



University of Missouri

Receiving and Responding to a Fall Alert

Sensor Technology Purpose

We want to add life to years, and years to life.



Therefore, the purpose of this sensor technology is to help older adults and their designated caregivers better manage their own health.



Falls in the Home

This technology can detect falls in the home.

Falls can be scary.

Therefore, let's talk about falls and what you can expect if you get a fall alert.



Facts about Falls

- Falls are the leading cause of injury in adults aged 65 years and older.
- Falls could result in decreased functional independence and quality of life.
- There are things you can do to prevent falls.
- It is important for you to have a response plan in place, in the event that your loved one experiences a fall.



Receiving a Fall Alert Message

- Fall alert messages can be sent to individuals designated by the older participant in this study, such as a family member and/or friend.
- These messages can be sent via text message or email, as preferred by the individual receiving the message.



Receiving a Fall Alert Message

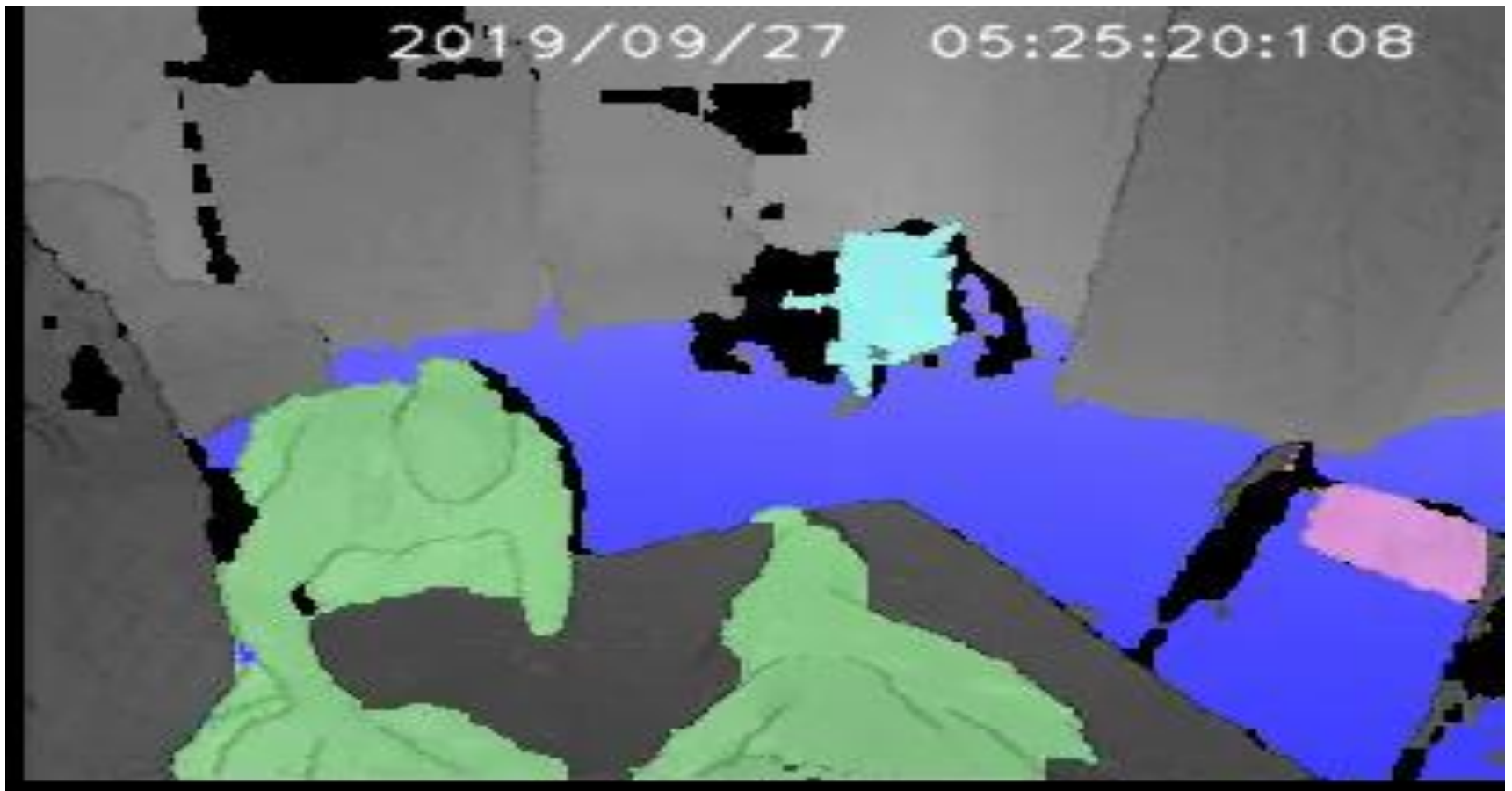
- Fall alert messages will be sent immediately following a fall and will include a video of the fall. We suggest you don't panic, try to view this video as soon as possible.

