen many clients bounce back from falls & others never recover. Attitude & will to live are key factors! #eldercarechat
Wed Oct 5 10:30:09 PDT 2016

A4: Lots of professional experience with falls & some personal experience (mom, grandparents). #eldercarechat

RT @FrontPorchCS: We need to do a better job - as a society - about reducing shame around mobility devices. #eldercarechat
https://t.co/utJ…
Wed Oct 5 10:30:29 PDT 2016

YES! MT @fullyalive55 A4: I've seen many clients bounce back from falls & others never recover. Attitude & will to live = key #eldercarechat
Wed Oct 5 10:30:30 PDT 2016

A4: For some reason it is very difficult to get seniors to give up their throw rugs #eldercarechat

RT @julie_fpciw A4: Few years ago, my mother-in-law fell and was losing balance. One of the S/S attributed to her aneurysm. #eldercarechat
Wed Oct 5 10:30:40 PDT 2016

RT @ctffox: A3: Things as simple as an inner ear infection can cause imbalance, dizziness & contribute to falls. #eldercarechat
Wed Oct 5 10:30:51 PDT 2016
Hi M @OurParents and everyone! It's Connie from @DailyCaring joining late for #eldercarechat. Excited to jump into the discussion!


dailycaring

Fantastic! MT @advocatemomdad Mom slid getting back into bed. I didn't wake when she called. The medic alert woke me up! #eldercarechat

Wed Oct 5 10:31:00 PDT 2016

ourparents

YES! RT @SrCareSherpa A4: For some reason it is very difficult to get seniors to give up their throw rugs #eldercarechat


ourparents

RT @OurParents: SO TRUE! MT @SrCareSherpa A3: we sometimes forget we may be unwilling to do what we're asking our seniors to do #eldercarechat


srcaresherpa

A4: Falls will happen again unless brought to the individual's attention on how to avoid that fall again. Fall education! #eldercarechat


laposadagvaz

A4. I know too many who fell and never woke up. Others fell and never walked again. One has fallen 25 times and broken lots. #eldercarechat


sheacompanions

@DailyCaring Connie! So glad you're here. We're on Q4 -- discussing our personal/professional experiences with falls. #eldercarechat


dailycaring

A4: All efforts MUST be dedicated to preventing that first fall. #eldercarechat


cffox

RT @julie_fpciwi: A3 Many lifestyle choices interplay in one's risk for falls. #eldercarechat


sheacompanions

RT @FrontPorchCS: We need to do a better job - as a society - about reducing shame around mobility devices. #eldercarechat
MT @LaPosadaGVAZ A4: Falls will happen again unless brought to their attention on how to avoid that fall again. Education! #eldercarechat


A4 I've met professionals through the LA Falls Prevention Coalition who are involved bc their lives changed from a fall. #eldercarechat

Wed Oct 5 10:32:00 PDT 2016

YES! RT @ctffox A4: All efforts MUST be dedicated to preventing that first fall. #eldercarechat


@JewelCodeCorp -important. Many meds cause dizziness. Lack of sleep, dehydration & low vitamin D too. #Eldercarechat
https://t.co/XVr8MQ8Vrd

A4: Many medical factors that increase fall risk begin with dehydration
#eldercarechat #senior

Mom's slide is what lead us to putting a rug with backing on top between the bed and her commode! #eldercarechat

A4: My grandma has fallen twice when getting up at night to go to bathroom and forgetting to use walker.. no idea wt 2 do #eldercarechat

Cool! MT @julie_fpciw A4 I've met professionals via the LA Falls Prevention Coalition involved bc lives changed from a fall.
#eldercarechat

A4: Once the first fall happens, it can be the start of a decline, sometimes quickly. Intervention is important. #eldercarechat

This is so true. Older adults feel that wheelchairs,walkers project to the world that they are old or frail. Stigma...https://t.co/LA9fXT6PaK
MT @sharemailme A4: My grandma has fallen twice when getting up at night to go to bathroom and forgetting to use walker #eldercarechat


RT @ctffox A4: Once the first fall happens, it can be the start of a decline, sometimes quickly. Intervention is important. #eldercarechat

Wed Oct 5 10:32:45 PDT 2016

A4: Grandmother passed from a fall at age 97. She was in great health, but had issues with leg strength and balance. #eldercarechat


RT @advocatemomdad Mom's slide is what lead us to putting a rug with backing on top between the bed and her commode! #eldercarechat


A4 I used to be a service coordinator for a senior apartment, where I did many assessments of residents' risk for falls #eldercarechat

Wed Oct 5 10:32:54 PDT 2016

Yes take immediate action once you fall otherwise your chances of falling again increase! https://t.co/Yha8Okpx9U


RT @ctffox: A4: All efforts MUST be dedicated to preventing that first fall. #eldercarechat


RT @OurParents Q4: WHAT IS YOUR EXPERIENCE WITH FALLS (PERSONAL/PROFESSIONAL)? #eldercarechat


@advocatemomdad Trial and error; live and learn! Glad you were able to find a solution to prevent future falls! #eldercarechat


Yes! Keep up those fluids! https://t.co/cPwX2FN1VV


RT @julie_fpciw: A4 I've met professionals through the LA Falls Prevention Coalition who are involved bc their lives changed from a fall. #…
The stronger a person is pre-fall, the easier it is to bounce back. Keeping body healthy is key. #eldercarechat https://t.co/PAjVwuUgHf

@FrontPorchCS So sorry to hear that. :( #eldercarechat

RT @upshiftretire: This is so true. Older adults feel that wheelchairs, walkers project to the world that they are old or frail. Stigma is a…

RT @upshiftretire: This is so true. Older adults feel that wheelchairs, walkers project to the world that they are old or frail. Stigma is a…

A4. My grandmother was prone to falling. Over the years, she had broken her rib, wrist, neck, and hip. #eldercarechat

@sharemailme Also important to evaluate if she is going to the bathroom more frequently. Could be medical in nature. #eldercarechat

A4. When someone refuses to admit they need a walker because of embarrassment… Sadly, They have right to be stubborn #eldercarechat

RT @jessica_fpciw: A4 I used to be a service coordinator for a senior apartment, where I did many assessments of residents' risk for falls…

A4: My daughter falls frequently following double hip surgery/ b/c she has CP on her left side. But we're investigating... #eldercarechat

RT @OurParents: YES! MT @fullyalive55 A4: I've seen many clients bounce back from falls & others never recover. Attitude & will to live = k…

RT @caregivingeasy: The stronger a person is pre-fall, the easier it is to bounce back. Keeping body healthy is key. #eldercarechat https://…
@caregivingeasy Yes that is very true. #eldercarechat

A4: ...the reason her falls have been increasing as it may be related to an undiagnosed vision issue. #eldercarechat

t @LaPosadaGVAZ: A4: Falls will happen again unless brought to the individual's attention on how to avoid that fall again. Fall education! ...

@ctffox thanks for the tip! #eldercarechat

@fullyalive55 - so so true! I have seen both sides both professionally & personally #eldercarechat https://t.co/rVNgL7hNHLKS

:( RT @DailyCaring A4. My grandmother was prone to falling. Over the years, she had broken her rib, wrist, neck, and hip. #eldercarechat

@SheaCompanions Oh my! 25 times! I've known people where damage from the 1st fall sets the stage for other falls/problems (:- #eldercarechat

RT @caregivingeasy: @JewelCodeCorp -important. Many meds cause dizziness. Lack of sleep, dehydration & low vitamin D too. #Eldercarechat ht...

