

**COVID-19
AND STAYING SAFE AT HOME:
FALLS PREVENTION TIPS**

Howard County Office on
Aging and Independence
Department of Community Resources and Services

May 5, 2020

**HOWARD COUNTY
HEALTH DEPARTMENT**
Promote. Preserve. Protect.

Howard County LHIC
Local Health Improvement Coalition
hchealth.org


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HOUSEKEEPING

Participants will be muted upon entry.

Using the icons on your screen, you can:

- Mute/Unmute your microphone; Mute/Unmute button on phone
 - Please mute yourself during discussion/questions if not speaking



Use the "chat" feature to ask questions during the presentation.

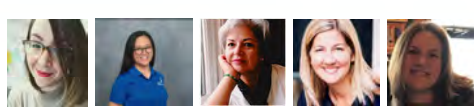
- View Participant list on computer-- opens a pop-out screen that includes a "Chat" icon that you may use to submit questions
- Question/ comment can also be added to the chat box throughout the meeting

Not a Video Call...you cannot see us and we cannot see you...we can only hear you.

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WE'RE IN THIS TOGETHER...



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Howard County Office on Aging and Independence
Department of Community Resources and Services

Loan Closet of Howard County
Assistive Technology and Resources for All Ages

Howard County LHIC
Local Health Improvement Coalition

MARYLAND ACCESS POINT
YOUR LINK TO HEALTH & SUPPORT SERVICES
Maryland Access Point of Howard County (MAP)
www.marylandaccesspoint.info
410-313-1234 (voice/relay)
1-844-627-6465 (844-MAP-LINK)
map@howardcountymd.gov

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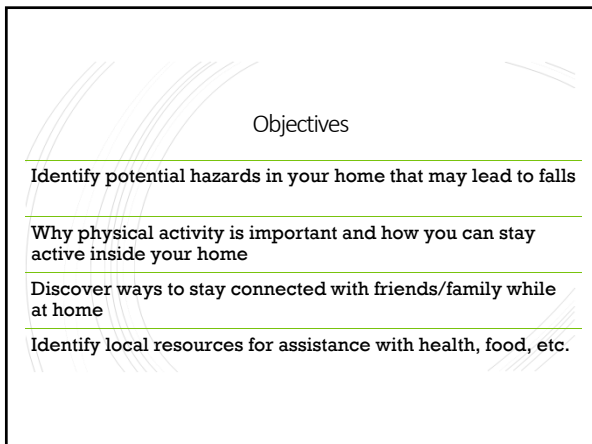
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- Spending more time indoors
- As we age, we can experience decreased participation in activities that are meaningful
- Good fit = feeling safe when engaging in daily activities
- Modifications to your environment and/or tasks can promote your safety and independence

Home Safety

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Physical Activity & Home Safety

- Our bodies' need for Physical Activity did not change.
- In fact, now, more than ever we need to keep active.

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Importance of Physical Activity

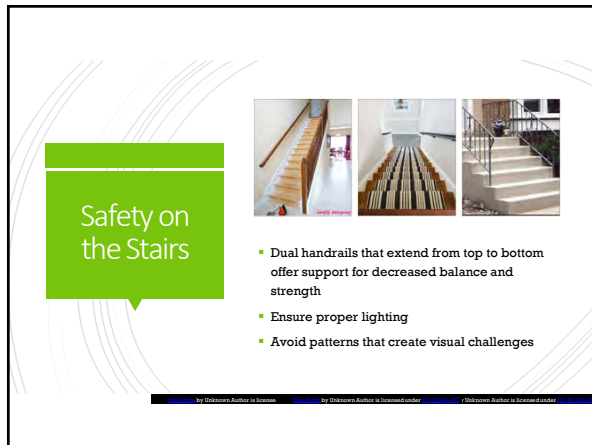
WHY?

- To fight different kinds of viruses
- Boosts your immune system
- Prevents chronic conditions
- Fights anxiety and fear
- Prevent Falls!

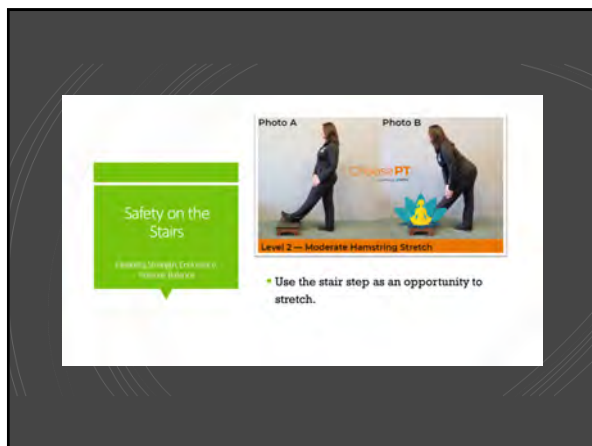
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Livingroom Safety





- Scatter rugs/flooring
- Clutter: furniture/walkways
- Trailing wires/cords
- Pets
- Lighting

