

Talahi Senior Campus is Taking Action to Reduce Falls!

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If you could know how your going to fall by finding your areas of weakness, then strengthen the area of your body that causes you to fall, would you want to know? Well that's what the tenants of Nature's Point Assisted Living and the residents of Talahi Care Center are doing as part of a new falls prevention program.

In October of 2009, the campus purchased a computerized balance tester, call the Bio Sway. In order to be able to use this machine the right way, a person must be able to stand without assistance for 10 seconds. Once that is tested, the machine does a series of tests, one part has the participant close their eyes for 25 seconds. The data gathered from these tests, along with basic information such as height, and age, will help determine which side of the body is most weak, which would contribute to a fall, along with determining if the person will fall to the front or the back.

At Talahi when a resident is discharged from therapy, they are given an exercise perscription to attend and participate in exercise classes. These classes are run by an exercise technician four times a day, six days a week. The seniors on the campus are using hand held weights, ankle cuff weights and a machine called the NuStep, to focus on balance, strength and endurance. Stephanie Harren, fitness coordinator at Talahi, states "It is so amazing to see how people in their 80's and 90's can do so much more then what we as caregivers think they can". Since the program has been implemented, residents of the nursing home are transferring better, walking longer distance, and have overall more energy through the day.

If you are interested in having your balance checked, call Talahi Care Center to schedule a time to meet with the exercise technician, or plan to attend the Senior Expo at Whitney Senior Center August 21, 2010.