

Wartburg's Home Safety Checklist

Trip & Slip Hazards:

- Are any walking pathways obstructed by clutter (books, papers, shoes, etc.)?
 - ✓ Clear all clutter from pathways
- Does furniture placement obstruct you when walking through your home?
 - ✓ Have furnishings arranged to allow open access
- Are any throw rugs or area carpets loose?
 - ✓ Remove throw rugs and affix carpets with double-sided tape & non-slip backing
- Are electrical cords in any walking paths?
 - ✓ Clear all walking paths of electric cords
- Are the bathroom floor and tub/shower slippery?
 - ✓ Consider non-skid mats and grab bars
- Does furniture have any sharp edges?
 - ✓ Pad edges and corners

Lighting:

- Is lighting too dim for you to see well in any areas (including stairways)?
 - ✓ Add additional or stronger lighting

- Is it difficult for you to see in hallways or bathrooms?
 - ✓ Install nightlights in hallways & bathrooms
- Do you need to search for a flashlight if the power goes out?
 - ✓ Keep a charged flashlight near your bed

Assistive Devices & Adaptive Equipment:

- Do you feel unsteady when walking?
 - ✓ Speak with your doctor about the benefits of a walking device
- Do you use a walking aid (walker, cane, etc.)?
 - ✓ Be sure device is in good repair & replace or repair if needed
- Do you have difficulty reaching for or picking up items from floor?
 - ✓ Consider obtaining a reacher to enhance safety and function
- Do you have trouble putting on your socks and shoes?
 - ✓ Consider obtaining a sock aid and/or long-handle shoe horn
- Are grab bars loose or not available in your bathrooms?
 - ✓ Install grab bars if needed, or have repaired/replaced if loose

Railings & Stairways:

- Do you have any steps/stairs without a handrail?
 - ✓ Have sturdy hand rails installed for all steps and stairways
- Are handrails present but loose or in poor repair?
 - ✓ Repair any handrails that are faulty

Outpatient Rehabilitation at Wartburg

Wartburg's continuum of care brings together the latest technology, equipment and techniques to maximize function, increase independence, reduce pain and provide a higher quality of life. Our physical/occupational therapists and speech language pathologists are graduates of accredited therapy programs and are licensed by New York State. Our clinic is designed to meet your needs with state-of-the-art equipment and personalized treatments to maximize your recovery.

We also offer Physiatry services to treat musculoskeletal conditions, including osteopathic manual medicine and integrative pain medicine.

Our approach begins with YOU!

- Your progress and return to an active lifestyle is our highest priority.
- Your care begins with a complete assessment of your illness or injury in a private setting.
- Your care plan is developed and personalized to meet your goals.
- Your progress is set at your pace. We work with you to help you achieve your goals.
- Your schedule is important to us. Treatment times are scheduled at your convenience; early morning and evening appointments available.

We offer a full range of Occupational Therapy, Physical Therapy and Speech-Language Pathology services including:

- Neuro-rehabilitation (post-stroke, Parkinson's Disease, Multiple Sclerosis, Post-Polio Syndrome)
- Orthopedic rehabilitation (post-injury or surgery)
- Gait and balance training/fall prevention
- Vestibular rehabilitation
- Spine therapy/posture/body mechanics
- Pain management (post-injury, myofascial pain, Fibromyalgia)
- Pelvic floor/incontinence rehabilitation
- Cardio-pulmonary reconditioning
- Memory skills and cognitive testing and training
- Visual perception training
- Speech-Language/Aphasia/Dysphagia (swallowing impairment) training

Our Clinic

Our clinic is designed to meet your individualized needs with state-of-the-art equipment, personalized treatment, and innovative therapies to maximize your recovery.

For more information call
914-513-5290
or visit our website
www.wartburg.org



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INDEPENDENT LIVING | ASSISTED LIVING | ALZHEIMER'S/DEMENTIA CARE | NURSING HOME
ADULT DAY CARE | HOME CARE | INPATIENT/OUTPATIENT REHABILITATION
HOSPICE CARE | CAREGIVER SUPPORT | SPIRITUAL CARE

Rehabilitation at Wartburg

If you've suffered a debilitating illness, surgery or accident, you're sure to have one goal: getting home. At the Rehabilitation Center at Wartburg, we're committed to helping you achieve that goal – and live your strongest, most independent life – sooner than you ever thought possible.