@OurParents @advocatemomdad True! but the #seniorcare system is so bogged down it is difficult to do. #eldercarechat

RT @SrCareSherpa: A4: Many medical factors that increase fall risk begin with dehydration #eldercarechat #senior
ourparents

@SrCareSherpa @advocatemomdad Indeed. #eldercarechat  

laposadagvaz

RT @caregivingeasy: The stronger a person is pre-fall, easier 2 bounce back. Keeping body healthy! . #eldercarechat https://t.co/M71E677Kvg  

dailycaring

RT @sharemailme: A4: My grandma has fallen twice when getting up at night to go to bathroom and forgetting to use walker.. no idea wt 2 do…  

dailycaring

RT @ctffox: A4: Once the first fall happens, it can be the start of a decline, sometimes quickly. Intervention is important. #eldercarechat  

dailycaring

RT @upshiftretire: This is so true. Older adults feel that wheelchairs,walkers project to the world that they are old or frail. Stigma is a…  
Wed Oct 5 10:35:41 PDT 2016

ourparents

Q5: WHAT DO CAREGIVERS NEED TO KNOW ABOUT FALLS? #eldercarechat  
Wed Oct 5 10:35:44 PDT 2016

frhomecare

RT @OurParents Q5: WHAT DO CAREGIVERS NEED TO KNOW ABOUT FALLS? #eldercarechat  
Wed Oct 5 10:35:51 PDT 2016

jewelcodecorp

A5 Caregivers should know how to help a person who has fallen get up properly. #eldercarechat  
Wed Oct 5 10:36:09 PDT 2016

caregivingeasy

@SheaCompanions - same. I feel like a lot of times, attitude and drive has a lot 2 do w/recovery #eldercarechat https://t.co/NIAdOeP40z  

dailycaring

RT @OurParents: Q5: WHAT DO CAREGIVERS NEED TO KNOW ABOUT FALLS? #eldercarechat  

dailycaring

RT @JewelCodeCorp: A5 Caregivers should know how to help a person who has fallen get up properly. #eldercarechat  
Good point. RT @JewelCodeCorp A5 Caregivers should know how to help a person who has fallen get up properly. #eldercarechat

CRUCIAL! RT @JewelCodeCorp A5 Caregivers should know how to help a person who has fallen get up properly. #eldercarechat
Wed Oct 5 10:36:34 PDT 2016

RT @OurParents: Q5: WHAT DO CAREGIVERS NEED TO KNOW ABOUT FALLS? #eldercarechat
Wed Oct 5 10:36:46 PDT 2016

A5: Take the time & energy to prevent that first fall. #eldercarechat

RT @JewelCodeCorp: A5 Caregivers should know how to help a person who has fallen get up properly. #eldercarechat
Wed Oct 5 10:37:05 PDT 2016

Exercising for strength is a life-long choice and commitment! https://t.co/S4l3nKkitS

YES! MT @julie_fpciw Exercising for strength is a life-long choice and commitment! #eldercarechat

A5: Don’t assume that your staff know how to prevent/deal with falls! Be pro-active/provide coaching. #eldercarechat https://t.co/0oIUNU5U4yV

A5: Falls can be a result of an underlying medical condition, e.g. UTI. #eldercarechat

A5. #Caregivers need to know many falls are preventable. The home can be fall-proofed and meds can be evaluated for issues. #eldercarechat

Easier to prevent than to recover from #eldercarechat https://t.co/Mm3RAszZ0s
How to assess for injury. Can you safely get the person up? Determining the cause and investigating solution(s) #eldercarechat


dailycaring

RT @ctffox: A5: Take the time & energy to prevent that first fall. #eldercarechat


dailycaring

RT @ctffox: A5: Falls can be a result of an underlying medical condition, e.g. UTI. #eldercarechat


julie_fpciw

A5 Even if the older adult fell once, the caregiver should take action bc there is a likely chance they will fall again. #eldercarechat (1/2)


frontporchcs

RT @ctffox: A5: Take the time & energy to prevent that first fall. #eldercarechat


dailycaring

RT @SrCareSherpa: A5: Easier to prevent than to recover from #eldercarechat https://t.co/Mm3RAszZ0s


ourparents

MT @advocatemomdad How to assess for injury. Can you safely get the person up? Determining cause & investigating solution(s) #eldercarechat

Wed Oct 5 10:38:03 PDT 2016

dailycaring

RT @julie_fpciw: A5 Even if the older adult fell once, the caregiver should take action bc there is a likely chance they will fall again. #…


ourparents

RT @SrCareSherpa A5: Easier to prevent than to recover from #eldercarechat https://t.co/WwS9LTAdd9

Wed Oct 5 10:38:06 PDT 2016

julie_fpciw

A5 Examples: Take them to the doctor when the fall happens, ask about their medication, encourage them to exercise. #eldercarechat (2/2)

Wed Oct 5 10:38:10 PDT 2016

ourparents

RT @ctffox A5: Falls can be a result of an underlying medical condition, e.g. UTI. #eldercarechat


MT @SrCareSherpa A5: Easier to prevent than to recover from a fall
#eldercarechat

RT @julie_fpciw: A5 Examples: Take them to the doctor when the fall happens, ask about their medication, encourage them to exercise.
#elder...

A5: preventing falls is the key to avoiding a personal healthcare crisis.
#eldercarechat

A5 Take notice if they need any assistance rising from their chair or need to hold on to walls and furniture to get around. #eldercarechat

MT @Aetonix A5: Don’t assume your staff can prevent/deal with falls! Be pro-active/provide coaching. #eldercarechat
#eldercarechat transcript

Healthcare Social Media Transcript

From: Wed Oct 05 10:00:00 PDT 2016
To: Wed Oct 05 11:15:00 PDT 2016

What is #eldercarechat? Who were the influencers during this time period? #eldercarechat analytics

Healthcare Conference  -  Healthcare Tweet Chats  -  Healthcare Analytics

RT @julie_fpciw: A5 Take notice if they need any assistance rising from their chair or need to hold on to walls and furniture to get around…

dailycaring

RT @ctffox: A5: Falls can be a result of an underlying medical condition, e.g. UTI. #eldercarechat

srcaresherpa

RT @OurParents: Q5: WHAT DO CAREGIVERS NEED TO KNOW ABOUT FALLS? #eldercarechat

julie_fpciw

RT @julie_fpciw: A5 Falls can be prevented! Home-based exercise programs and home safety interventions reduce the rate and risk of falls. #eldercarechat

RT @Julie_FPCIW: A5 Falls can be prevented! Home-based exercise programs and home safety interventions reduce the rate and risk of falls. #…

dailycaring

RT @ctffox: A5: Take the time & energy to prevent that first fall.

laposadagvaz
#eldercarechat - Healthcare Social Media Transcript


srcaresherpa

MT @julie_fpciw A5 Take notice if they need any assistance rising from chair/must hold on to walls/furniture to get around. #eldercarechat


ourparents

RT @caregivingeasy: @SheaCompanions - same. I feel like a lot of times, attitude and drive has a lot 2 do w/recovery #eldercarechat 


sheacompanions

https://t.co/V9gY2HT2uK

ctffox

@julie_fpciw Yes Julie-studies have shown the first fall dramatically increases the chances for a second one within 6 mos. #eldercarechat


ourparents

MT @julie_fpciw A5 Falls can be prevented! Home-based exercise programs/home safety interventions reduce rate/risk of falls. #eldercarechat


caregivingeasy

A5: Try 2 prevent BEFORE they happen. Do walk-through w/family member to ID fall risks & address #eldercarechat 


ourparents

RT @SrCareSherpa A5: preventing falls is the key to avoiding a personal healthcare crisis. #eldercarechat


ourparents

I'm learning so much today! Thanks to all of you for your terrific input! #eldercarechat


frontporchcs

A5: Scouring home for trip hazards, encouraging strength and balance building activity. #eldercarechat


srcaresherpa

Yes! determine the cause in order to prevent others. 
https://t.co/s6CSsPMULL


upshiftretire

@SheaCompanions These olympic agers don't change until their first serious fall.Only then do they begin to accept limitations #eldercarechat
ourparents

