

#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](#)

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!



Wed Oct 5 10:01:01 PDT 2016

ourparents



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

Wed Oct 5 10:01:02 PDT 2016

ourparents



@julie_fpciw Thanks for being here, Julie! #eldercarechat

Wed Oct 5 10:01:11 PDT 2016

ourparents



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

Wed Oct 5 10:01:18 PDT 2016

ourparents



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

Wed Oct 5 10:01:38 PDT 2016

ourparents



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

Wed Oct 5 10:01:44 PDT 2016

blakeford_inc



So glad to be back for another #eldercarechat!

Wed Oct 5 10:01:46 PDT 2016

ourparents



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

Wed Oct 5 10:01:49 PDT 2016

ourparents



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

Wed Oct 5 10:01:57 PDT 2016

ourparents



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

Wed Oct 5 10:02:03 PDT 2016

frontporchcs



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

Wed Oct 5 10:02:10 PDT 2016

ourparents



First, please hold links and announcements until the end; we reserve the last 5 minutes of the chat for that purpose. #eldercarechat

Wed Oct 5 10:02:10 PDT 2016

frontporchcs



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

ourparents



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

Wed Oct 5 10:02:18 PDT 2016

fullyalive55



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

advocatemomdad



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

Wed Oct 5 10:02:21 PDT 2016

fullyalive55



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

frontporchcs



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

ourparents



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

frontporchcs



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

frontporchcs



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

Wed Oct 5 10:02:43 PDT 2016

ourparents



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

Wed Oct 5 10:02:46 PDT 2016

ctffox



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

Wed Oct 5 10:02:47 PDT 2016

julie_fpciw



Thank you for the intro @ourparents! I look forward to today's discussion! #eldercarechat

Wed Oct 5 10:02:49 PDT 2016

ourparents



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

Wed Oct 5 10:02:56 PDT 2016

fullyalive55



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

Wed Oct 5 10:03:01 PDT 2016

ourparents



@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

ourparents



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

Wed Oct 5 10:03:33 PDT 2016

ourparents



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

Wed Oct 5 10:03:51 PDT 2016

laposadagvaz



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

Wed Oct 5 10:04:00 PDT 2016

frontporchcs



Looking forward to the discussion! #eldercarechat

Wed Oct 5 10:04:00 PDT 2016

ctffox



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

Wed Oct 5 10:04:02 PDT 2016

julie_fpciw



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

fullyalive55



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

Wed Oct 5 10:04:29 PDT 2016

ctffox

A1: Falls can be the start of physical decline if not managed properly. #eldercarechat



Wed Oct 5 10:04:33 PDT 2016

srcasherpa



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

Wed Oct 5 10:04:38 PDT 2016

frontporchcs



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

Wed Oct 5 10:04:44 PDT 2016

julie_fpciw



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

Wed Oct 5 10:04:47 PDT 2016

ctffox



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

Wed Oct 5 10:05:01 PDT 2016

julie_fpciw



A1 However avoiding any enriching activities leads to physical decline, social isolation, and depression. #eldercarechat (2/2)

Wed Oct 5 10:05:04 PDT 2016

ladosadagvaz



A1: The media, doctors, and rumors say they are bad. Falls can indicate other long-term health issues. #eldercarechat

Wed Oct 5 10:05:10 PDT 2016

fullyalive55



RT @ctffox: A1: Falls can be the start of physical decline if not managed properly. #eldercarechat

Wed Oct 5 10:05:17 PDT 2016

frontporchcs



RT @fullyalive55: @OurParents A1: Falls for older adults often result in serious injuries such as broken hips. Diff. to recover. #eldercare...

Wed Oct 5 10:05:17 PDT 2016

frontporchcs



RT @ctffox: A1: Falls can be the start of physical decline if not managed properly. #eldercarechat

Wed Oct 5 10:05:21 PDT 2016

julie_fpciw



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

Wed Oct 5 10:05:22 PDT 2016

ourparents

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



Wed Oct 5 10:05:26 PDT 2016

srcasherpa



#eldercarechat A1 aging combined with diagnostic issues cause weakness and balance issues.

Wed Oct 5 10:05:27 PDT 2016

fullyalive55



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

Wed Oct 5 10:05:28 PDT 2016

frontporchcs



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

Wed Oct 5 10:05:39 PDT 2016

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. #eldercarechat

Wed Oct 5 10:05:41 PDT 2016

eldercarechat



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

Wed Oct 5 10:05:43 PDT 2016

ourparents



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

Wed Oct 5 10:05:44 PDT 2016

frontporchcs



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

Wed Oct 5 10:05:44 PDT 2016

srcasherpa



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

Wed Oct 5 10:05:46 PDT 2016

ctffox



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

Wed Oct 5 10:06:03 PDT 2016

ladosadagvaz



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

Wed Oct 5 10:06:10 PDT 2016

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

ourparents



bc ITO it may decrease chances of falling. #eldercarechat

Wed Oct 5 10:06:13 PDT 2016

eldercarechat



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

Wed Oct 5 10:06:13 PDT 2016

frontporchcs



RT @LaPosadaGVAZ: A1: The media, doctors, and rumors say they are bad. Falls can indicate other long-tern 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-tern 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

Wed Oct 5 10:06:28 PDT 2016

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

ctffox



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

Wed Oct 5 10:06:39 PDT 2016

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>

Wed Oct 5 10:06:48 PDT 2016

fullyalive55



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

Wed Oct 5 10:06:48 PDT 2016

frontporchcs



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

Wed Oct 5 10:06:48 PDT 2016

srcasherpa



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

ourparents



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

jewelcodecorp



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

aetonix



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

Wed Oct 5 10:07:18 PDT 2016

ourparents



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

Wed Oct 5 10:07:19 PDT 2016

fullyalive55



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

Wed Oct 5 10:07:19 PDT 2016

ourparents



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

Wed Oct 5 10:07:26 PDT 2016

srcasherpa



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

Wed Oct 5 10:07:32 PDT 2016

sharemailme

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



Wed Oct 5 10:07:36 PDT 2016

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

Wed Oct 5 10:07:41 PDT 2016

frontporchcs



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

Wed Oct 5 10:07:41 PDT 2016

ourparents



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

Wed Oct 5 10:07:42 PDT 2016

frontporchcs



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

Wed Oct 5 10:07:56 PDT 2016

laposadagvaz



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

Wed Oct 5 10:08:01 PDT 2016

julie_fpciw



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

Wed Oct 5 10:08:04 PDT 2016

ourparents



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

Wed Oct 5 10:08:10 PDT 2016

ctffox



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

Wed Oct 5 10:08:36 PDT 2016

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...

Wed Oct 5 10:08:39 PDT 2016

frontporchcs



RT @sharemailme: A1: without specific consideration, otherwise normal furniture and interior design can become dangerous b/c of falling ris...

Wed Oct 5 10:08:40 PDT 2016

eldercarechat



RT @ladosadagvaz: A1: The media, doctors, and rumors say they are bad. Falls can indicate other long-tern health issues. #eldercarechat

Wed Oct 5 10:08:41 PDT 2016

ourparents



RT @ladosadagvaz: A1: The media, doctors, and rumors say they are bad. Falls can indicate other long-tern health issues. #eldercarechat

Wed Oct 5 10:08:41 PDT 2016

frontporchcs



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...