Integrated Rehabilitative Care That's Focused on You

At Wartburg, rehabilitative care focuses on maximizing the independence of every patient. Our dedicated staff has many years of experience and they put that experience to work for every patient, every day. We create an intensive therapy regimen for each individual that's based on their needs and goals and focused on speeding their recovery.

Our Rehabilitation Center is open 7 days a week to speed recovery.

Two unique sub-acute rehabilitation settings are available in order to best meet the needs of each individual:

- Our free-standing Rehabilitation Center offers short stay accelerated rehabilitation care. The center features private rooms and bathrooms with shower and two large, light-filled state-of-the-art Rehab gyms, and our "Next Step Home" real life training apartment.
- Our Courtyard Unit offers a more intimate and supportive environment for those who require a longer stay with intensive rehabilitation for more complex medical issues and for individuals with increased risk of falls. The unit features semi-private and private rooms with a park-like courtyard setting and Koi pond.

Innovative therapy is delivered by an integrated team that works with the patient and their family to help the individual get back on their feet – and back to their life – as soon as possible

- Experienced nursing staff cares for patients around the clock.
- Physicians develop and oversee each individual's recovery plan.
- Physical Therapists restore strength, functional mobility and balance.
- Occupational Therapists improve function in activities of daily living.
- Speech-Language Pathologists address speech, language and swallowing impairments.
- Pain management specialists provide nonpharmacological relief treatments such as acupuncture and electrical stimulation.
- Therapeutic recreation programs provide meaningful leisure time activities.
- Social workers advocate for patient's needs and arrange for services after discharge.
- Skilled dietary assessment supports the patient's rehabilitation recovery.
- Pastoral staff offers spiritual care and support during recovery.

Get Back to Your Life Faster and Healthier

Our center is designed to meet your individualized needs with state-of-the-art equipment, personalized treatment, and innovative therapies to maximize your recovery.



For more information call
914-513-5354
or visit our website
www.wartburg.org

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Falls

Falls can diminish your ability to lead an active and independent life. There usually are several reasons for a fall, and the more risk factors you have, the greater your risk.

The reasons for falls are complex and include:

- Being 80 years old or older
- Leg muscle weakness
- Difficulty with balance or walking
- Vision problems (cataracts, macular degeneration, wearing bifocals)
- Medical conditions that limit your ability to get around, such as Parkinson's disease, stroke, or diabetes
- Conditions that cause confusion, such as dementia and Alzheimer's disease
- Depression
- Taking more than 4 medications at the same time or psychoactive medications (such as sedatives or antidepressants)
- Using a cane or other walking device
- Home hazards (throw rugs, pets underfoot)
- Low blood pressure
- A history of previous falls



About **one third** of people over the age of 65 and almost half of people over the age of 80 will fall at least once this year.

HOW A PHYSICAL THERAPIST CAN HELP

If you are worried about falling or if you recently had a fall, your physical therapist can conduct a screening of your fall risk. If the screening shows that you are at risk, the therapist will perform a thorough evaluation, and design an exercise and training program to improve your balance and strength, and may include:

- Balance Training
- Walking and Moving Improvement
- Learning to Multitask Safely
- Strength Training
- Aerobic Training
- Education
- Fear Management
- Use of community programs



Bone Health

Healthy bones can help you stay strong and active throughout your life. If good bone health is achieved during childhood and maintained, it can help to avoid bone loss and fracture later in life. Osteoporosis is a common bone disease that affects both men and women (mostly women), usually as they age. It is associated with low-bone mass and thinning of the bone structure, making bones fragile and more likely to break.