MT @julie_fpciw A5 Even if the older adult fell once, the caregiver should take action bc likely will fall again. #eldercarechat


srcaresherpa

RT @LaPosadaGVAZ: RT @OurParents: Q5: WHAT DO CAREGIVERS NEED TO KNOW ABOUT FALLS? #eldercarechat


sharemailme

RT @OurParents: I'm learning so much today! Thanks to all of you for your terrific input! #eldercarechat

Wed Oct 5 10:40:08 PDT 2016

frontporchcs

RT @OurParents: MT @julie_fpciw A5 Take notice if they need any assistance rising from chair/must hold on to walls/furniture to get around.…


dailycaring

RT @FrontPorchCS: A5: Scouring home for trip hazards, encouraging strength and balance building activity. #eldercarechat


caregivingeasy

RT @JewelCodeCorp - so true! https://t.co/1VdnZaDxbQ


frontporchcs

RT @julie_fpciw: A5 Falls can be prevented! Home-based exercise programs and home safety interventions reduce the rate and risk of falls. #…


laposadagvaz

A5: Caregivers need to know history of caree falls and how treated. Where in house or rooms is fall prevention mitigation. #eldercarechat


blakeford_inc

RT @julie_fpciw: A5 Falls can be prevented! Home-based exercise programs and home safety interventions reduce the rate and risk of falls. #…


frontporchcs

RT @OurParents: MT @Aetonix A5: Don't assume your staff can prevent/deal with falls! Be pro-active/provide coaching. #eldercarechat


dailycaring

RT @upshiftretire: @SheaCompanions These olympic agers don't change until their first serious fall. Only then do they begin to accept
frontporchcs
RT @julie_fpciw: A5 Examples: Take them to the doctor when the fall happens, ask about their medication, encourage them to exercise. #elder...

dailycaring
RT @LaPosadaGVAZ: A5: Caregivers need to know history of caree falls and how treated. Where in house or rooms is fall prevention mitigation...

julie_fpciw
Healthy lifestyle choices should be part of a daily regimen even @ pre-fall. If you are strong pre-fall, easier to… https://t.co/2Wp6WXmOAb

frhomecare
RT @julie_fpciw: Healthy lifestyle choices should be part of a daily regimen even @ pre-fall. If you are strong pre-fall, easier to bounce…

ourparents
MT @LaPosadaGVAZ A5: Caregivers need to know history of caree falls/how treated and do fall prevention mitigation. #eldercarechat

laposadagvaz
A5: Ask the caregivers what other other fall prevention techniques they can suggest? #eldercarechat

srcaresherpa
A5: understand the signs of frequent falling, bruising, broken furniture, skin tears #eldercarechat

frontporchcs
RT @LaPosadaGVAZ: A5: Caregivers need to know history of caree falls and how treated. Where in house or rooms is fall prevention mitigation...

aboutscp
A5: @OurParents They are a canary in the coal mine. It is part of aging but can signal serious deterioration. #eldercarechat

ourparents
Well-said! MT @SrCareSherpa Yes! determine the cause in order to prevent others. #eldercarechat
RT @aboutscp A5: @OurParents They are a canary in the coal mine. It is part of aging but can signal serious deterioration. #eldercarechat


A5. Even if someone is stubborn and won't change their habits, #caregivers can change their environment & make it safer #eldercarechat


RT @LaPosadaGVAZ A5: Ask the caregivers what other other fall prevention techniques they can suggest? #eldercarechat


I wish that were true for everyone. My friend who's fallen 25 times abandons walker every chance she gets. https://t.co/UdOYJnEUv3


RT @SrCareSherpa: A5: understand the signs of frequent falling, bruising, broken furniture, skin tears #eldercarechat


@FrontPorchCS - also cluttered walkways and power cords. #eldercarechat https://t.co/VSoZZcQAIH


RT @OurParents: RT @aboutscp A5: @OurParents They are a canary in the coal mine. It is part of aging but can signal serious deterioration. ...


MT @DailyCaring A5. Even if someone is stubborn/won't change their habits, #caregivers can change environment/make it safer #eldercarechat


RT @OurParents: I'm learning so much today! Thanks to all of you for your terrific input! #eldercarechat


A5 Educating the resident in #fallprevention. Do assessments on balance, strength, flexibility, and endurance. #eldercarechat


RT @caregivingeasy: @FrontPorchCS - also cluttered walkways and
frontporchcs

power cords. #eldercarechat https://t.co/VSoZZcQAIH

jcdeirdre

@FrontPorchCS @julie_fpciw Making devices lk fashionable might help, like the cool canes for those who like extra flair -:) #eldercarechat

ourparents

@SheaCompanions That's true. Falling once, twice, or 25 times doesn’t always lead to use of an aid. #eldercarechat

dailycaring

RT @SrCareSherpa: A5: understand the signs of frequent falling, bruising, broken furniture, skin tears #eldercarechat

ourparents

RT @julie_fpciw A5 Educating resident in #fallprevention. Do assessments on balance, strength, flexibility, and endurance. #eldercarechat

dailycaring

RT @julie_fpciw: A5 Educating the resident in #fallprevention. Do assessments on balance, strength, flexibility, and endurance. #eldercare…

frontporchcs

RT @LaPosadaGVAZ: A5: Ask the caregivers what other other fall prevention techniques they can suggest? #eldercarechat

dailycaring

RT @JCDeirdre: @FrontPorchCS @julie_fpciw Making devices lk fashionable might help, like the cool canes for those who like extra flair -:)

ourparents

@aboutscp Well-said! #eldercarechat

frontporchcs

RT @SrCareSherpa: A5: understand the signs of frequent falling, bruising, broken furniture, skin tears #eldercarechat

ourparents

RT @SrCareSherpa A5: understand the signs of frequent falling, bruising, broken furniture, skin tears #eldercarechat
@OurParents They need to know basic first aid, emerge numbers, how to assess whether person can be helped up or wait for help
#eldercarechat

RT @FrontPorchCS A5: Scouring home for trip hazards, encouraging strength and balance building activity. #eldercarechat

dailycaring
RT @upshiftretire: @OurParents They need to know basic first aid, emerge numbers, how to assess whether person can be helped up or wait for…

RT @OurParents: Well-said! MT @SrCareSherpa Yes! determine the cause in order to prevent others. #eldercarechat

RT @DailyCaring: A5. Even if someone is stubborn and won't change their habits, #caregivers can change their environment & make it safer #e…

RT @LaPosadaGVAZ: RT @OurParents: Q5: WHAT DO CAREGIVERS NEED TO KNOW ABOUT FALLS? #eldercarechat

RT @julie_fpciW: A5 Falls can be prevented! Home-based exercise programs and home safety interventions reduce the rate and risk of falls. #…

RT @julie_fpciW: A5 Educating the resident in #fallprevention. Do assessments on balance, strength, flexibility, and endurance. #eldercarec…

Q6: HOW CAN YOU PREVENT FALLS AT HOME/BEYOND (in the grocery store, the salon, etc.)? #eldercarechat