Wed Oct 5 10:08:45 PDT 2016

frontporchcs



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

Wed Oct 5 10:08:56 PDT 2016

blakeford_inc



RT @sharemailme: A1: without specific consideration, otherwise normal furniture and interior design can become dangerous b/c of falling ris...

Wed Oct 5 10:08:58 PDT 2016

easierliving



A1 Many don't want to use the proper products because they want to remain independent which increases risk #eldercarechat

Wed Oct 5 10:09:02 PDT 2016

frontporchcs



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

Wed Oct 5 10:09:05 PDT 2016

srcasherpa



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...

Wed Oct 5 10:09:18 PDT 2016

eldercarechat



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 10:09:43 PDT 2016

ourparents



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 10:09:43 PDT 2016

The first fall substantially increases the likelihood of a second fall within

ctffox



six months. A downward spiral. [#eldercarechat](#)

Wed Oct 5 10:09:43 PDT 2016

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

eldercarechat



Q2: WHAT ARE SOME MYTHS ABOUT FALLS/FALL PREVENTION? [#ElderCareChat](#)

Wed Oct 5 10:10:25 PDT 2016

ourparents



Q2: WHAT ARE SOME MYTHS ABOUT FALLS/FALL PREVENTION? [#ElderCareChat](#)

Wed Oct 5 10:10:25 PDT 2016

ctffox



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

Wed Oct 5 10:10:38 PDT 2016

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](#)

Wed Oct 5 10:10:44 PDT 2016

frontporchcs



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

Wed Oct 5 10:10:52 PDT 2016

laposadagvaz



[@EasierLiving](#) Some don't understand how to use them..They see others using and show interest. [#eldercarechat](#)

Wed Oct 5 10:10:56 PDT 2016

ourparents



@ctffox OK, thanks. It might just be my browser. Seems better now!
#eldercarechat

Wed Oct 5 10:10:59 PDT 2016

frhomecare



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

Wed Oct 5 10:11:11 PDT 2016

frhomecare



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

Wed Oct 5 10:11:17 PDT 2016

frontporchcs



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...

Wed Oct 5 10:11:19 PDT 2016

frontporchcs



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

Wed Oct 5 10:11:28 PDT 2016

julie_fpciw



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

Wed Oct 5 10:11:29 PDT 2016

julie_fpciw



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

Wed Oct 5 10:11:44 PDT 2016

ourparents



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

ourparents



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

Wed Oct 5 10:12:03 PDT 2016

julie_fpciw



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

Wed Oct 5 10:12:03 PDT 2016

ourparents



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

frontporchcs



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

Wed Oct 5 10:12:11 PDT 2016

laposadagvaz



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

Wed Oct 5 10:12:18 PDT 2016

fullyalive55



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

Wed Oct 5 10:12:18 PDT 2016

christine_fpciw



RT @FrontPorchCS: Looking forward to the discussion! #eldercarechat

Wed Oct 5 10:12:19 PDT 2016

christine_fpciw



RT @OurParents: #ElderCareChat happens today at 1ET. Will you be there? Join the conversation on #FallPrevention w/ @julie_fpciw: <https://t...>

Wed Oct 5 10:12:26 PDT 2016

ourparents



@julie_fpciw So true! Excellent answer. Falling is not a normal part of the aging process! #eldercarechat

Wed Oct 5 10:12:29 PDT 2016

christine_fpciw



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

Wed Oct 5 10:12:33 PDT 2016

ctffox



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

fullyalive55



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

Wed Oct 5 10:12:37 PDT 2016

christine_fpciw



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 10:12:41 PDT 2016

frontporchcs



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

Wed Oct 5 10:12:43 PDT 2016

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

Wed Oct 5 10:12:47 PDT 2016

frontporchcs



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 10:12:55 PDT 2016

laposadagvaz



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

Wed Oct 5 10:13:30 PDT 2016

ourparents



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

Wed Oct 5 10:13:37 PDT 2016

frontporchcs



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

Wed Oct 5 10:13:38 PDT 2016

frhomecare



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

Wed Oct 5 10:13:41 PDT 2016

srcasherpa



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

Wed Oct 5 10:13:46 PDT 2016

frontporchcs



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

Wed Oct 5 10:14:14 PDT 2016

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

Wed Oct 5 10:14:18 PDT 2016

frontporchcs



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

Wed Oct 5 10:14:21 PDT 2016

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](#)

Wed Oct 5 10:14:24 PDT 2016

ctffox



@LaPosadaGVAZ Very true. [#eldercarechat](#)

Wed Oct 5 10:14:26 PDT 2016

srcasherpa



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

Wed Oct 5 10:14:38 PDT 2016

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](#)

Wed Oct 5 10:14:39 PDT 2016

frontporchcs



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

Wed Oct 5 10:14:42 PDT 2016

srcasherpa



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

Wed Oct 5 10:14:46 PDT 2016

ourparents



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

Wed Oct 5 10:14:47 PDT 2016

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>

Wed Oct 5 10:14:51 PDT 2016

julie_fpciw



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

Wed Oct 5 10:14:56 PDT 2016

fullyalive55



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

Wed Oct 5 10:15:09 PDT 2016

ourparents



YES! MT @SrCareSherpa [#eldercarechat](#) A2 myth: having walker/cane eliminates fall risk. many don't know how to use them properly. [#seniorcare](#)

Wed Oct 5 10:15:12 PDT 2016

julie_fpciw



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

Wed Oct 5 10:15:15 PDT 2016

ourparents



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

Wed Oct 5 10:15:15 PDT 2016

christine_fpciw



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

Wed Oct 5 10:15:15 PDT 2016

ctffox



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

Wed Oct 5 10:15:18 PDT 2016

frontporchcs



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...

Wed Oct 5 10:15:38 PDT 2016

ourparents



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

Wed Oct 5 10:15:38 PDT 2016

laposadagvaz



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

Wed Oct 5 10:15:46 PDT 2016

ctffox



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

Wed Oct 5 10:15:53 PDT 2016

julie_fpciw



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

Wed Oct 5 10:16:14 PDT 2016

emilyggb29



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

Wed Oct 5 10:16:18 PDT 2016

frontporchcs

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



<https://t...>

Wed Oct 5 10:16:20 PDT 2016

ourparents



YES! MT @advocatemomdad A2 Safety is not an expensive process. W2W carpet made it hard to see steps, black tape defined them #eldercarechat

Wed Oct 5 10:16:21 PDT 2016

julie_fpciw



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

Wed Oct 5 10:16:24 PDT 2016

ourparents



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

Wed Oct 5 10:16:25 PDT 2016

jessica_fpciw



@SrCareSherpa YES I've seen so many older adults use their walker/cane/wheelchair improperly and create more of a h...
<https://t.co/oYem4ihtzx>

Wed Oct 5 10:16:33 PDT 2016

laposadagvaz



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

Wed Oct 5 10:16:34 PDT 2016

julie_fpciw



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

Wed Oct 5 10:16:42 PDT 2016

ourparents



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

Wed Oct 5 10:16:42 PDT 2016

fullyalive55



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

Wed Oct 5 10:16:47 PDT 2016

srcasherpa



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

Wed Oct 5 10:16:55 PDT 2016

julie_fpciw



RT @OurParents: @julie_fpciw So true! Excellent answer. Falling is not a normal part of the aging process! #eldercarechat

Wed Oct 5 10:17:05 PDT 2016

ourparents



@jessica_fpciw @SrCareSherpa I agree. Sometimes mobility aids serve in fostering more falls than preventing them. #eldercarechat

