

## —Seniors—

### Fall Prevention Extremely Important

Unintentional falls by older adults, 65 and older, threaten their lives, health, and independence, and also, can be very costly. The following information and statistics have been provided by the Centers for Disease Control and Prevention (CDC) through their website at [www.cdc.gov](http://www.cdc.gov)

- “Every 18 seconds an older adult is treated in an emergency department for a fall.”
- “Every 35 minutes someone in this population dies as a result of their injuries.”
- Moderate to severe injuries are suffered by 20% to 30% of the people that fall.
- Falls by older adults are the most common cause of bone fractures and traumatic brain injuries.
- Men are 49% more likely to die from a fall than women.
- “Women are 67% more likely than men to have a nonfatal fall injury.”
- Women are twice as likely as men to have a fall-related fracture as a result of a fall.

As adults get older, the risk of serious injury as a result of a fall increase dramatically. Recent statistics show that adults 85 and older are four to five times more likely than adults 65 to 74 to incur serious fall related injuries. In 2000 the direct cost of all fall injuries for people 65 and older exceeded \$19 billion and by the year 2020 is expected to reach nearly \$55 billion. For people over 72 the average annual direct and indirect health care costs as a result of fall injuries is nearly \$20,000, not including doctors' services.

Fall prevention is important for those of us that are over 65 and becomes more and more important as we age. If you or a loved one is in this age group it is time to assess the needs for fall prevention.

For more information or a home assessment please call Charlie Ludeman, CAPS (Certified Aging in Place Specialist) at Accessibility Connection: 916-987-3400, or send an email to: [Safety@AccessConn.com](mailto:Safety@AccessConn.com). I will be happy to assist you and your family.

Charlie Ludeman

### Elderly Abuse In Our Own Hometown?

Yes, elderly abuse can, and does, happen right here in our own home town. This article tells a story which should serve as a helpful warning to all persons that may have elderly neighbors, family members, or friends. The victim and suspect will both remain nameless for their own protection.

Elderly abuse comes in many different forms and in this case it was a family member taking money from a helpless elderly victim. The victim resides in our wonderful City of Orangevale and was cared for by a family member for the last three years. This was a well liked and trusted member of the family and the victim felt very close to the accused. The accused took care of everything for the victim including shopping, house cleaning, gardening, bill payments and doctor appointment visits. The immediate family was pleased to see the two getting along so well and never once felt that they should do a background check or question the accused's life in anyway.

Small red flags began to accrue a little over a year ago and luckily neighbors of the victim began to speak up about them, telling the grandson of the victim's about uncomfortable feelings regarding the caregiver. This last month the accused went away for the summer and left his/her belongings behind. Once again the neighbor called the victim's grandson and soon after the family found a file of credit cards taken out in the victim's name totaling over \$50,000.00. How could this happen? It was easy! Identity theft is of huge concern to all of us during these hard times and it is very easy to do. In this case, credit card companies were

either contacted on behalf of the victim or the victim was contacted. Our victim's caregiver applied for credit in the victim's name and the mail was intercepted and processed. Our trusting victim signed blank checks and the accused helped him/herself to the bank account. Upon learning about the credit cards, the victim's grandson immediately went to the bank, called all of the credit card companies to file fraudulent charges and called the police to file a report. The police department was very helpful with this situation and even allowed the victim to pick the accused out of a computer line up. This was not the first time, the accused had done something like this before and no one in the family knew anything about his/her record. This unfortunate situation has left the elderly victim heart-broken and stressed. Don't let something like this happen to someone you love!

Always do back ground checks, even if it's family. Always question your elderly loved one in a positive way, avoiding all stressful discussions. Always make sure that all financial decisions are made by a highly trusted person to avoid fraud and theft. If at all possible, check all medications and ask questions about all medications taken by your love one. Always go with your gut feelings and if you are a neighbor, report any suspicious behavior to a family member or the authorities. Investigate identity theft protection. You can never be too safe... Better safe than sorry! For more information regarding identity theft protection feel free to contact us at the Country Journal.

### Health Tip: Getting Up After a Fall How To Do It Safely

By Diana Kohnle

If you fall, you can injure yourself even more just by trying to get back on your feet.

Here are suggestions on how seniors can pull themselves back up safely after a fall, courtesy of the American Academy of Orthopaedic Surgeons:

Take a few deep breaths and don't panic. If you feel like you are hurt, call for help if there's someone close by. In any case, don't try to get up until you feel better.

If you feel like you are not hurt, try rolling

onto your side, turning your head in the direction you are rolling.

Crawl over to a chair, couch or other sturdy piece of furniture, and slowly pull yourself up.

Put your hands down flat on the furniture. Bend your stronger knee and keep the other knee on the floor, and slowly stand up.

Slowly twist yourself around and sit down on the chair or couch. Call a family member or emergency services if you need help.

(Source: *HealthDay News*-[www.healthier.com](http://www.healthier.com))



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### Community Resources Network

Call 211 to connect you with essential services in your area

[www.211.org](http://www.211.org)

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