@OurParents @LaPosadaGVAZ - so true. Include them in process & they are more likely 2 embrace #eldercarechat https://t.co/wyzwErCAZ2
julie_fpciw
A5 Decluttering the house -- a very inexpensive way to modify the home. #eldercarechat https://t.co/BkANjXPqGe

jessica_fpciw
@julie_fpciw YES even the smallest, unassuming things in the home environment can be major hazards! https://t.co/fQhISqhT1e

aetonix
A6: Do you know that infections are the cause of 20 to 45% of falls? Be pro-active https://t.co/9B0ehHjiTt #eldercarechat

dailycaring
A5. Even chair-based exercise can significantly reduce senior fall risk. Don't underestimate the power of exercise #eldercarechat

ourparents
YES! MT @upshiftretire Basic first aid, emerge numbers, how to assess whether person can be helped up or wait for help #eldercarechat

srcaresherpa
A5 as mentioned previously falls could signal another underlying medical condition #eldercarechat

ourparents
Just a reminder: hold your links until the end of the chat. Thanks! #eldercarechat

ourparents
RT @SrCareSherpa A5 as mentioned previously falls could signal another underlying medical condition #eldercarechat
Wed Oct 5 10:44:37 PDT 2016

frhomecare
RT @SrCareSherpa A5 as mentioned previously falls could signal another underlying medical condition #eldercarechat

ourparents
MT @julie_fpciw A5 Educating resident in fallprevention. Do assessments on balance, strength, flexibility, and endurance. #eldercarechat
Wed Oct 5 10:44:54 PDT 2016

dailycaring
RT @OurParents: Q6: HOW CAN YOU PREVENT FALLS AT HOME/BEYOND (in the grocery store, the salon, etc.)? #eldercarechat
Wed Oct 5 10:45:58 PDT 2016
frontporchcs

Yes! My husband uses the "flame cane" from the TV show "House". Gets lots of compliments=:). #eldercarechat https://t.co/BE8ctzkFre

Wed Oct 5 10:45:02 PDT 2016

blakeford_inc

RT @SrCareSherpa: A5 as mentioned previously falls could signal another underlying medical condition #eldercarechat

Wed Oct 5 10:45:04 PDT 2016

saludhealthinfo

RT @OurParents: MT @julie_fpciwiww A5 Falls can be prevented! Home-based exercise programs/home safety interventions reduce rate/risk of falls…

Wed Oct 5 10:45:18 PDT 2016

frontporchcs

RT @JCDeirdre: @FrontPorchCS @julie_fpciwiww Making devices lk fashionable might help, like the cool canes for those who like extra flair -:)


julie_fpciwiww

.@LADeptofAging have "File of Life" which contains all the emergency numbers in case someone falls. They know who t… https://t.co/MPP5SqboLI

Wed Oct 5 10:45:40 PDT 2016

frontporchcs

RT @Aetonix: A6: Do you know that infections are the cause of 20 to 45% of falls? Be pro-active https://t.co/9B0ehHjiTt #eldercarechat

Wed Oct 5 10:45:42 PDT 2016

ourparents

Since we've covered Q6 somewhat via other questions/answers, and in the interest of time, here comes Q7! #eldercarechat

Wed Oct 5 10:45:44 PDT 2016

screatherspa

A6: make sure elders understand how to use assistive devices, where to find them in the store/community #eldercarechat

Wed Oct 5 10:45:54 PDT 2016

pearsl_choice

Key things caregivers need to know about #senior falls or incidents #eldercarechat: https://t.co/54DkXMeRGU

Wed Oct 5 10:45:54 PDT 2016

ourparents

However, keep answers for Q6 coming if you have them! #eldercarechat


jessica_fpciwiww

A6 Wearing the right shoes that are comfortable, secure on your feet and slip resistant #eldercarechat

Wed Oct 5 10:46:01 PDT 2016
dailycaring

A6. If someone is high risk, make sure they have a mobility aid and are accompanied when they're out and about #eldercarechat

frontporchcs

RT @DailyCaring: A5. Even chair-based exercise can significantly reduce senior fall risk. Don't underestimate the power of exercise #eldercarechat

frontporchcs

RT @julie_fpciw: A5 Decluttering the house -- a very inexpensive way to modify the home. #eldercarechat https://t.co/BkANjXPqGe

ourparents

Q7: WHAT COMPONENTS MAKE A GOOD FALL PREVENTION PROGRAM? #eldercarechat

dekbutt

RT @julie_fpciw: A5 Educating the resident in #fallprevention. Do assessments on balance, strength, flexibility, and endurance. #eldercarechat

ourparents

@FrontPorchCS That's fantastic! #eldercarechat

dailycaring

RT @OurParents: Q7: WHAT COMPONENTS MAKE A GOOD FALL PREVENTION PROGRAM? #eldercarechat

sharemailme

A6: Grab bars in the bathroom!!! 80% of falls happen in the bathroom- #eldercarechat

frhomecare

MT @DailyCaring A6. If someone is high risk make sure they have a mobility aid & are accompanied when they're out & about #eldercarechat

ourparents

@julie_fpciw @LADeptofAging Wow, so progressive. I wish all cities had such a file. Good for LA! #eldercarechat

srcaresherpa

A6: educating business owners and community about fall risk and steps they could take to make things more senior friendly #eldercarechat
RT @sharemailme A6: Grab bars in the bathroom!!! 80% of falls happen in the bathroom- #eldercarechat


A6 At home: remove clutter from the floor and don’t place cables in the middle of the walkway to create open walkways. #eldercarechat

Wed Oct 5 10:47:00 PDT 2016

RT @julie_fpciw: .@LADeptofAging have "File of Life" which contains all the emergency numbers in case someone falls. They know who to conta…


A6 When out and about, wearing the appropriate shoes such as ones that fit properly and have non-slip bottoms. #eldercarechat


@sharemailme YES to that! Grab bars in the bathroom can make a major difference in fall prevention. #eldercarechat


RT @OurParents @sharemailme YES to that! Grab bars in the bathroom can make a major difference in fall prevention. #eldercarechat


A7 At the communities, make Falls Prevention program an interdepartmental effort -- not just PT, Life Enrichment, or Fitness. #eldercarechat


RT @jessica_fpciw: A6 Wearing the right shoes that are comfortable, secure on your feet and slip resistant #eldercarechat


HUGE! MT @julie_fpciw A6 When out and about, wear appropriate shoes that fit properly and have non-slip bottoms. #eldercarechat


A6 To prevent falls, start w Fall Risk & Safety Assmts. We added them to our sw yrs ago--have been told they're helpful. #eldercarechat


RT @OurParents: Q7: WHAT COMPONENTS MAKE A GOOD FALL
frontporchcs

PREVENTION PROGRAM? #eldercarechat

julie_fpciw

A7 Successful #FallPrevention programs need to address all three of the balance systems: Vestibular, Vision, Somatosensory. #eldercarechat

laposadagvaz

RT @OurParents: Q7: WHAT COMPONENTS MAKE A GOOD FALL PREVENTION PROGRAM? #eldercarechat

ourparents

MT @julie_fpciw A6 At home: remove clutter from the floor/don't place cables in middle of walkway to create open walkways. #eldercarechat

dailycaring

A7. Exercise, healthy diet + hydration, med review, home safety updates, mobility aid, teaching how to get up/call for help #eldercarechat

srcaresherpa

Q7: Assessment, evaluation and follow-up #eldercarechat
Wed Oct 5 10:48:00 PDT 2016

julie_fpciw

A7 A good #fallprevention program is not limited to a one-time event or a one-time presentation --it has to be ongoing. #eldercarechat

frhomecare

RT @OurParents Q7: WHAT COMPONENTS MAKE A GOOD FALL PREVENTION PROGRAM? #eldercarechat

advocatemomdad

A6 When leaving home, we have a routine based on mom's mobility we worked out & she feels good executing. Rule 1 Dogs outside #eldercarechat

frontporchcs

RT @SrCareSherpa: A6: educating business owners and community about fall risk and steps they could take to make things more senior friendly…

dailycaring

RT @SrCareSherpa: A6: educating business owners and community about fall risk and steps they could take to make things more senior friendly…
RT @sharemailme A6: Grab bars in the bathroom!!! 80% of falls happen in the bathroom #eldercarechat


RT @julie_fpciw: A6 At home: remove clutter from the floor and don't place cables in the middle of the walkway to create open walkways. #el...