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Livingroom Safety


Flexibility, Strength, Endurance, Posture, Balance



- Consult your doctor or Physical Therapist if unsure of where to start with exercise intensity or you have pain or discomfort

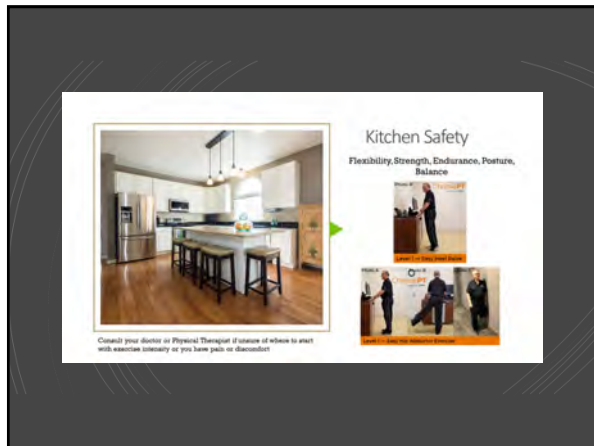
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Kitchen Safety

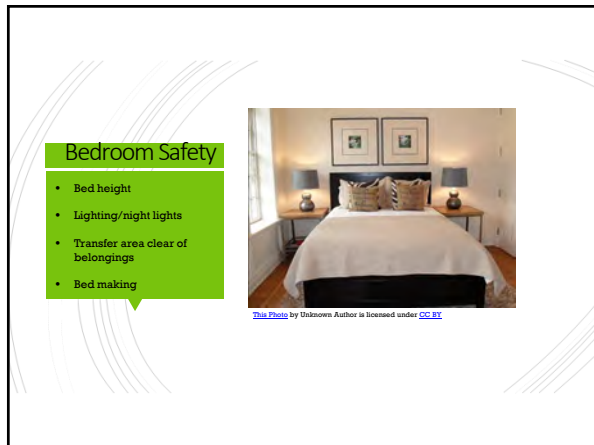


- Accessible storage
- Smoke detectors/carbon monoxide detectors
- Safe use of stove
- Countertops for food prep
- Flooring
- Carrying drinks/meals

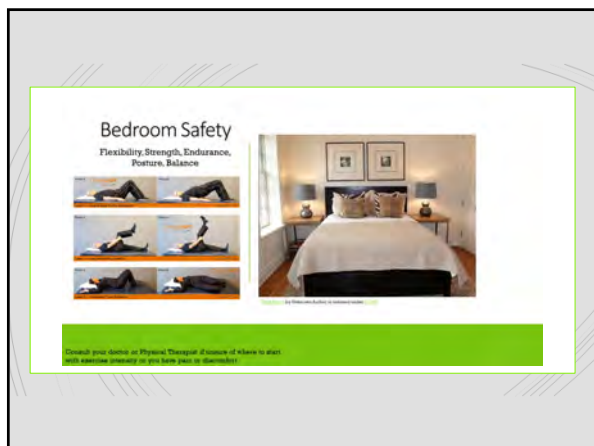
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Bathroom Safety

- Transfers
- Seating Equipment
- Grab Bars
- Non-slip aids

Can you spot the differences?

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Bathroom Safety
Flexibility, Strength, Endurance, Posture, Balance

Can you spot the differences?

Consult your doctor or Physical Therapist if unsure of when to start with exercise intensity or you have pain or discomfort

1. <https://www.choosept.com/Resources/Detail/avoid-chronic-disease-with-regular-physical-activi>
2. <https://www.choosept.com/resources/detail/3-strategies-to-maintain-health-fitness-during-soc>
3. Age Defying Fitness: Making the Most of Your Body for the Rest of Your Life Paperback - September 30, 2006

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How to get up from the floor by yourself after a fall

- Get down
- Check your body
- If you are injured, call for help. Stay warm.
- If you are not injured, look for a sturdy piece of furniture.

1. Roll onto your side.
2. Crawl over to a chair or sturdy furniture.
3. From a kneeling position, use one arm to press the seat of the chair.
4. Bring one knee forward. Place that foot on the floor.
5. Push up with your arms and back. Press your buttocks against the seat.
6. Sit down. Tuck back legs to move.

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Personal Emergency Response Systems

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|-------------------------|--------------|----------------------|
| Bay Alarm Medical | 877-522-9633 | Bayalarmmedical.com |
| GreatCall Lively Mobile | 866-860-7826 | Greatcall.com |
| Life Alert | 800-360-0329 | Lifecall.com |
| Life Station | 855-701-0968 | Lifestation.com |
| Medical Alert | 800-800-2537 | Medicalalert.com |
| Medical Guardian | 800-668-9200 | Medicalguardian.com |
| MobileHelp | 800-764-2091 | Mobilehelp.com |
| Philips Lifeline | 800-566-6218 | Lifeline.philips.com |
| Rescue Alert | 800-688-9576 | Rescuealert.com |

<https://www.consumerreports.org/medical-alert-systems/how-to-choose-a-medical-alert-system/>

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Nutrition

- Malnutrition can increase fall risk**
- Adequate protein intake helps retain muscle mass**
0.8g per kilogram of body weight daily
1.2 to 1.5 for 65+ with sarcopenia
- Protein sources:**
Animal
Plant-based
Dairy
Supplements
- Hydration** 2.5 to 3.5L/day

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An older adult's physical state can quickly decline without access to nutritious meals

- There are many different food resources throughout the county, both through the Howard County government and their community partners, including schools, local food bank, and generous residents who are working to ensure no one goes hungry during this time.