Wed Oct 5 10:17:09 PDT 2016

frontporchcs



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

Wed Oct 5 10:17:09 PDT 2016

ourparents



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

Wed Oct 5 10:17:31 PDT 2016

julie_fpciw



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

Wed Oct 5 10:17:41 PDT 2016

ourparents



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

Wed Oct 5 10:17:49 PDT 2016

fullyalive55



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

Wed Oct 5 10:17:50 PDT 2016

laposadagvaz



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

Wed Oct 5 10:17:57 PDT 2016

ourparents



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

Wed Oct 5 10:18:00 PDT 2016

frontporchcs



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 10:18:01 PDT 2016

julie_fpciw



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 10:18:02 PDT 2016

frontporchcs

RT @OurParents: ANY OTHER MYTHS YOU'D LIKE TO SHARE? #eldercarechat



Wed Oct 5 10:18:09 PDT 2016

ctffox



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

Wed Oct 5 10:18:10 PDT 2016

frontporchcs



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

Wed Oct 5 10:18:25 PDT 2016

ourparents



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

Wed Oct 5 10:18:26 PDT 2016

srcasherpa



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 10:18:32 PDT 2016

frontporchcs



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

Wed Oct 5 10:18:47 PDT 2016

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 night #eldercarechat

Wed Oct 5 10:18:49 PDT 2016

ourparents



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

Wed Oct 5 10:19:06 PDT 2016

ctffox



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

Wed Oct 5 10:19:24 PDT 2016

laposadagvaz



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

Wed Oct 5 10:19:35 PDT 2016

ourparents



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

Wed Oct 5 10:19:40 PDT 2016

jessica_fpciw



@julie_fpciw yes definitely a myth, I've seen it actually can happen more often <https://t.co/2NfsOqqIq3>

Wed Oct 5 10:19:44 PDT 2016

ourparents



@ctffox YES! Important one. #eldercarechat

Wed Oct 5 10:19:48 PDT 2016

frontporchcs



So true! #eldercarechat <https://t.co/Ej9IYy8IH6>

Wed Oct 5 10:19:53 PDT 2016

christine_fpciw



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

frontporchcs



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

ourparents



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

Wed Oct 5 10:20:08 PDT 2016

julie_fpciw



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>

Wed Oct 5 10:20:11 PDT 2016

christine_fpciw



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 10:20:12 PDT 2016

ourparents



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

Wed Oct 5 10:20:18 PDT 2016

ctffox



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

Wed Oct 5 10:20:20 PDT 2016

fullyalive55



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

Wed Oct 5 10:20:24 PDT 2016

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

Wed Oct 5 10:20:27 PDT 2016

frhomecare



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

Wed Oct 5 10:20:48 PDT 2016

laposadagvaz



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

Wed Oct 5 10:20:49 PDT 2016

ctffox



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

Wed Oct 5 10:21:09 PDT 2016

frontporchcs



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

Wed Oct 5 10:21:15 PDT 2016

srcaresherpa



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

Wed Oct 5 10:21:18 PDT 2016

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>

Wed Oct 5 10:21:21 PDT 2016

ourparents



@julie_fpciw Yes, mine too! #eldercarechat

Wed Oct 5 10:21:36 PDT 2016

sharemailme



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

Wed Oct 5 10:21:38 PDT 2016

srcaresherpa



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

Wed Oct 5 10:21:43 PDT 2016

So true! RT @SrCareSherpa @ctffox Yes, they are afraid if they speak

ourparents



up they will lose independence! #eldercarechat

Wed Oct 5 10:21:46 PDT 2016

julie_fpciw



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

Wed Oct 5 10:21:50 PDT 2016

julie_fpciw



A3 #Neuro-fact: your balance consists of visual, proprioceptive, vestibular, motor system--brainstem puts these together! #eldercarechat

Wed Oct 5 10:22:11 PDT 2016

ctffox



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

Wed Oct 5 10:22:12 PDT 2016

fullyalive55



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

Wed Oct 5 10:22:18 PDT 2016

lajosadagvaz



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

Wed Oct 5 10:22:30 PDT 2016

frontporchcs



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

Wed Oct 5 10:22:33 PDT 2016

srcasherpa



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

Wed Oct 5 10:22:34 PDT 2016

ourparents



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

Wed Oct 5 10:22:35 PDT 2016

ourparents



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

Wed Oct 5 10:22:41 PDT 2016

ourparents



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

Wed Oct 5 10:22:43 PDT 2016

ourparents



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

Wed Oct 5 10:22:45 PDT 2016

frontporchcs



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

Wed Oct 5 10:22:49 PDT 2016

ctffox



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

Wed Oct 5 10:22:50 PDT 2016

ctffox



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

Wed Oct 5 10:22:54 PDT 2016

frontporchcs



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

laposadagvaz



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

Wed Oct 5 10:23:03 PDT 2016

julie_fpciw



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

Wed Oct 5 10:23:04 PDT 2016

advocatemomdad



A3 Embarrassed to tell you of a fall, resentment that you are trying to change their home, admitting that they are frail #eldercarechat

Wed Oct 5 10:23:06 PDT 2016

frontporchcs



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

Wed Oct 5 10:23:19 PDT 2016

ourparents



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

Wed Oct 5 10:23:20 PDT 2016

frontporchcs



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

Wed Oct 5 10:23:30 PDT 2016

aetonix



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

Wed Oct 5 10:23:35 PDT 2016

srcasherpa



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

Wed Oct 5 10:23:45 PDT 2016

ourparents



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

Wed Oct 5 10:23:45 PDT 2016

christine_fpciw



RT @FrontPorchCS: So true! #eldercarechat <https://t.co/Ej9IYy8IH6>

Wed Oct 5 10:23:45 PDT 2016

fullyalive55



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

Wed Oct 5 10:23:45 PDT 2016

christine_fpciw



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

Wed Oct 5 10:23:54 PDT 2016

srcasherpa



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 10:23:58 PDT 2016

julie_fpciw



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

caregivingeasy



Jumping in late:-) A3: Falls aren't always due 2 balance.Could be medical/medication side effects #eldercarechat <https://t.co/nm13z2fPCd>

Wed Oct 5 10:24:02 PDT 2016

ourparents



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

Wed Oct 5 10:24:04 PDT 2016

ctffox



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

Wed Oct 5 10:24:12 PDT 2016

ourparents



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

Wed Oct 5 10:24:17 PDT 2016

ourparents



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

Wed Oct 5 10:24:32 PDT 2016

ourparents



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

Wed Oct 5 10:24:47 PDT 2016

ourparents



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

Wed Oct 5 10:24:50 PDT 2016

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

Wed Oct 5 10:25:11 PDT 2016

aetonix



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

Wed Oct 5 10:25:14 PDT 2016

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>

Wed Oct 5 10:25:16 PDT 2016

jewelcodecorp



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

Wed Oct 5 10:25:25 PDT 2016

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>

Wed Oct 5 10:25:26 PDT 2016

srcasherpa

Awesome point!! <https://t.co/9LqYZMQZry>



Wed Oct 5 10:25:49 PDT 2016

sheacompanions



A3. Hi, All. Many seniors envision themselves as the Olympic ager who won't need devices. Hard to accept limitations. #eldercarechat

Wed Oct 5 10:25:53 PDT 2016

ourparents



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

Wed Oct 5 10:26:01 PDT 2016

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

Wed Oct 5 10:26:15 PDT 2016

ourparents



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

Wed Oct 5 10:26:22 PDT 2016

blakeford_inc



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

Wed Oct 5 10:26:22 PDT 2016

srcasherpa



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

Wed Oct 5 10:26:26 PDT 2016

ourparents



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

Wed Oct 5 10:26:38 PDT 2016

frontporchcs



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

Wed Oct 5 10:27:01 PDT 2016

ourparents



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

Wed Oct 5 10:27:07 PDT 2016

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>

Wed Oct 5 10:27:19 PDT 2016

frontporchcs



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

Wed Oct 5 10:27:22 PDT 2016

ourparents



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

Wed Oct 5 10:27:34 PDT 2016

fullyalive55



Yes! <https://t.co/YknEYgxrL>

Wed Oct 5 10:27:40 PDT 2016

frhomecare



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 imbalanced or d...