IMPORTANT: We are still working on refining this system, therefore some fall alert messages will be false alarms. The next few slides will show you the difference between a video of a real fall and a false alarm.

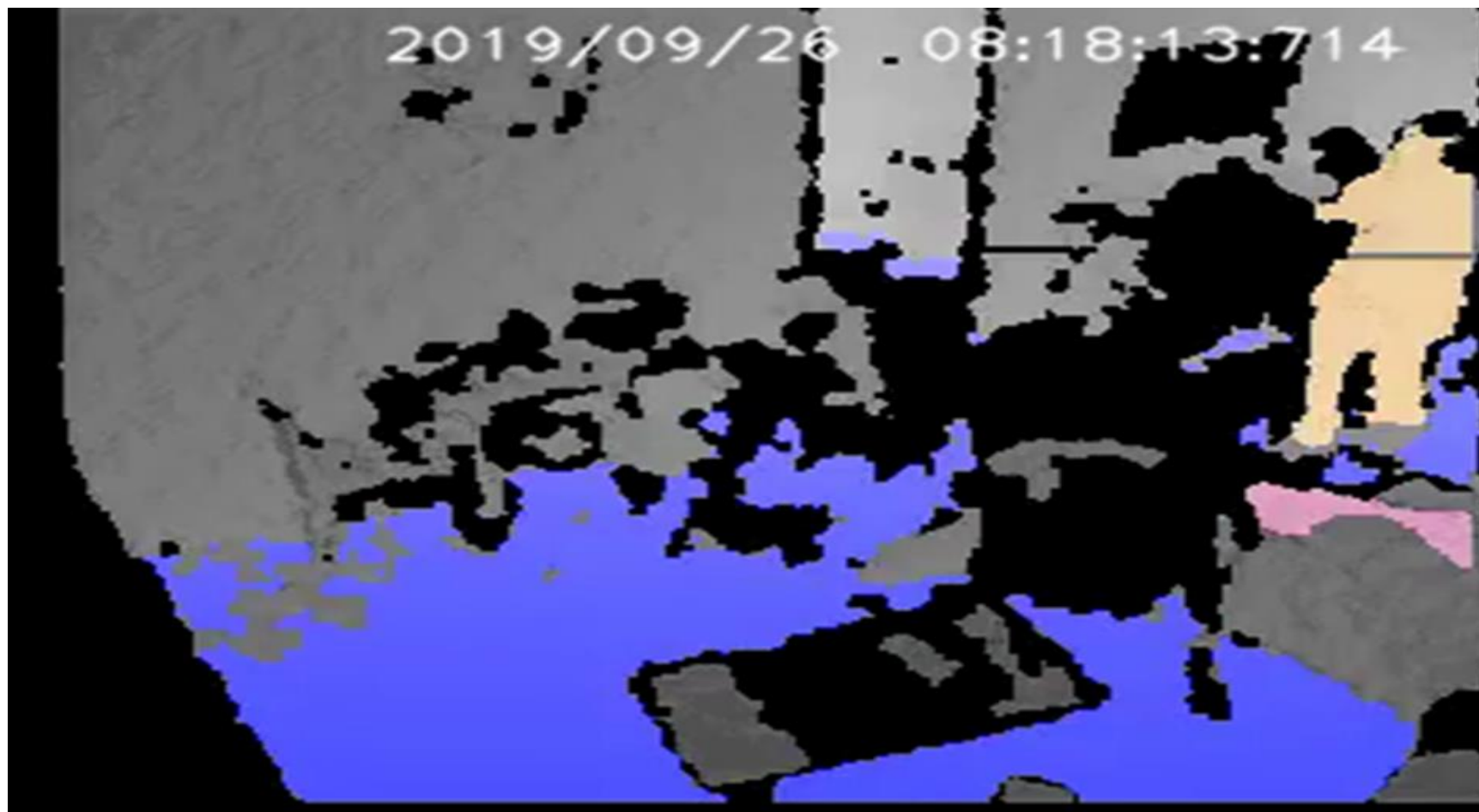
This is a research study and all fall alerts are for research purposes only. MU Department of Occupational Therapy and study investigators are not responsible for any falls or health outcomes. All adverse events will be reported following standard IRB procedures.



