



Why Safe Falling Training

- Falls are the leading cause of injuries for older Americans.
- Falls generate enormous economic and personal costs and threaten seniors' safety and independence.
- Awareness and lifestyle adjustments can reduce the number of falls and the potential for significant injury.

What does Safe Falling mean?

- Falling to protect your head from injury.
- Falling to prevent or reduce significant injury such as broken hips, pelvis, arms or shoulder.

Falling is not an inevitable result of aging!

Statistics

- 1 in 3 seniors will fall each year. 1 out of 5 falls will result in a serious injury such as broken bones or head injury.
- Every 11 seconds a senior is seen in an emergency room for a fall-related injury. Every 19 minutes a senior will die from a fall.
- More than 2.8 million fall injuries are treated in emergency rooms annually, including over 800,000 hospitalizations.
- In 2018, The National Center for Health Statistics reports 67,961 unintentional injury deaths among seniors in the US. Over 52% (or 34,097) were fall related deaths. Motor Vehicle (Traffic) deaths was second at 15% or 10,327.
- Annually, Hawaii has 900 auto accident related injuries compared to 2,600 fall related accidents.
- Each year, 90% of all hip fractures are due to falls. About 25% of hip fracture patients make a full recovery. 40% will require nursing home care. 15-25% will die within a year.

The safest fall is the fall that never happens!

To reduce the risk of falling, our prevention formula is ... ABC.

Awareness: Be aware of your environment and what you are doing.

- Scan for potential hazards and avoid them.
- Be aware and focus when walking.
- Lift your legs as you walk.
- Develop a different mindset by walking "heel to toe". Land on your heel, and push-off with your toes.

Balance: Train your brain and your body to get better balance.

- Take classes that can improve your balance such as tai chi, balance exercises, yoga, strength training, flexibility training, and core training.
- If you have a minute, practice simple balance movements while you wait.

Control: Control your environment to ensure safely.

- Take the safer path even if it takes longer.
- Use handrails wherever available. Add handrails in the home.
- Remove anything that can lead to tripping or falling e.g., loose rugs, things in hallways or on the floor.

HOW TO FALL:

- DO NOT BRACE with your hands! Control the fall; **don't** let the fall control you.
- Hands up to protect your face.
- Lower your hips getting as close to the ground as possible.
- REACHING for the ground with one hand extended in front of the other, head tucked in or chin to your chest.
- Extend your arms and slide forward, lowering your hip and rotating.
- Contact the ground with the side of your calf, thigh, and then buttocks to the ground, and turn.



**KUPUNA AIKIDO
HAWAII**

More information: Kupuna Aikido is a 501(c)(3) tax exempt nonprofit organization incorporated in the State of Hawaii. In addition to providing safe falling presentations to the community, we offer 8-week training classes. The classes progress from awareness and stretching exercises to **realistic falling methods**. Additional Information is available on our Facebook page (Kupuna Aikido) or our webpage at www.kupunaaikido.org. You can also contact us directly from our website.

Our Mission:

To empower Hawaii's Kupuna with Aikido-based philosophies to preserve and protect their mobile independence.