Wed Oct 5 10:27:59 PDT 2016

julie_fpciw



RT @OurParents: MT @SheaCompanions A3. Many seniors envision themselves as the Olympic ageer who won't need devices. Hard to accept limitations...

Wed Oct 5 10:28:01 PDT 2016

ourparents



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

Wed Oct 5 10:28:16 PDT 2016

fullyalive55



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

Wed Oct 5 10:28:22 PDT 2016

srcasherpa



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

Wed Oct 5 10:28:23 PDT 2016

frontporchcs



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

Wed Oct 5 10:28:27 PDT 2016

fullyalive55



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 10:28:33 PDT 2016

julie_fpciw



A3 Also low vision can be another factor in your risk of falls. #eldercarechat

Wed Oct 5 10:28:37 PDT 2016

rosemarywrites



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

Wed Oct 5 10:28:44 PDT 2016

laposadagvaz



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

Wed Oct 5 10:29:02 PDT 2016

frhomecare



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

Wed Oct 5 10:29:02 PDT 2016

ourparents



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

Wed Oct 5 10:29:16 PDT 2016

julie_fpciw



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

Wed Oct 5 10:29:20 PDT 2016

ourparents



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

Wed Oct 5 10:29:27 PDT 2016

srcaresherpa



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

Wed Oct 5 10:29:27 PDT 2016

julie_fpciw



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 10:29:28 PDT 2016

ourparents



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

Wed Oct 5 10:29:29 PDT 2016

ourparents



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

Wed Oct 5 10:29:32 PDT 2016

frontporchcs



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

Wed Oct 5 10:29:34 PDT 2016

ctffox



A3: Things as simple as an inner ear infection can cause imbalance, dizziness & contribute to falls. [#eldercarechat](#)

Wed Oct 5 10:29:41 PDT 2016

ourparents



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

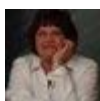
ourparents



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

advocatemomdad



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

fullyalive55



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

ctffox



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

Wed Oct 5 10:30:16 PDT 2016

christine_fpciw



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

ourparents



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

srcasherpa



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

Wed Oct 5 10:30:39 PDT 2016

ourparents



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

frontporchcs



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

dailycaring



Hi M @OurParents and everyone! It's Connie from @DailyCaring joining late for #eldercarechat. Excited to jump into the discussion!

Wed Oct 5 10:30:55 PDT 2016

ourparents



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

Wed Oct 5 10:31:07 PDT 2016

srcashesherpa



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

Wed Oct 5 10:31:07 PDT 2016

laposadagvaz



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

Wed Oct 5 10:31:32 PDT 2016

sheacompanions



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

Wed Oct 5 10:31:33 PDT 2016

ourparents



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

Wed Oct 5 10:31:40 PDT 2016

ctffox



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

Wed Oct 5 10:31:40 PDT 2016

sheacompanions



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

Wed Oct 5 10:31:48 PDT 2016

dailycaring



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

Wed Oct 5 10:31:55 PDT 2016

sheacompanions

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 10:31:57 PDT 2016

ourparents



MT @LaPosadaGVAZ A4: Falls will happen again unless brought to their attention on how to avoid that fall again. Education! #eldercarechat

Wed Oct 5 10:31:59 PDT 2016

julie_fpciw



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

ourparents



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

Wed Oct 5 10:32:04 PDT 2016

caregivingeasy



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

Wed Oct 5 10:32:15 PDT 2016

srcasherpa



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

Wed Oct 5 10:32:23 PDT 2016

advocatemomdad



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

Wed Oct 5 10:32:26 PDT 2016

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 #eldercarechat

Wed Oct 5 10:32:29 PDT 2016

ourparents



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

Wed Oct 5 10:32:31 PDT 2016

ctffox



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

Wed Oct 5 10:32:33 PDT 2016

upshiftretire



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>

Wed Oct 5 10:32:39 PDT 2016

ourparents



MT @sharemailme A4: My grandma has fallen twice when getting up at night to go to bathroom and forgetting to use walker #eldercarechat

Wed Oct 5 10:32:39 PDT 2016

ourparents



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

frontporchcs



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

Wed Oct 5 10:32:47 PDT 2016

ourparents



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

Wed Oct 5 10:32:53 PDT 2016

jessica_fpciw



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

julie_fpciw



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

Wed Oct 5 10:32:55 PDT 2016

blakeford_inc



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

Wed Oct 5 10:32:59 PDT 2016

frhomecare



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

Wed Oct 5 10:33:07 PDT 2016

ourparents



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

Wed Oct 5 10:33:08 PDT 2016

fullyalive55



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

Wed Oct 5 10:33:10 PDT 2016

frontporchcs



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

Wed Oct 5 10:33:13 PDT 2016

caregivingeasy



The stronger a person is pre-fall, the easier it is 2 bounce back. Keeping body healthy is key. #eldercarechat <https://t.co/PAjVwuUgHf>

Wed Oct 5 10:33:27 PDT 2016

ourparents



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

Wed Oct 5 10:33:32 PDT 2016

julie_fpciw



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 10:33:34 PDT 2016

srcasherpa



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 10:33:45 PDT 2016

dailycaring



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

Wed Oct 5 10:33:50 PDT 2016

ctffox



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

Wed Oct 5 10:33:51 PDT 2016

sheacompanions



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

Wed Oct 5 10:34:07 PDT 2016

frontporchcs



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...

Wed Oct 5 10:34:07 PDT 2016

ourparents



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

Wed Oct 5 10:34:16 PDT 2016

dailycaring



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

Wed Oct 5 10:34:21 PDT 2016

frontporchcs

RT @caregivingeasy: The stronger a person is pre-fall, the easier it is 2 bounce back. Keeping body healthy is key. #eldercarechat <https://...>



Wed Oct 5 10:34:24 PDT 2016

ctffox



@caregivingeasy Yes that is very true. #eldercarechat

Wed Oct 5 10:34:29 PDT 2016

ourparents



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

Wed Oct 5 10:34:37 PDT 2016

dailycaring



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

Wed Oct 5 10:34:40 PDT 2016

sharemailme



@ctffox thanks for the tip! #eldercarechat

Wed Oct 5 10:34:43 PDT 2016

caregivingeasy



@fullyalive55 - so so true! I have seen both sides both professionally & personally #eldercarechat <https://t.co/rVNg7NHLKS>

Wed Oct 5 10:34:53 PDT 2016

ourparents



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

Wed Oct 5 10:34:58 PDT 2016

jcdeirdre



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

Wed Oct 5 10:34:59 PDT 2016

dailycaring



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

Wed Oct 5 10:35:02 PDT 2016

srcasherpa



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

Wed Oct 5 10:35:04 PDT 2016

dailycaring



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

Wed Oct 5 10:35:11 PDT 2016

ourparents



@SrCareSherpa @advocatemomdad Indeed. #eldercarechat

Wed Oct 5 10:35:14 PDT 2016

laposadagvaz



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

Wed Oct 5 10:35:23 PDT 2016

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...