KEEPING ACTIVE AND EATING WELL

Weight-bearing and muscle-strengthening exercises are great ways to build and maintain healthy bones, and stimulate bone growth to help prevent and treat osteoporosis. Most of these exercises are simple and can be done at home with no special equipment. Eating a balanced diet with plenty of calcium, vitamin D, and perhaps other supplements as needed will also help preserve bone health.

BENEFITS OF GOOD BALANCE

Exercises to improve balance and coordination can help reduce falls and their resulting fractures. They also can improve posture, core stability, and coordination to protect the spine against compression fractures. An individualized exercise program prescribed by a physical therapist may include a walking regimen, Tai Chi, and other exercises geared toward conditioning, balance, and coordination.

GOOD POSTURE AND BODY MOVEMENT

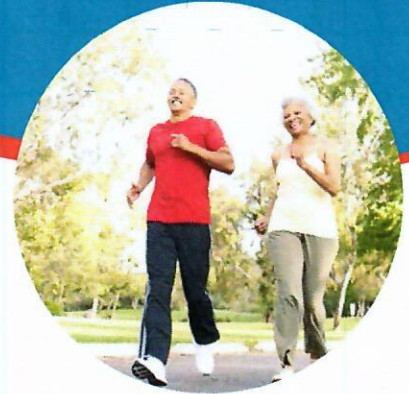
Good posture and safe movement protect bones from fracture during daily activities. Using proper posture and safe body movement protects your bones against injury. Here are some tips to keep in mind:

- Keep your back, stomach, and leg muscles strong and flexible.
- Do not slouch when standing or sitting.
- Use good body positioning at work, home, or during leisure activities.
- Ask for help when lifting heavy objects.
- Wear protective equipment (helmets, mouth guards, shin pads, etc) during sports and activities (lacrosse, soccer, football, ice skating, biking, etc).

HOW A PHYSICAL THERAPIST CAN HELP

Physical therapists can design an individualized exercise program to benefit bone health, improve posture, decrease your risk for osteoporosis and treat its effects, and reduce the risk of fractures from falls.

Call Wartburg Outpatient Rehabilitation Center at 914-513-5290 to
schedule an appointment or visit our website at wartburg.org.



Balance Problems

Balance problems make it difficult for people to maintain stable and upright positions when standing, walking, and even sitting. Older people are at a higher risk of having balance problems. Balance problems occur when 1 or more of 4 systems in the body are not working properly:

- Vision
- Inner ear
- Muscular system
- Awareness of one's own body position (called "proprioception")

A range of factors can cause balance problems, including:

- Muscle weakness
- Joint stiffness
- Inner ear problems
- Simple aging
- Certain medications (such as those prescribed for depression and high blood pressure)
- Lack of activity or a sedentary lifestyle

Balance problems can also be caused by medical conditions, such as:

- Stroke
- Parkinson's disease
- Multiple sclerosis
- Brain injury
- Arthritis
- Spinal cord injury
- Cognitive diseases
- Diabetes

HOW A PHYSICAL THERAPIST CAN HELP

Your physical therapist can help treat your balance problems by identifying their causes, and designing an individual treatment program to address your specific needs, including exercises you can do at home. Your physical therapist can help you:

- Reduce fall risk
- Reduce fear of falling
- Improve mobility
- Improve balance
- Improve strength
- Improve movement
- Improve flexibility and posture
- Increase activity levels

75%

of Americans older than **70 years** are diagnosed as having "abnormal" balance.

Balance problems increase by almost

30%

in people age **80 years** or more.

Improve mobility and prevent falls. Call us at 914-513-5290 or visit wartburg.org to learn more.

Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

1

Find a good balance and exercise program

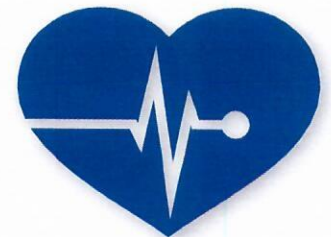
Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2

Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



3

Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



CONTINUES.

Take Control of Your Health: 6 Steps to Prevent a Fall

4

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6

Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



ncoa
National Council on Aging

To learn more, visit ncoa.org/FallsPrevention.

NATIONAL COUNCIL ON AGING

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