RT @OurParents: RT @sharemailme A6: Grab bars in the bathroom!!! 80% of falls happen in the bathroom- #eldercarechat


RT @julie_fpciw: A6 When out and about, wearing the appropriate shoes such as ones that fit properly and have non-slip bottoms. #eldercarec...


A7: more attention should be given during the discharge process on preventing falls for high risk patients #eldercarechat


A7: Suggestions from carees friends, doctors, local area agencies on aging, and first responders! #eldercarechat


RT @julie_fpciw: A7 Successful #FallPrevention programs need to address all three of the balance systems: Vestibular, Vision, Somatosensory...

Wed Oct 5 10:49:02 PDT 2016

RT @julie_fpciw: A7 At the communities, make Falls Prevention program an interdepartmental effort -- not just PT, Life Enrichment, or Fitne...


@DailyCaring that is quite thorough answer :) #eldercarechat


RT @julie_fpciw: A7 Successful #FallPrevention programs need to address all three of the balance systems: Vestibular, Vision, Somatosensory...

A7: more attention should be given during the discharge process on preventing falls for high risk patients

A6: Check all rooms 4 risks at home. Check meds/get doc check up. Beyond: work on balance, use devices

Exercise, healthy diet + hydration, med review, home safety updates, mobility aid, teaching how to get up/call for help

Assessment, evaluation and follow-up

Suggestions from carees friends, doctors, local area agencies on aging, and first responders!

A good fall prevention program is not limited to a one-time event/presentation -- it has to be ongoing.

Yes, it does come in handy. It comes in a form of a fridge magnet. I can share a photo at the end.

EXCELLENT list!
ourparents

@julie_fpciw Terrific! #eldercarechat

scaresherpa

A7: Helping the senior understand that fall prevention does not mean limiting independent behavior #eldercarechat

ourparents

RT @SrCareSherpa A7: Helping the senior understand that fall prevention does not mean limiting independent behavior #eldercarechat
Wed Oct 5 10:50:45 PDT 2016

dailycaring

RT @OurParents: MT @julie_fpciw A7 A good #fallprevention program is not limited to a one-time event/presentation – it has to be ongoing. #…

caregivingeasy

RT @julie_fpciw: A7 Successful #FallPrevention programs need to address all three of the balance systems: Vestibular, Vision, Somatosensory…

ourparents

@SrCareSherpa Well-said and so true! #eldercarechat

jessica_fpciw

RT @julie_fpciw: A7 A good #fallprevention program is not limited to a one-time event or a one-time presentation – it has to be ongoing. #e…

ourparents

RT @SrCareSherpa A7: more attention should be given during the discharge process on preventing falls for high risk patients #eldercarechat
Wed Oct 5 10:51:00 PDT 2016

ourparents

@advocatemomdad Great idea to have a routine and a rule! #eldercarechat

julie_fpciw

Get a specialist to have your home assessed. #eldercarechat
https://t.co/C21a9anilmJ

laposadagvaz

Good idea…RT @advocatemomdad: A6 When leaving home, have a routine based on caree’s mobility. Rule 1 Dogs outside #eldercarechat
A7: Must have buy-in from the senior and their family/support network #eldercarechat

RT @OurParents: MT @julie_fpciwi A7 A good #fallprevention program is not limited to a one-time event/presentation --it has to be ongoing. #…

RT @julie_fpciwi Yes, it does come in handy. It comes in a form of a fridge magnet. -- wd love to see that :) #eldercarechat

MT @julie_fpciwi A7 Successful #FallPrevention programs need 2 address all balance systems: Vestibular, Vision, Somatosensory. #eldercarechat

A7: Empathy is crucial. Make sure you test it with patients before rolling it out. #eldercarechat #designthinking

RT @OurParents: RT @SrCareSherpa A7: more attention should be given during the discharge process on preventing falls for high risk patients…

RT @SrCareSherpa: A7: Helping the senior understand that fall prevention does not mean limiting independent behavior #eldercarechat

Q8: WHAT INNOVATIONS IN FALL PREVENTION ARE HAPPENING IN SENIOR LIVING/SENIOR CARE? #eldercarechat
Wed Oct 5 10:51:54 PDT 2016

TRUTH! RT @aboutscp A7: Empathy is crucial. Make sure you test it with patients before rolling it out. #eldercarechat #designthinking

A7: Education, awareness, regular risk assessment! Don't forget to be ready to detect falls! #eldercarechat
RT @OurParents: RT @SrCareSherpa A7: Helping the senior understand that fall prevention does not mean limiting independent behavior #eldercarechat

frontporchcs

RT @SrCareSherpa: A7: Must have buy-in from the senior and their family/support network #eldercarechat

frhomecare

RT @julie_fpciw: A7 Successful #FallPrevention programs need to address all three of the balance systems: Vestibular, Vision, Somatosensory...

ourparents

@aboutscp Love that #DesignThinking hashtag! #eldercarechat

srcaresherpa

RT @OurParents: RT @SrCareSherpa A7: more attention should be given during the discharge process on preventing falls for high risk patients...

ourparents

RT @Aetonix A7: Education, awareness, regular risk assessment! Don't forget to be ready to detect falls! #eldercarechat

ourparents

RT @SrCareSherpa A7: Must have buy-in from the senior and their family/support network #eldercarechat

jewelcodecorp

A8 More activity programs in senior living like yoga, Zumba, Tai Chi and the likes can help with fall prevention. #eldercarechat

srcaresherpa

RT @OurParents: MT @julie_fpciw A7 A good #FallPrevention program is not limited to a one-time event/presentation -- it has to be ongoing. #
Wed Oct 5 10:52:30 PDT 2016

ourparents

RT @julie_fpciw Get a specialist to have your home assessed. #eldercarechat https://t.co/wi5desF2li
Wed Oct 5 10:52:30 PDT 2016

dailycaring

RT @OurParents: Q8: WHAT INNOVATIONS IN FALL PREVENTION ARE HAPPENING IN SENIOR LIVING/SENIOR CARE? #eldercarechat
Wed Oct 5 10:52:34 PDT 2016
RT @aboutscp: A7: Empathy is crucial. Make sure you test it with patients before rolling it out. #eldercarechat #designthinking

caregivingeasy
RT @SrCareSherpa - so true. Maybe it could be incorp into fun activity so not something 4 "old" people #eldercarechat https://t.co/6qRju8Sqp0

srcaresherpa
RT @aboutscp: A7: Empathy is crucial. Make sure you test it with patients before rolling it out. #eldercarechat #designthinking

laposadagvaz
RT @OurParents: Q8: WHAT INNOVATIONS IN FALL PREVENTION ARE HAPPENING IN SENIOR LIVING/SENIOR CARE? #eldercarechat

dailycaring
RT @JewelCodeCorp: A8 More activity programs in senior living like yoga, Zumba, Tai Chi and the likes can help with fall prevention. #elder...

ourparents
MT @JewelCodeCorp A6 To prevent falls,start w Fall Risk & Safety Assmts. We added them to sw yrs ago/heard they're helpful. #eldercarechat
Wed Oct 5 10:53:01 PDT 2016

frontporchcs
RT @OurParents: Q8: WHAT INNOVATIONS IN FALL PREVENTION ARE HAPPENING IN SENIOR LIVING/SENIOR CARE? #eldercarechat

ourparents
MT @JewelCodeCorp A8 More activity programs in senior living like yoga, Zumba, Tai Chi etc can help with fall prevention. #eldercarechat

julie_fpciw
Educate all staff, caregivers, and residents to be more vigilant about #fallprevention. #eldercarechat https://t.co/5NZqwEM923

dailycaring
A8. New types of "soft" flooring to reduce risk of fractures when someone does fall #eldercarechat

cffox
A8: more use of technology, e.g. monitoring equipment, to assist in evaluating/assessing/managing falls. #eldercarechat
**julie_fpciw**  
A8 Fredericka Manor (Chula Vista, CA) uses PARO as a Fall Prevention Intervention. I will be working w/ them for this study.  
#eldercarechat  