Wed Oct 5 10:35:25 PDT 2016

dailycaring



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 10:35:31 PDT 2016

dailycaring



RT @upshifftire: 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/NIAfOeP40z>

Wed Oct 5 10:36:11 PDT 2016

dailycaring



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

Wed Oct 5 10:36:14 PDT 2016

dailycaring



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

Wed Oct 5 10:36:21 PDT 2016

ctffox



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

Wed Oct 5 10:36:24 PDT 2016

ourparents



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

frontporchcs



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

Wed Oct 5 10:36:46 PDT 2016

ctffox



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

Wed Oct 5 10:36:47 PDT 2016

frontporchcs



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

julie_fpciw



Exercising for strength is a life-long choice and commitment!
<https://t.co/S4I3nKkitS>

Wed Oct 5 10:37:06 PDT 2016

ourparents



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

Wed Oct 5 10:37:20 PDT 2016

aetonix



A5: Don't assume that your staff know how to prevent/deal with falls! Be pro-active/provide coaching. #eldercarechat <https://t.co/0oINU5U4yV>

Wed Oct 5 10:37:22 PDT 2016

ctffox



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

Wed Oct 5 10:37:25 PDT 2016

dailycaring



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

Wed Oct 5 10:37:25 PDT 2016

srcasherpa



A5: Easier to prevent than to recover from #eldercarechat <https://t.co/Mm3RAszZ0s>

Wed Oct 5 10:37:28 PDT 2016

advocatemomdad



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

Wed Oct 5 10:37:43 PDT 2016

dailycaring



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

Wed Oct 5 10:37:43 PDT 2016

dailycaring



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

Wed Oct 5 10:37:50 PDT 2016

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)

Wed Oct 5 10:37:55 PDT 2016

frontporchcs



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

Wed Oct 5 10:37:59 PDT 2016

dailycaring



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

Wed Oct 5 10:37:59 PDT 2016

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. #...

Wed Oct 5 10:38:04 PDT 2016

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

Wed Oct 5 10:38:13 PDT 2016

frhomecare



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

Wed Oct 5 10:38:16 PDT 2016

dailycaring



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

Wed Oct 5 10:38:17 PDT 2016

srcashherpa



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

Wed Oct 5 10:38:19 PDT 2016

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. #eldercarechat

Wed Oct 5 10:38:25 PDT 2016

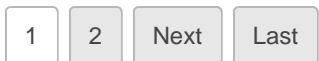
ourparents



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

Wed Oct 5 10:38:29 PDT 2016

Page 1 of 2



Content from Twitter

#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](#)

dailycaring



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...

Wed Oct 5 10:38:35 PDT 2016

srcaresherpa



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

Wed Oct 5 10:38:37 PDT 2016

julie_fpciw



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

Wed Oct 5 10:38:41 PDT 2016

dailycaring



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

Wed Oct 5 10:38:47 PDT 2016

laposadagvaz



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

Wed Oct 5 10:38:51 PDT 2016

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

srcasherpa



#eldercarechat

Wed Oct 5 10:38:52 PDT 2016

ourparents



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

Wed Oct 5 10:38:53 PDT 2016

sheacompanions



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

Wed Oct 5 10:38:58 PDT 2016

ctffox



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

Wed Oct 5 10:39:03 PDT 2016

ourparents



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

Wed Oct 5 10:39:13 PDT 2016

caregivingeasy



A5: Try 2 prevent BEFORE they happen. Do walk-through w/family member to ID fall risks & address #eldercarechat https://t.co/V9gY2HT2uK

Wed Oct 5 10:39:14 PDT 2016

ourparents



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

Wed Oct 5 10:39:17 PDT 2016

ourparents



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

Wed Oct 5 10:39:35 PDT 2016

frontporchcs



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

Wed Oct 5 10:39:41 PDT 2016

srcasherpa



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

Wed Oct 5 10:39:43 PDT 2016

upshiftretire



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

Wed Oct 5 10:39:46 PDT 2016

ourparents



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

Wed Oct 5 10:39:53 PDT 2016

srcraesherpa



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

Wed Oct 5 10:39:58 PDT 2016

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....

Wed Oct 5 10:40:15 PDT 2016

dailycaring



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

Wed Oct 5 10:40:16 PDT 2016

caregivingeasy



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

Wed Oct 5 10:40:19 PDT 2016

frontporchcs



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

Wed Oct 5 10:40:21 PDT 2016

laposadagvaz



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

Wed Oct 5 10:40:25 PDT 2016

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. #...

Wed Oct 5 10:40:25 PDT 2016

frontporchcs



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

Wed Oct 5 10:40:31 PDT 2016

dailycaring

RT @upshifftire: @SheaCompanions These olympic agers don't change until their first serious fall.Only then do they begin to accept



limita...

Wed Oct 5 10:40:32 PDT 2016

frontporchcs



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

Wed Oct 5 10:40:41 PDT 2016

dailycaring



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

Wed Oct 5 10:40:43 PDT 2016

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>

Wed Oct 5 10:40:55 PDT 2016

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...

Wed Oct 5 10:41:13 PDT 2016

ourparents



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

Wed Oct 5 10:41:16 PDT 2016

laposadagvaz



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

Wed Oct 5 10:41:19 PDT 2016

srcaresherpa



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

Wed Oct 5 10:41:26 PDT 2016

frontporchcs



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

Wed Oct 5 10:41:26 PDT 2016

aboutscp



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

Wed Oct 5 10:41:33 PDT 2016

ourparents



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

Wed Oct 5 10:41:37 PDT 2016

ourparents



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

Wed Oct 5 10:41:46 PDT 2016

dailycaring



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

Wed Oct 5 10:41:48 PDT 2016

ourparents



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

Wed Oct 5 10:41:49 PDT 2016

sheacompanions



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

Wed Oct 5 10:41:53 PDT 2016

advocatemomdad



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

Wed Oct 5 10:42:01 PDT 2016

caregivingeasy



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

Wed Oct 5 10:42:01 PDT 2016

dailycaring



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

...

Wed Oct 5 10:42:01 PDT 2016

ourparents



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

Wed Oct 5 10:42:07 PDT 2016

srcasherpa



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

Wed Oct 5 10:42:09 PDT 2016

julie_fpciw



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

Wed Oct 5 10:42:15 PDT 2016

RT @caregivingeasy: @FrontPorchCS - also cluttered walkways and

frontporchcs



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

Wed Oct 5 10:42:22 PDT 2016

jcdeirdre



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

Wed Oct 5 10:42:22 PDT 2016

ourparents



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

Wed Oct 5 10:42:29 PDT 2016

dailycaring



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

Wed Oct 5 10:42:30 PDT 2016

ourparents



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

Wed Oct 5 10:42:38 PDT 2016

dailycaring



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

Wed Oct 5 10:42:39 PDT 2016

frontporchcs



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

Wed Oct 5 10:42:43 PDT 2016

dailycaring



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

Wed Oct 5 10:42:45 PDT 2016

ourparents



@aboutscp Well-said! #eldercarechat

Wed Oct 5 10:42:48 PDT 2016

frontporchcs



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

Wed Oct 5 10:42:49 PDT 2016

ourparents



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

Wed Oct 5 10:42:50 PDT 2016

upshiftretire



@OurParents They need to know basic first aid, emerge numbers, how to assess whether person can be helped up or wait for help #eldercarechat

Wed Oct 5 10:42:55 PDT 2016

ourparents



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

Wed Oct 5 10:42:59 PDT 2016

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...