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Food Distribution Sites

***Department of Community Resources and Services** is currently offering Grab-N-Go food distribution for eligible older adults at the Ellicott City 50+ Center, located at 9401 Frederick Rd, Ellicott City, MD 21042. Distribution is held on Thursdays between 11:30 a.m. and 1:00 p.m. for registered residents.

***Howard County Food Bank** is open Tuesdays – Thursdays 1 – 4 p.m., and Saturdays 9 a.m. to noon at 9385 Gerwig Lane in Columbia. The Food Bank is providing pre-packaged bags of food to clients and new clients should bring identification and proof of Howard County residency for their first visit.

***Columbia Community Cares** is providing grab and go bags of food, and other essential supplies such as diapers, at the following locations, Monday – Friday, 11 a.m - 1:30 p.m.:


- o Cradlerock Elementary School/Lake Elkhorn Middle School, 6680 Cradlerock Way, Columbia
- o Howard High School, 8700 Old Annapolis Road, Ellicott City
- o Oakland Mills Middle School, 9540 Kilimanjaro Road, Columbia
- o Swansfield Elementary School, 5610 Cedar Lane, Columbia
- o Wilde Lake Middle School, 10481 Cross Fox Lane, Columbia


***Salvation Army** hosting a monthly pop-up pantry, April 15, May 20, and June 17th, at 3267 Pine Orchard Lane, Ellicott City from 1 -3 p.m. They will have fresh produce along with canned goods, please bring proof of Howard County residency.


***For more resources and information on food distribution please visit www.howardcountymd.gov/coronavirus.**

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Socialization

 Socialization has been known to decrease blood pressure, boost immunity, and increase pain tolerance.

 Lack of socialization can affect older adults physically as well as mentally. Without someone checking on an older adult they are at risk for falls, prescription errors, and untreated medical crises (such as a heart attack or stroke).

 There are many options to explore if lack of socialization may be a factor in your loved one's health.

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Virtual Social Programs and Activities

- Coffee Chats
- Cooking Classes
- TED Talks

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The Maryland Department of Aging is encouraging residents over the age of 65 to participate in this free program.

for Maryland Residents 65+
FREE

Senior Call Check
Call 1-866-50-CHECK
or Register Online
aging.maryland.gov

A daily call to verify your well-being, at a time scheduled at your convenience. Register today or tell a loved one about this program!

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Maryland's Commitment to Veterans Operation Roll Call program for Veterans and/or Veterans family members.

During these uncertain times.....
Maryland's Commitment to Veterans is here to help.
Military Veterans and/or Veteran's family members residing in Maryland can sign up for the free MCV Operation Roll Call program to register for a once a week or bi-weekly call with a Regional Resource Coordinator.

If you would like to register
Call the MCV 24/7 Hotline
(877) 770 4801

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Strength Training
A thirty-minute workout that uses body weight and light weights in low impact movements to strengthen the major muscles in the body.

Cardio and Core Class
Exercises to get your body moving in your home. Designed for those who are looking for a low-impact cardio class to get your heart pumping while also strengthening your core.

Sitercise Plus
A 30-minute class for those who prefer a seated workout as well as those wanting some moderate standing exercise. Easy-to-follow moves will help you maintain and improve your strength and mobility while exercising to fun and upbeat music. Light hand weights, soup cans or water bottles are optional.

Mat Pilates
Pilates enhances flexibility while building lean muscle, strength and endurance in the hips back, and abdomen. Strengthening these core muscles helps improve posture and balance.

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Beginner Soul Line Dance
The beginner soul line dance class, which involves step-by-step instruction for choreography, concluding with performing dances to pop and rhythm and blues music. Multiple dances will be performed within the hour.

Soul Line Dance
Soul line dance class where line dances are taught step by step and then danced to pop/soul/ and or gospel music.

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Mindful Mondays
A fusion class that combines gentle, guided meditation with light yoga stretches. A great way to incorporate mindfulness into your daily life.

Chair Yoga Dance
Join us for this fusion class, with a mix of chair dance with yoga poses mixed in.

Gentle Yoga
Learn basic yoga poses and proper posture to pose with breath work and relaxation techniques. Class benefits include greater flexibility, and improved strength, energy, concentration, and overall health. Will need a mat for this class.

Wall Yoga
Join us for a yoga class using the walls of our house to support our yoga poses. Since we are all acquainted with these walls now, let's use them for something fun! No mat necessary

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Q & A

Please use the Chat Box to submit questions!


Presentations and recording will be posted at www.hclhic.org

For additional information or questions contact lhic@howardcountymd.gov


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Thank you to...



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