**laposadagvaz**  
A8: Our residents love the emergency pendants worn around their neck.  
#eldercarechat  

**dailycaring**  
RT @ctffox: A8: more use of technology, e.g. monitoring equipment, to assist in evaluating/assessing/managing falls.  
#eldercarechat  

**ourparents**  
RT @ctffox: A8: more use of technology, e.g. monitoring equipment, to assist in evaluating/assessing/managing falls.  
#eldercarechat  

**dailycaring**  
RT @LaPosadaGVAZ: A8: Our residents love the emergency pendants worn around their neck.  
#eldercarechat  

**nayasala**  
RT @OurParents: Q8: WHAT INNOVATIONS IN FALL PREVENTION ARE HAPPENING IN SENIOR LIVING/SENIOR CARE?  
#eldercarechat  

**ourparents**  
MT @julie_fpciw A8 Fredericka Manor uses PARO as a Fall Prevention Intervention. I will be working w/ them for this study.  
#eldercarechat  

**frontporchcs**  
RT @JewelCodeCorp: A8 More activity programs in senior living like yoga, Zumba, Tai Chi and the likes can help with fall prevention.  
#elder...  

**ourparents**  
RT @LaPosadaGVAZ A8: Our residents love the emergency pendants worn around their neck.  
#eldercarechat  

**ourparents**  
RT @DailyCaring A8. New types of "soft" flooring to reduce risk of fractures when someone does fall  
#eldercarechat  

**julie_fpciw**  
A8 Wesley Palms (San Diego, CA) use motion-sensor tech @CareInnovations QuietCare to detect daily activity patterns at home.
#eldercarechat

Ourparents
MT @julie_fpciw Educate all staff, caregivers, and residents to be more vigilant about #fallprevention. #eldercarechat

Wed Oct 5 10:54:03 PDT 2016

julie_fpciw
A8 Vista Del Monte (Santa Barbara) FallProof is globally recognized to have the most successful outcomes of improvement. #eldercarechat


dailycaring
RT @julie_fpciw: A8 Vista Del Monte (Santa Barbara) FallProof is globally recognized to have the most successful outcomes of improvement. #…


julie_fpciw
A8 Our communities have @ExpressoBikes CyberCycle an interactive recumbent bike focusing on coordination movements. #eldercarechat

Wed Oct 5 10:54:30 PDT 2016

srcaresherpa
A8: community and senior groups are starting to focus on falls and mobility resulting in More free programs #eldercarechat


julie_fpciw
A8 Sunny View (Cupertino) uses @Alter_G, a low-impact treadmill allowing residents to strengthen their lower body w/o pain. #eldercarechat


jcdeirdre
RT @JewelCodeCorp: A8 More activity programs in senior living like yoga, Zumba, Tai Chi and the likes can help with fall prevention. #elder…

Wed Oct 5 10:54:54 PDT 2016

frontporchcs
@JewelCodeCorp We've had a LOT of interest in Tai Chi from our residents. #eldercarechat


julie_fpciw
A8 Villa Gardens (Pasadena, CA) has a campus-wide #fallprevention campaign for all staff + residents. #eldercarechat (1/2)


ourparents
@julie_fpciw @Alter_G Wow, what a cool thing! #eldercarechat

dailycaring

A8. I've heard that some companies are working on a "mini air bag" for the hips that will deploy in case of a fall #eldercarechat


ourparents

Wow, the hour FLEW today! We're at our five-minute mark and welcome your links and announcements at this time. #eldercarechat


jcedeirdre

RT @JewelCodeCorp: A6 To prevent falls, start w Fall Risk & Safety Assmts. We added them to our sw yrs ago - have been told they're helpful....


laposadagvaz

RT @OurParents: RT @DailyCaring A8. New types of "soft" flooring to reduce risk of fractures when someone does fall #eldercarechat


advocatemomdad

Do communities run fall prevention programs for the community? I'd attend one! #eldercarechat


julie_fpciw

A8 The efforts are 2-fold. This initiative is educational, but they incorporate a culture of mindfulness + wellness. #eldercarechat (2/2)


ourparents

Fascinating, @DailyCaring! I wonder how it will be worn? #eldercarechat


jessica_fpciw

A8 We've been doing fall prevention classes via video conference format connecting multiple living cmmtys and senior centers #eldercarechat


frontporchcs

RT @julie_fpciw: Educate all staff, caregivers, and residents to be more vigilant about #fallprevention. #eldercarechat https://t.co/5NZqwE…


srcaresherpa

A8: preventing devices are being redesigned to become more appealing and user friendly #eldercarechat


upshiftretire

RT @JewelCodeCorp: A6 To prevent falls, start w Fall Risk & Safety Assmts. We added them to our sw yrs ago - have been told they're helpful....
@julie_fpciw: A8 Fredericka Manor (Chula Vista, CA) uses PARO as a Fall Prevention Intervention. I will be working w/ them for this stud…

LOVE! MT @julie_fpciw A8 Efforts are 2-fold. This initiative = educational/incorporates a culture of mindfulness + wellness. 

RT @LaPosadaGVAZ: A8: Our residents love the emergency pendants worn around their neck. 

RT @LaPosadaGVAZ: A8: Our residents love the emergency pendants worn around their neck. 

Get a specialist to have your home assessed. 

RT @OurParents: RT @ctffox A8: more use of technology, e.g. monitoring equipment, to assist in evaluating/assessing/managing falls. 

RT @OurParents: RT @DailyCaring A8. New types of "soft" flooring to reduce risk of fractures when someone does fall 

Please join tomorrow 10AM PT/1PM ET for #SrCyberChat on issues related to older adult #onlinesafety #elderfraud (1/2) 

I know time went by superfast! It was a wonderful discussion. Thank you all for participating in today's… 

RT @julie_fpciw: A8 Wesley Palms (San Diego, CA) use motion-sensor tech @CareInnovations QuietCare to detect daily activity patterns at hom…

It's looking like a really weird and clunky undergarment at this point, but hopefully will improve with time!…
MT @jessica_fpciw A8 We're doing fall prevention classes via video conference connecting multiple living cmmtys/sr centers #eldercarechat


caregivingeasy I have a guide 2 checking each room for fall risks: https://t.co/nXqmOocwPu #eldercarechat

Wed Oct 5 10:56:30 PDT 2016

frontporchcs RT @julie_fpciw: A8 Vista Del Monte (Santa Barbara) FallProof is globally recognized to have the most successful outcomes of improvement. #…


sharemailme RT that's awesome, are they published anywhere? @jessica_fpciw A8 We've been doing fall prevention classes via video conf #eldercarechat


jessica_fpciw More info & chat questions for #SrCyberChat here https://t.co/BpGhlEKxVA please share and hope to see you all there! (2/2) #eldercarechat


ourparents @DailyCaring Gotta start somewhere, right? #eldercarechat


julie_fpciw Thank you to everyone who participated in today's #eldercarechat on #FallPrevention. I look forward to meeting all of you again soon!


frontporchcs RT @julie_fpciw: A8 Our communities have @ExpressoBikes CyberCycle an interactive recumbent bike focusing on coordination movements. #elder…

Wed Oct 5 10:56:54 PDT 2016

relaxationapp1 RT @OurParents: LOVE! MT @julie_fpciw A8 Efforts are 2-fold. This initiative = educational/incorporates a culture of mindfulness + wellness…

Wed Oct 5 10:56:54 PDT 2016

julie_fpciw Come check out our blog post "Every Day Should Be #FallsPrevention Awareness Day"! https://t.co/QGllOB22Eg #eldercarechat.