Wed Oct 5 10:43:04 PDT 2016

srcasherpa



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

Wed Oct 5 10:43:13 PDT 2016

frontporchcs



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

Wed Oct 5 10:43:17 PDT 2016

frhomecare



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

Wed Oct 5 10:43:25 PDT 2016

frhomecare



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

Wed Oct 5 10:43:32 PDT 2016

frontporchcs



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

Wed Oct 5 10:43:39 PDT 2016

ourparents



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

Wed Oct 5 10:43:39 PDT 2016

caregivingeasy



@OurParents @LaPosadaGVAZ - so true. Include them in process & they are more likely 2 embrace #eldercarechat <https://t.co/wyzwErCAZ2>

Wed Oct 5 10:43:45 PDT 2016

julie_fpciw



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

Wed Oct 5 10:43:53 PDT 2016

jessica_fpciw



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

Wed Oct 5 10:44:12 PDT 2016

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 10:44:19 PDT 2016

dailycaring



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

Wed Oct 5 10:44:23 PDT 2016

ourparents



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

Wed Oct 5 10:44:23 PDT 2016

srcasherpa



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

Wed Oct 5 10:44:27 PDT 2016

ourparents



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

Wed Oct 5 10:44:35 PDT 2016

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

Wed Oct 5 10:44:53 PDT 2016

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 10:44:58 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_fpciw 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_fpciw Making devices lk fashionable might help, like the cool canes for those who like extra flair -:)...

Wed Oct 5 10:45:20 PDT 2016

julie_fpciw



.@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

srcasherpa



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

pearls_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

Wed Oct 5 10:45:55 PDT 2016

jessica_fpciw



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](#)

Wed Oct 5 10:46:04 PDT 2016

frontporchcs



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

Wed Oct 5 10:46:06 PDT 2016

frontporchcs



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

Wed Oct 5 10:46:16 PDT 2016

ourparents



Q7: WHAT COMPONENTS MAKE A GOOD FALL PREVENTION PROGRAM? [#eldercarechat](#)

Wed Oct 5 10:46:27 PDT 2016

dekbutt



RT [@julie_fpciw](#): A5 Educating the resident in [#fallprevention](#). Do assessments on balance, strength, flexibility, and endurance. [#eldercarec...](#)

Wed Oct 5 10:46:32 PDT 2016

ourparents



[@FrontPorchCS](#) That's fantastic! [#eldercarechat](#)

Wed Oct 5 10:46:35 PDT 2016

dailycaring



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

Wed Oct 5 10:46:44 PDT 2016

sharemailme



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

Wed Oct 5 10:46:51 PDT 2016

frhomecare



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

Wed Oct 5 10:46:51 PDT 2016

ourparents



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

Wed Oct 5 10:46:52 PDT 2016

srcasherpa



A6: educating business owners and community about fall risk and steps they could take to make things more senior friendly [#eldercarechat](#)

Wed Oct 5 10:46:53 PDT 2016

ourparents



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

Wed Oct 5 10:47:00 PDT 2016

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. #eldercarechat

Wed Oct 5 10:47:07 PDT 2016

frontporchcs



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

Wed Oct 5 10:47:10 PDT 2016

julie_fpciw



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

Wed Oct 5 10:47:22 PDT 2016

ourparents



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

Wed Oct 5 10:47:23 PDT 2016

frhomecare



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

Wed Oct 5 10:47:33 PDT 2016

julie_fpciw



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

Wed Oct 5 10:47:36 PDT 2016

frontporchcs



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

Wed Oct 5 10:47:38 PDT 2016

ourparents



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

Wed Oct 5 10:47:40 PDT 2016

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. #eldercarechat

Wed Oct 5 10:47:42 PDT 2016

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

frontporchcs



PREVENTION PROGRAM? #eldercarechat

Wed Oct 5 10:47:47 PDT 2016

julie_fpciw



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

Wed Oct 5 10:47:50 PDT 2016

laposadagvaz



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

Wed Oct 5 10:47:52 PDT 2016

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

Wed Oct 5 10:47:57 PDT 2016

dailycaring



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

Wed Oct 5 10:47:58 PDT 2016

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

Wed Oct 5 10:48:09 PDT 2016

frhomecare



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

Wed Oct 5 10:48:27 PDT 2016

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

Wed Oct 5 10:48:31 PDT 2016

frontporchcs



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

Wed Oct 5 10:48:32 PDT 2016

dailycaring



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

Wed Oct 5 10:48:33 PDT 2016

frhomecare



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

Wed Oct 5 10:48:38 PDT 2016

dailycaring



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...

Wed Oct 5 10:48:41 PDT 2016

frontporchcs



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

Wed Oct 5 10:48:44 PDT 2016

dailycaring



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

Wed Oct 5 10:48:44 PDT 2016

srcasherpa



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

Wed Oct 5 10:48:48 PDT 2016

ladosadagvaz



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

Wed Oct 5 10:48:55 PDT 2016

dailycaring



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

frontporchcs



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

Wed Oct 5 10:49:03 PDT 2016

sharemailme



@DailyCaring that is quite thorough answer :) #eldercarechat

Wed Oct 5 10:49:03 PDT 2016

frontporchcs



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

Wed Oct 5 10:49:16 PDT 2016

dailycaring



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

Wed Oct 5 10:49:22 PDT 2016

caregivingeasy



A6:Check all rooms 4 risks at home. Check meds/get doc check up. Beyond: work on balance, use devices #eldercarechat <https://t.co/KXUWQrCFSm>

Wed Oct 5 10:49:28 PDT 2016

frontporchcs



RT @DailyCaring: A7. Exercise, healthy diet + hydration, med review, home safety updates, mobility aid, teaching how to get up/call for hel...

Wed Oct 5 10:49:30 PDT 2016

frontporchcs



RT @SrCareSherpa: Q7: Assessment, evaluation and follow-up #eldercarechat

Wed Oct 5 10:49:39 PDT 2016

ourparents



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

Wed Oct 5 10:49:40 PDT 2016

frontporchcs



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

Wed Oct 5 10:49:52 PDT 2016

ourparents



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

Wed Oct 5 10:50:01 PDT 2016

frontporchcs



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

Wed Oct 5 10:50:01 PDT 2016

dailycaring



RT @caregivingeasy: A6:Check all rooms 4 risks at home. Check meds/get doc check up. Beyond: work on balance, use devices #eldercarechat ht...

Wed Oct 5 10:50:05 PDT 2016

julie_fpciw



Yes, it does come in handy. It comes in a form of a fridge magnet. I can share a photo at the end. <https://t.co/Yqh2atIPsM>

Wed Oct 5 10:50:15 PDT 2016

ourparents



@DailyCaring EXCELLENT list! #eldercarechat

Wed Oct 5 10:50:19 PDT 2016

ourparents



@julie_fpciw Terrific! #eldercarechat

Wed Oct 5 10:50:29 PDT 2016

srcasherpa



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

Wed Oct 5 10:50:35 PDT 2016

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. #...