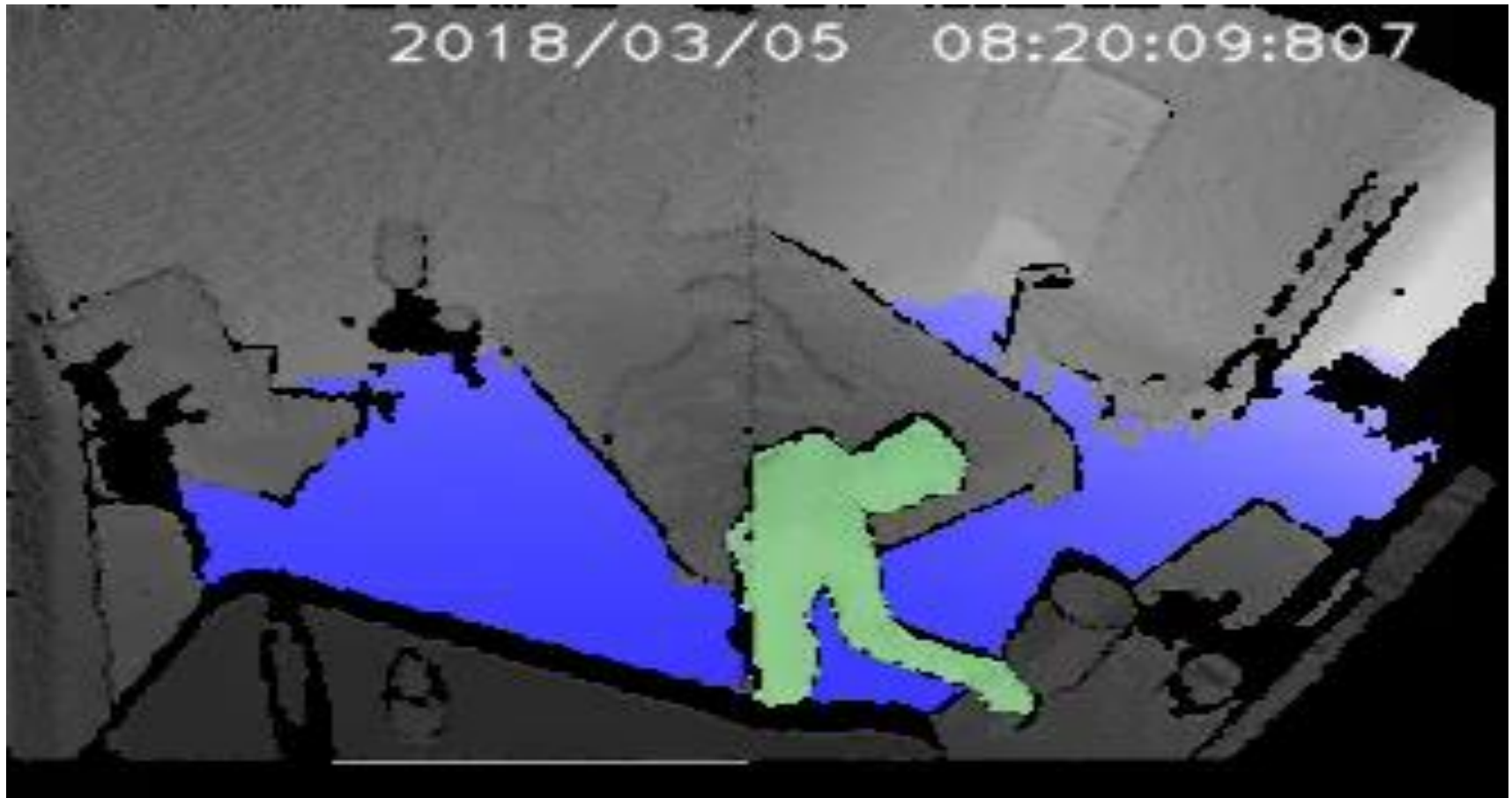
Fall Alert Video: False Alarm



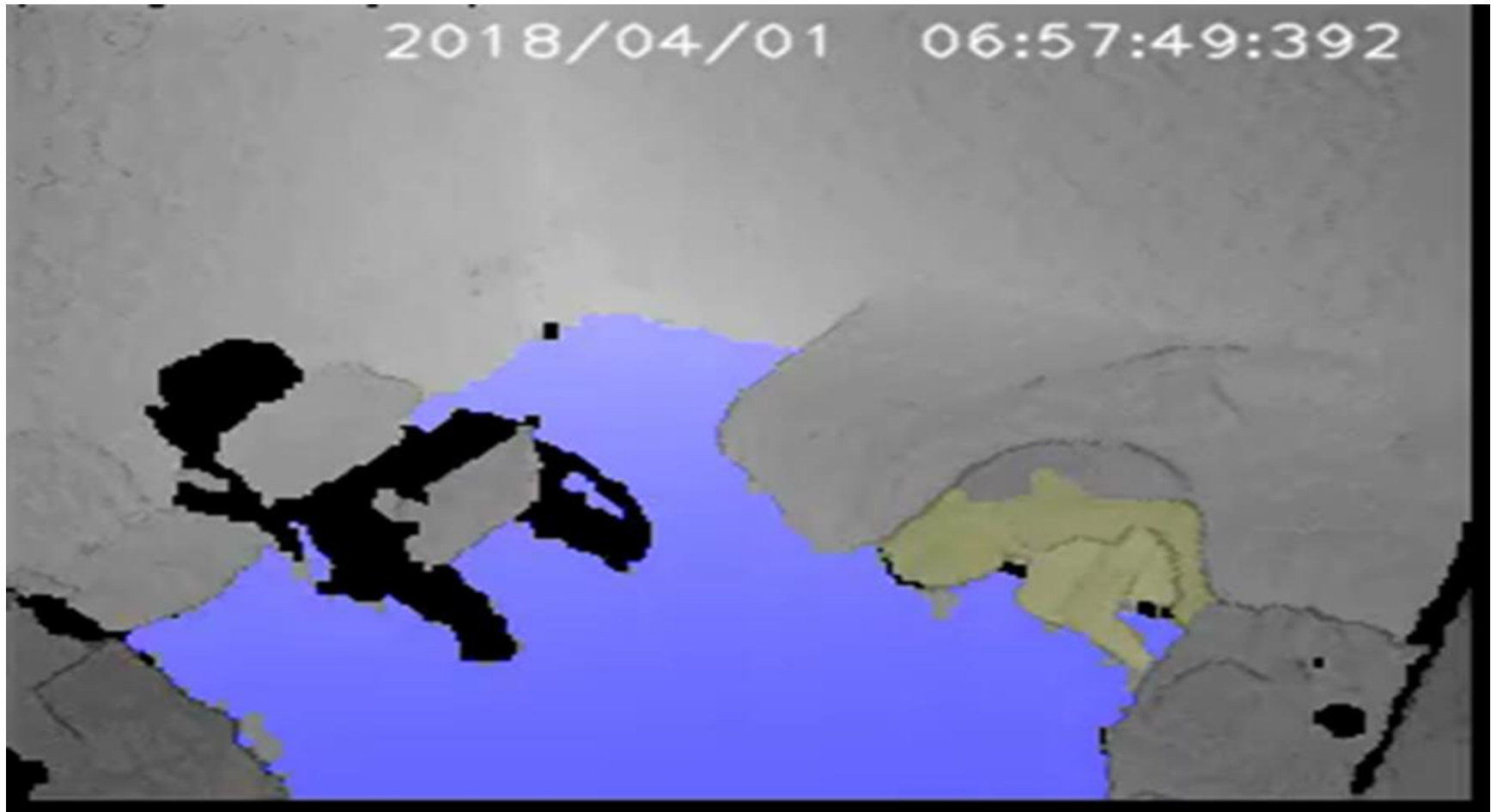
Fall Alert Video: False Alarm



Fall Alert Video: Real Fall



Fall Alert Video: Real Fall



Fall Response Plan

- It is important to have a response plan in place, so that you know exactly what to do in the event of a fall.
- Make sure to communicate your response plan to your older relative or friend, and to others who may provide caregiving supports.



Fall Response Plan



- How will you respond?
- Who will you call?
 - Call for emergency help ASAP.
 - Who else will you call: Neighbors? Other friends/relatives? Housing administrators? Healthcare team?
- What will you do until people arrive?
- What plans will you have to make if there is a hospital visit? (e.g. pets, discharge, etc.)
- What alternatives do you have when people are out of town or unavailable?

Fall Response Plan

If you are near when the fall happens:

- Immediately call 911 for help.
- Look at your loved one. Are they injured? Are they bleeding?
- Hold pressure on any bleeding areas for five full minutes with a clean dry cloth/paper towel.
- Can they move their arms and legs without pain?
- Remove any obstruction that may have caused the fall.



Post-Fall

- Be sure to take care of yourself. Seek counseling if needed.
- Enlist additional supports to assist you in providing care to your family member or friend.
- Assess the home for any additional fall risks (e.g. area rugs, uneven surfaces, poor lighting, etc.). Remove any barriers if possible.
- Talk with your family member or friend about fall risk.