Wed Oct 5 10:57:00 PDT 2016

ourparents RT @caregivingeasy I have a guide 2 checking each room for fall risks: https://t.co/5GLQk33lno #eldercarechat
frontporchcs
RT @julie_fpciw: A8 Sunny View (Cupertino) uses @Alter_G, a low-impact treadmill allowing residents to strengthen their lower body w/o pain…

Wed Oct 5 10:57:02 PDT 2016

laposadagvaz
A8: They love to play #Wii Bowling. Keeps balance skills tip top! #eldercarechat


srcaresherpa
We are looking for #seniorcare providers nationwide to join our trusted network of providers https://t.co/aUAB4UGDeW #eldercarechat


caregivingeasy
And one on potential medical issues that can cause falls: https://t.co/CsN1HQb2Ie #eldercarechat


julie_fpciw
#eldercarechat Read Impact Story on motion sensor tech @CareInnovation QuietCare at Wesley Palms Summer House https://t.co/u3trOePpRG


frontporchcs
RT @julie_fpciw: A8 Villa Gardens (Pasadena, CA) has a campus-wide #fallprevention campaign for all staff + residents. #eldercarechat (1/2)


dailycaring
We've got a bunch of articles on home safety to help reduce fall risk for seniors https://t.co/Yv9tAvfz8q #eldercarechat


julie_fpciw
Read Impact Story on PARO, the Robotic Seal #eldercarechat https://t.co/WwlOJTPsra


ourparents
Read our post on preventing falls through fitness: https://t.co/5GLQk33lno #eldercarechat


frontporchcs
RT @julie_fpciw: A8 The efforts are 2-fold. This initiative is educational, but they incorporate a culture of mindfulness + wellness.#elder…

Check out the Impact Story on @ExpressoBikes CyberCycle #eldercarechat https://t.co/1Wn73VOktu

@julie_fpciw Thanks to you Julie for being here-enjoyed the discussion! @ourparents Gr8 job as always M! #eldercarechat

RT @jessica_fpciw: A8 We've been doing fall prevention classes via video conference format connecting multiple living cmmty's and senior ce...

RT @SrCareSherpa: A8: preventing devices are being redesigned to become more appealing and user friendly #eldercarechat

RT @ctffox @julie_fpciw Thanks to you Julie for being here-enjoyed the discussion! @ourparents Gr8 job as always M! #eldercarechat
Wed Oct 5 10:58:03 PDT 2016

Read Impact Story to learn more about @Alter_G #eldercarechat https://t.co/QtbYJdfcnV
Wed Oct 5 10:58:03 PDT 2016

RT @SrCareSherpa: We are looking for #seniorcare providers nationwide to join our trusted network of providers https://t.co/aUAB4UGDeW #eldc...
Wed Oct 5 10:58:08 PDT 2016

RT @jessica_fpciw: Please join tomorrow 10AM PT/1PM ET for #SrCyberChat on issues related to older adult #onlinesafety #elderfraud (1/2) #e...

#eldercarechat Do a quick self-assessment of your risk of falls by doing the 30-sec chair stand test! Cred: @cdcgov https://t.co/EEQJtm0XlS

Thank you. Here are two safety article from https://t.co/rrQCOgkPVw https://t.co/ZvdPnBtmor and https://t.co/ZvdPnBtmor #eldercarechat

We've also got many articles with helpful suggestions on how to prevent falls and reduce fall risk https://t.co/QiGK7OHFMj #eldercarechat
More information about the FallProof Program at CalState Fullerton @csuf #eldercarechat https://t.co/o9IS3tPPan

Read our post on preventing falls through fitness: https://t.co/ne7YwfYGKA #ElderCareChat

Read our post on preventing falls through fitness: https://t.co/hkwzsyqTuy #ElderCareChat

RT @julie_fpciw: #eldercarechat Do a quick self-assessment of your risk of falls by doing the 30-sec chair stand test! Cred: @cdcgov https:...
Wed Oct 5 10:58:54 PDT 2016

@frontporchcs to host #srcyberchat 10/6, 10-11AM PST on #cybersecurity affecting #olderadults. Hope to see you there! #eldercarechat (1/2)

A8: Virtual reality is not but should soon! Rendever at @MIT is doing interesting work around memory loss.... https://t.co/fl1WPdumNF
Wed Oct 5 10:59:03 PDT 2016

Continue the conversation and resource-sharing in our LinkedIn group: https://t.co/FNZlpdR8b5 #ElderCareChat

Continue the conversation and resource-sharing in our LinkedIn group: https://t.co/MU8WJe6aRU #ElderCareChat

More details about tomorrow's #SrCyberChat check out this blog post! #cybersecurity #NCSAM2016 #eldercarechat https://t.co/NXPfhA1DHe (2/2)

A8: Our Fall detection solution provides caregivers with immediate notification on mobile including a visual on the person. #eldercarechat

Our communities absolutely adore PARO! #eldercarechat
@ctffox @julie_fpciw Thanks for those kind words, C, and for being here today! It was great to have you -- like old times! #ElderCareChat

@advocatemomdad - many senior centers have fall prevention programming - either exercise or classes. #eldercarechat https://t.co/ruCpoUcLyK

Shout out to @KeepingUsSafe, @SilverDawnRadio, @CareOne_ @ElderCareFirm be sure to join the next #eldercarechat

Join the conversation on #cybersecurity + #elderabuse 10/6, 10AM PST. Follow #SrCyberChat. #ElderCareChat https://t.co/2ULcpmD6fj

Thank you so much M for the opportunity to host today's #eldercarechat. Look forward to participating again as a guest in a couple weeks!

Our next chat happens Wednesday, October 19th, 2016 at 1pm ET. Stay tuned to this page for updates: https://t.co/JJ5xGsITz5 #ElderCareChat

Our next chat happens Wednesday, October 19th, 2016 at 1pm ET. Stay tuned to this page for updates: https://t.co/TgkeNKSEwt #ElderCareChat

I'll tweet a full transcript of this conversation tomorrow. Watch for a link to the recap post in the coming days. #ElderCareChat

I'll tweet a full transcript of this conversation tomorrow. Watch for a link to the recap post in the coming days. #ElderCareChat

@OurParents Indeed it was-I'm very happy I could make it! @julie_fpciw #eldercarechat
frontporchcs

RT @jessica_fpciw: Our communities absolutely adore PARO! #eldercarechat https://t.co/27L5pcBtgf
Wed Oct 5 11:00:01 PDT 2016

caregivingeasy

RT @ElderCareChat: Read our post on preventing falls through fitness: https://t.co/hkwzsyqTuy #ElderCareChat
Wed Oct 5 11:00:02 PDT 2016

dailycaring

Thank you M @OurParents, @julie_fpciw, and group for a great discussion! Have a fantastic day! #eldercarechat
Wed Oct 5 11:00:05 PDT 2016

ourparents

Attendees, we appreciate your participation and insights. #ElderCareChat
Wed Oct 5 11:00:14 PDT 2016

frontporchcs

RT @julie_fpciw: More details about tomorrow's #SrCyberChat check out this blog post! #cybersecurity #NCSAM2016 #eldercarechat https://t.co…
Wed Oct 5 11:00:14 PDT 2016

eldercarechat

Attendees, we appreciate your participation and insights. #ElderCareChat
Wed Oct 5 11:00:22 PDT 2016

frontporchcs

RT @ElderCareChat: Continue the conversation and resource-sharing in our LinkedIn group: https://t.co/MU8WJe6aRU #ElderCareChat
Wed Oct 5 11:00:22 PDT 2016

dailycaring

RT @OurParents: Continue the conversation and resource-sharing in our LinkedIn group: https://t.co/FNZlpdR8b5 #ElderCareChat
Wed Oct 5 11:00:25 PDT 2016

aboutscp

RT @ElderCareChat: Read our post on preventing falls through fitness: https://t.co/hkwzsyqTuy #ElderCareChat
Wed Oct 5 11:00:30 PDT 2016

ourparents

Julie, @julie_fpciw, thank you so much for your fantastic input today, and for your great work in senior living! #ElderCareChat
Wed Oct 5 11:00:34 PDT 2016
eldercarechat - Healthcare Social Media Transcript