Wed Oct 5 10:50:50 PDT 2016

caregivingeasy



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

Wed Oct 5 10:50:51 PDT 2016

ourparents



@SrCareSherpa Well-said and so true! #eldercarechat

Wed Oct 5 10:50:53 PDT 2016

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...

Wed Oct 5 10:50:59 PDT 2016

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

Wed Oct 5 10:51:13 PDT 2016

julie_fpciw



Get a specialist to have your home assessed. #eldercarechat <https://t.co/C21a9animJ>

Wed Oct 5 10:51:14 PDT 2016

laposadagvaz



Good idea...RT @advocatemomdad: A6 When leaving home, have a routine based on caree's mobility. Rule 1 Dogs outside #eldercarechat

Wed Oct 5 10:51:16 PDT 2016

srcasherpa



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

Wed Oct 5 10:51:18 PDT 2016

frontporchcs



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 10:51:22 PDT 2016

sharemailme



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

Wed Oct 5 10:51:28 PDT 2016

ourparents



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

Wed Oct 5 10:51:31 PDT 2016

aboutscp



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

Wed Oct 5 10:51:40 PDT 2016

julie_fpciw



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

Wed Oct 5 10:51:46 PDT 2016

frontporchcs



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

Wed Oct 5 10:51:48 PDT 2016

ourparents



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

Wed Oct 5 10:51:54 PDT 2016

ourparents



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

Wed Oct 5 10:52:06 PDT 2016

aetonix



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

Wed Oct 5 10:52:13 PDT 2016

srcasherpa



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

Wed Oct 5 10:52:17 PDT 2016

frontporchcs



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

Wed Oct 5 10:52:19 PDT 2016

frhomecare



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

Wed Oct 5 10:52:20 PDT 2016

ourparents



@aboutscp Love that #DesignThinking hashtag! #eldercarechat

Wed Oct 5 10:52:20 PDT 2016

srcasherpa



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

Wed Oct 5 10:52:21 PDT 2016

ourparents



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

Wed Oct 5 10:52:23 PDT 2016

ourparents



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

Wed Oct 5 10:52:26 PDT 2016

jewelcodecorp



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

Wed Oct 5 10:52:26 PDT 2016

srcasherpa



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

dailyaring



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

Wed Oct 5 10:52:34 PDT 2016

frontporchcs



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

Wed Oct 5 10:52:37 PDT 2016

caregivingeasy



@SrCareSherpa - so true. Maybe it could be incorp into fun activity so not something 4 "old" people #eldercarechat <https://t.co/6qRju8Sq0>

Wed Oct 5 10:52:47 PDT 2016

srcasherpa



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

Wed Oct 5 10:52:48 PDT 2016

ladosadagvaz



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

Wed Oct 5 10:52:48 PDT 2016

dailyaring



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 10:52:53 PDT 2016

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

Wed Oct 5 10:53:07 PDT 2016

ourparents



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

Wed Oct 5 10:53:14 PDT 2016

julie_fpciw



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

Wed Oct 5 10:53:20 PDT 2016

dailyaring



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

Wed Oct 5 10:53:23 PDT 2016

ctffox



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

Wed Oct 5 10:53:32 PDT 2016

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

Wed Oct 5 10:53:35 PDT 2016

laposadagvaz



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

Wed Oct 5 10:53:36 PDT 2016

dailycaring



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

Wed Oct 5 10:53:37 PDT 2016

ourparents



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

Wed Oct 5 10:53:39 PDT 2016

dailycaring



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

Wed Oct 5 10:53:44 PDT 2016

nayasala



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

Wed Oct 5 10:53:44 PDT 2016

ourparents



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

Wed Oct 5 10:53:49 PDT 2016

frontporchcs



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 10:53:51 PDT 2016

ourparents



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

Wed Oct 5 10:53:51 PDT 2016

ourparents



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

Wed Oct 5 10:53:54 PDT 2016

julie_fpciw

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



#eldercarechat

Wed Oct 5 10:53:55 PDT 2016

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

Wed Oct 5 10:54:14 PDT 2016

dailycaring



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

Wed Oct 5 10:54:22 PDT 2016

julie_fpciw



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

Wed Oct 5 10:54:30 PDT 2016

srcasherpa



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

Wed Oct 5 10:54:38 PDT 2016

julie_fpciw



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

Wed Oct 5 10:54:48 PDT 2016

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

Wed Oct 5 10:55:02 PDT 2016

julie_fpciw



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

Wed Oct 5 10:55:04 PDT 2016

ourparents



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

Wed Oct 5 10:55:06 PDT 2016

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](#)

Wed Oct 5 10:55:07 PDT 2016

ourparents



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

Wed Oct 5 10:55:09 PDT 2016

jcdeirdre



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....

Wed Oct 5 10:55:12 PDT 2016

ladosadagvaz



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

Wed Oct 5 10:55:13 PDT 2016

advocatemomdad



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

Wed Oct 5 10:55:20 PDT 2016

julie_fpciw



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

Wed Oct 5 10:55:21 PDT 2016

ourparents



Fascinating, [@DailyCaring](#)! I wonder how it will be worn? [#eldercarechat](#)

Wed Oct 5 10:55:25 PDT 2016

jessica_fpciw



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

Wed Oct 5 10:55:25 PDT 2016

frontporchcs



RT [@julie_fpciw](#): Educate all staff, caregivers, and residents to be more vigilant about [#fallprevention](#). [#eldercarechat](#) <https://t.co/5NZqwE...>

Wed Oct 5 10:55:35 PDT 2016

srcasherpa



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

Wed Oct 5 10:55:35 PDT 2016

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....

Wed Oct 5 10:55:40 PDT 2016

frontporchcs



RT @julie_fpciw: A8 Fredericka Manor (Chula Vista, CA) uses PARO as a Fall Prevention Intervention. I will be working w/ them for this stud...

Wed Oct 5 10:55:42 PDT 2016

ourparents



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

Wed Oct 5 10:55:52 PDT 2016

frontporchcs



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

Wed Oct 5 10:55:52 PDT 2016

upshiftretire



RT @julie_fpciw: Get a specialist to have your home assessed. #eldercarechat <https://t.co/C21a9animJ>

Wed Oct 5 10:55:52 PDT 2016

frontporchcs



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

Wed Oct 5 10:56:02 PDT 2016

frontporchcs



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

Wed Oct 5 10:56:16 PDT 2016

jessica_fpciw



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

Wed Oct 5 10:56:22 PDT 2016

julie_fpciw



I know time went by superfast! It was a wonderful discussion. Thank you all for participating in today's... <https://t.co/3CUCqRJGuc>

Wed Oct 5 10:56:23 PDT 2016

frontporchcs



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

Wed Oct 5 10:56:23 PDT 2016

dailycaring



It's looking like a really weird and clunky undergarment at this point, but hopefully will improve with time!... <https://t.co/5wnlIKQI9s>

Wed Oct 5 10:56:24 PDT 2016

ourparents



MT @jessica_fpciw A8 We're doing fall prevention classes via video conference connecting multiple living cmmtys/sr centers #eldercarechat

Wed Oct 5 10:56:24 PDT 2016

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. #...

