

FALLING INTO A HEALTHY FALL

Provider's Perspective: Meet Nanci Nardona



Nanci has been a Prenatal and Postnatal Yoga Teacher since 2002. She loves supporting expectant moms, new mothers and families, with an emphasis on creating community and sharing resources and knowledge. She remembers what it was like when she was an expectant mom and how helpful it was to get additional support. Also, Nanci provides prenatal yoga teacher training for those who are interested in becoming an instructor.

In the past, Nanci taught yoga to Valley Health Plan patients only and we are happy she is teaching prenatal yoga to all patients at Santa Clara Valley Medical Center (SCVMC). Her experience and expertise in yoga and the birth community make her a great resource for her students and patients at SCVMC. The prenatal yoga classes offer many emotional and physical benefits to a pregnant woman, such as, reducing stress and anxiety, bringing a sense of emotional and mental balance, improving sleep, and overall well-being.

For more information about the Maternal Health & Baby Education Program, including Prenatal Yoga, please visit www.scvmc.org/AHED.

Older Adult Fall Prevention

5 FALL PREVENTION TIPS FOR SENIORS



Talk To Your Doctor. Let your medical provider know if you have fallen or afraid you may fall.

Check Your Eyes. Poor vision is a major factor in falls. Schedule and keep your annual eye exam. Keep your eyewear prescription updated.

Check Medications. Review your medications for side effects like dizziness and sleepiness.

Stay Active. Exercise for strength and balance. Participate in activities, such as, gentle yoga, Tai Chi, and walking.

Have Proper Footwear. Wear sensible shoes with nonslip soles and a proper fit.



DID YOU KNOW?



More than **1 in 4** older adults fall every year.

Falls account for **25%** of all hospital admissions.



Medical costs for falls are **\$50 billion** annually

Easy Home Changes TO PREVENT FALLS

Reduce Clutter

Remove tripping hazards, such as, books and papers, shoes, and boxes from hallways and stairs. Rearrange furniture, so that it works well with the flow of traffic.



Use nonslip mats to help improve traction on bathroom, shower & bathtub floors, and outside decks and steps.

Falls are the leading cause of injuries among older adults, sending more than two million people to the emergency department each year.



Improve Lighting

Make sure you have adequate lighting in hallways, stairways, outdoor walkways, and areas that you're likely to walk in the middle of the night.



Install grab bars near showers, bathtubs, and toilets. Avoid grab bars that “stick on” to shower tiles with suction. They are less reliable than metal grab bars attached to wall studs. Consider a shower chair.

Many of the fall hazards are right in your own homes. A few inexpensive changes could lower your risk of falls.

Install handrails along indoor and outdoor staircases, hallways, and anywhere you feel you need a little extra support. Fix loose or uneven stairsteps.



Easy Access

Keep frequently-used items within easy reach so that you don't have to climb or look for them. Never use a chair as a step stool.

For more information about our **FREE** classes and programs, including Maternal Health & Baby Education, Prenatal Yoga, Tobacco-Free, Gentle Yoga, and Healthier Living, please call our department on **Monday-Friday** from **8 am to 5 pm**.

Main: **408-885-5436** | Healthier Living Program: **408-885-2486**

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