Julie, @julie_fpciw, thank you so much for your fantastic input today, and for your great work in senior living! #ElderCareChat

Wed Oct 5 11:00:34 PDT 2016

ctffox

Signing off-happy hump day to all! #eldercarechat

Wed Oct 5 11:00:40 PDT 2016

srcresherpa

RT @julie_fpciw: .@frontporchcs to host #srcyberchat 10/6, 10-11AM PST on #cybersecurity affecting #olderadults. Hope to see you there! #e…

Wed Oct 5 11:00:42 PDT 2016

sharemailme

@julie_fpciw thanks for hosting! We'd love to explore doing a pilot w you if you're interested in ending senior isolation! #eldercarechat

Wed Oct 5 11:00:45 PDT 2016

jessica_fpciw

October is National Cyber Security Awareness month! Do your part to be #cyberaware and join us at #SrCyberChat!… https://t.co/lK8Et94Gq2

Wed Oct 5 11:00:47 PDT 2016

caregivingeasy

@julie_fpciw - awesome! I am an alumni:-) https://t.co/uFMaXS07b0

Wed Oct 5 11:00:48 PDT 2016

frontporchcs

RT @julie_fpciw: Thank you so much M for the opportunity to host today's #eldercarechat. Look forward to participating again as a guest in…

Wed Oct 5 11:00:54 PDT 2016

caregivingeasy

RT @julie_fpciw: #eldercarechat Do a quick self-assessment of your risk of falls by doing the 30-sec chair stand test! Cred: @cdcgov https:…

Wed Oct 5 11:00:59 PDT 2016

dailycaring

RT @caregivingeasy: @advocatemomdad - many senior centers have fall prevention programming - either exercise or classes. #eldercarechat htt…

Wed Oct 5 11:01:00 PDT 2016

aetonix

Thank you all #eldercarechat. Don't hesitate to visit https://t.co/foSEPXvxFx

Wed Oct 5 11:01:01 PDT 2016

sharemailme

Great chatting with all of you!! <3 #eldercarechat

Wed Oct 5 11:01:01 PDT 2016
Ty @OurParents for the great #eldercarechat today! Everyone have a wonderful #humpday!

Wed Oct 5 11:01:02 PDT 2016

RT @OurParents: Our next chat happens Wednesday, October 19th, 2016 at 1pm ET. Stay tuned to this page for updates: https://t.co/TgkeNKSEw7...

Wed Oct 5 11:01:08 PDT 2016

Thanks @FrontPorchCS @OurParents All for an enjoyable hour! Converse w us https://t.co/nMuDKrXbHb when you get a chance:-) #eldercarechat

Wed Oct 5 11:01:10 PDT 2016

RT @OurParents: I’ll tweet a full transcript of this conversation tomorrow. Watch for a link to the recap post in the coming days. #ElderCa...

Wed Oct 5 11:01:15 PDT 2016

RT @DailyCaring: We've got a bunch of articles on home safety to help reduce fall risk for seniors https://t.co/Yv9tAvfz8q #eldercarechat

Wed Oct 5 11:01:20 PDT 2016

RT @SrCareSherpa: Shout out to @KeepingUsSafe, @SilverDawnRadio, @CareOne_ @ElderCareFirm be sure to join the next #eldercarechat

Wed Oct 5 11:01:36 PDT 2016

Looking forward to preparing the recap for today's #ElderCareChat. There was so much great information to review!

Wed Oct 5 11:01:54 PDT 2016

Looking forward to preparing the recap for today's #ElderCareChat. There was so much great information to review!

Wed Oct 5 11:01:54 PDT 2016

Thank you to #eldercarechat and @julie_fpciw for an informative and fun discussion!

Wed Oct 5 11:01:54 PDT 2016

@OurParents thank you for all the work you do on this tweetchat! #eldercarechat

Wed Oct 5 11:01:57 PDT 2016

So thrilled to be part of this important conversation! Thank you for all
the work you do! @ElderCareChat @OurParents #eldercarechat

Wed Oct 5 11:02:08 PDT 2016

scaresherpa
RT @JCDeirdre: Thanks @FrontPorchCS @OurParents All for an enjoyable hour! Converse w us https://t.co/nMuDKrXHbd when you get a chance:-) #…

Wed Oct 5 11:02:37 PDT 2016

frontporchcs
RT @OurParents: Julie, @julie_fpciw, thank you so much for your fantastic input today, and for your great work in senior living! #ElderCare…

Wed Oct 5 11:02:39 PDT 2016

frontporchcs
RT @ElderCareChat: Julie, @julie_fpciw, thank you so much for your fantastic input today, and for your great work in senior living! #ElderC…

Wed Oct 5 11:02:44 PDT 2016

jessica_fpciw
@aboutscp our cmmtys are currently looking into a lot of applications of VR for the aging population take a look… https://t.co/yCf9z5tTrF

Wed Oct 5 11:03:08 PDT 2016

scaresherpa
RT @FrontPorchCS: So thrilled to be part of this important conversation! Thank you for all the work you do! @ElderCareChat @OurParents #eld…

Wed Oct 5 11:03:20 PDT 2016

sharemailme
RT @sharemailme @OurParents thank you for all the work you do on this tweetchat! #eldercarechat and @eldercarechat!

Wed Oct 5 11:03:22 PDT 2016

jessica_fpciw
RT @julie_fpciw: More details about tomorrow’s #SrCyberChat check out this blog post! #cybersecurity #NCSAM2016 #eldercarechat https://t.co…

Wed Oct 5 11:03:36 PDT 2016

jewelcodecorp
RT @JCDeirdre: Thanks @FrontPorchCS @OurParents All for an enjoyable hour! Converse w us https://t.co/nMuDKrXHbd when you get a chance:-) #…

Wed Oct 5 11:04:09 PDT 2016

scaresherpa
RT @FrontPorchCS: So thrilled to be part of this important conversation! Thank you for all the work you do! @ElderCareChat @OurParents #eld…

Wed Oct 5 11:04:17 PDT 2016

Here is the @LADeptofAging File of Life. #fallprevention #eldercarechat https://t.co/CHZnklYE5i

Wed Oct 5 11:04:29 PDT 2016

RT @julie_fpciw: Here is the @LADeptofAging File of Life. #fallprevention #eldercarechat https://t.co/CHZnklYE5i

Wed Oct 5 11:05:13 PDT 2016

RT @julie_fpciw: Here is the @LADeptofAging File of Life. #fallprevention #eldercarechat https://t.co/CHZnklYE5i

Wed Oct 5 11:05:26 PDT 2016

@sharemailme @LADeptofAging you place emergency contacts into this red envelope you place on your fridge. #eldercarechat

Wed Oct 5 11:08:19 PDT 2016

RT @julie_fpciw: .@frontporchcs to host #srcyberchat 10/6, 10-11AM PST on #cyberssecurity affecting #olderadults. Hope to see you there! #e…


@advocatemomdad You are so very welcome! #ElderCareChat

Wed Oct 5 11:09:01 PDT 2016

RT @OurParents: A2: At any age, increased falling/falls typically indicates there's something else going on. #eldercarechat

Wed Oct 5 11:09:10 PDT 2016

@caregivingeasy That is awesome to hear! #ElderCareChat

Wed Oct 5 11:09:52 PDT 2016

@DailyCaring @OurParents Thank you for your participation. Maybe we'll see each other next #eldercarechat!