Wed Oct 5 10:56:32 PDT 2016

sharemailme



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

Wed Oct 5 10:56:37 PDT 2016

jessica_fpciw



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

Wed Oct 5 10:56:39 PDT 2016

ourparents



@DailyCaring Gotta start somewhere, right? #eldercarechat

Wed Oct 5 10:56:40 PDT 2016

julie_fpciw



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

Wed Oct 5 10:56:46 PDT 2016

frontporchcs



RT @julie_fpciw: A8 Our communities have @EspressoBikes 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/QGIIOB22Eg> #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



Wed Oct 5 10:57:02 PDT 2016

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

Wed Oct 5 10:57:06 PDT 2016

srcasherpa



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

Wed Oct 5 10:57:08 PDT 2016

caregivingeasy



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

Wed Oct 5 10:57:12 PDT 2016

julie_fpciw



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

Wed Oct 5 10:57:13 PDT 2016

frontporchcs



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

Wed Oct 5 10:57:17 PDT 2016

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 10:57:25 PDT 2016

julie_fpciw



Read Impact Story on PARO, the Robotic Seal #eldercarechat <https://t.co/WwIOJTPsra>

Wed Oct 5 10:57:26 PDT 2016

ourparents



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

Wed Oct 5 10:57:29 PDT 2016

frontporchcs



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

Wed Oct 5 10:57:40 PDT 2016

julie_fpciw



Check out the Impact Story on [@ExpressoBikes](#) CyberCycle [#eldercarechat](#) <https://t.co/1Wn73VOktu>

Wed Oct 5 10:57:44 PDT 2016

ctffox



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

Wed Oct 5 10:57:48 PDT 2016

frontporchcs



RT [@jessica_fpciw](#): A8 We've been doing fall prevention classes via video conference format connecting multiple living cmmtys and senior ce...

Wed Oct 5 10:57:48 PDT 2016

frontporchcs



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

Wed Oct 5 10:57:58 PDT 2016

frhomecare



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

julie_fpciw



Read Impact Story to learn more about [@Alter_G](#) [#eldercarechat](#) <https://t.co/QtbYJdfcnV>

Wed Oct 5 10:58:03 PDT 2016

srcashherpa



RT [@SrCareSherpa](#): We are looking for [#seniorcare](#) providers nationwide to join our trusted network of providers <https://t.co/aUAB4UGDeW> [#eld...](#)

Wed Oct 5 10:58:08 PDT 2016

frontporchcs



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

Wed Oct 5 10:58:20 PDT 2016

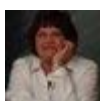
julie_fpciw



[#eldercarechat](#) Do a quick self-assessment of your risk of falls by doing the 30-sec chair stand test! Cred: [@cdcgov](#) <https://t.co/EEQJtm0XIS>

Wed Oct 5 10:58:23 PDT 2016

advocatemomdad



Thank you. Here are two safety article from <https://t.co/rrQCOgkPVw> <https://t.co/ZvdPnBtmor> and <https://t.co/ZvdPnBtmor> [#eldercarechat](#)

Wed Oct 5 10:58:25 PDT 2016

dailycaring



We've also got many articles with helpful suggestions on how to prevent falls and reduce fall risk <https://t.co/QiGK7OHFMj> [#eldercarechat](#)

Wed Oct 5 10:58:44 PDT 2016

julie_fpciw



More information about the FallProof Program at CalState Fullerton @csuf #eldercarechat <https://t.co/o9IS3tPPan>

Wed Oct 5 10:58:44 PDT 2016

ourparents



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

Wed Oct 5 10:58:52 PDT 2016

eldercarechat



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

Wed Oct 5 10:58:52 PDT 2016

dailycaring



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://t.co/...>

Wed Oct 5 10:58:54 PDT 2016

julie_fpciw



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

Wed Oct 5 10:58:58 PDT 2016

aboutscp



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

ourparents



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

Wed Oct 5 10:59:09 PDT 2016

eldercarechat



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

Wed Oct 5 10:59:09 PDT 2016

julie_fpciw



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

Wed Oct 5 10:59:11 PDT 2016

aetonix



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

Wed Oct 5 10:59:20 PDT 2016

jessica_fpciw

Our communities absolutely adore PARO! #eldercarechat



<https://t.co/27L5pcBtgf>

Wed Oct 5 10:59:26 PDT 2016

ourparents



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

Wed Oct 5 10:59:32 PDT 2016

caregivingeasy



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

Wed Oct 5 10:59:34 PDT 2016

srcasherpa



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

Wed Oct 5 10:59:41 PDT 2016

frontporchcs



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

Wed Oct 5 10:59:41 PDT 2016

julie_fpciw



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!

Wed Oct 5 10:59:42 PDT 2016

eldercarechat



Our next chat happens Wednesday, October 19th, 2016 at 1pm ET. Stay tuned to this page for updates: <https://t.co/JJ5xGsiTz5> #ElderCareChat

Wed Oct 5 10:59:47 PDT 2016

ourparents



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

Wed Oct 5 10:59:47 PDT 2016

ourparents



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

Wed Oct 5 10:59:58 PDT 2016

eldercarechat



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

Wed Oct 5 10:59:58 PDT 2016

ctffox

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



Wed Oct 5 11:00:00 PDT 2016

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



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

srcasherpa



RT @julie_fpciw: .@frontporchcs to host #srcyberchat 10/6, 10-11AM PST on #cyberscecurity 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://t.co/...>

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...](https://t.co/...)

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

ladosadagvaz



Ty @OurParents for the great #eldercarechat today! Everyone have a wonderful #humpday!

Wed Oct 5 11:01:02 PDT 2016

dailycaring



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

Wed Oct 5 11:01:08 PDT 2016

jcdeirdre



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

Wed Oct 5 11:01:10 PDT 2016

dailycaring



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

caregivingeasy



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

srcasherpa



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

Wed Oct 5 11:01:36 PDT 2016

ourparents



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

eldercarechat



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

advocatemomdad



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

Wed Oct 5 11:01:54 PDT 2016

sharemailme



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

Wed Oct 5 11:01:57 PDT 2016

frontporchcs

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

srcasherpa



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 cmmty's 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

srcasherpa



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

srcasherpa



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

julie_fpciw



Here is the @LADeptofAging File of Life. #fallprevention #eldercarechat <https://t.co/CHZnkIYE5i>

Wed Oct 5 11:04:29 PDT 2016

srcasherpa



RT @julie_fpciw: Here is the @LADeptofAging File of Life. #fallprevention #eldercarechat <https://t.co/CHZnkIYE5i>

Wed Oct 5 11:05:13 PDT 2016

frontporchcs



RT @julie_fpciw: Here is the @LADeptofAging File of Life. #fallprevention #eldercarechat <https://t.co/CHZnkIYE5i>

Wed Oct 5 11:05:26 PDT 2016

julie_fpciw



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

Wed Oct 5 11:08:19 PDT 2016

frontporchcs



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

Wed Oct 5 11:08:21 PDT 2016

julie_fpciw



@advocatemomdad You are so very welcome! #ElderCareChat

Wed Oct 5 11:09:01 PDT 2016

seniorsat



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

julie_fpciw



@caregivingeasy That is awesome to hear! #ElderCareChat

Wed Oct 5 11:09:52 PDT 2016

julie_fpciw



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

Wed Oct 5 11:11:57 PDT 2016

Page 2 of 2

- 1
- 2
- Next
- Last

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