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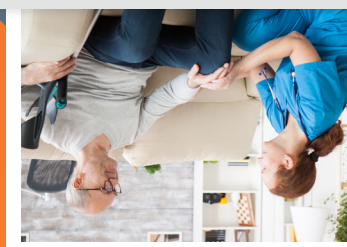


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FALL 2022



Prevent Falls and Fractures



Fall-Proof Your Home



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Florida Community Care Fall 2022 Newsletter

HEALTH MATTERS



FALLS PREVENTION AWARENESS WEEK

is a national health campaign with the goal of increasing awareness around falls and injury prevention. Learn how to “Fall-Proof Your Home” and “Prevent Falls and Fractures” in this edition of the member newsletter. In doing so, you will maximize your impact for the 2022 observation of Falls Prevention Awareness Week taking place September 18-24, 2022.

HELPING OUR MEMBERS STAY HEALTHY

-That's our plan.





Fall-Proof Your Home

Six out of every ten falls happen at home. There are many changes you can make to your home that will help you avoid falls.

Along Pathways and Walkways

Use handrails. If you must carry something, hold it in one hand and use the handrail with the other. Do not let what you are carrying block your view.

Make sure your pathway has good lighting.

Keep areas where you walk tidy. Do not leave books, papers, clothes, and shoes on the floor.

Check that carpets are fixed to the floor, so they will not slip.

Do not use throw rugs or small area rugs

In Bathrooms

Use grab bars near toilets and on both the inside and outside of your tub and shower.

Use non-skid mats, strips, or carpet on all surfaces that may get wet.

Remember to turn on night lights.

In Your Bedroom

Put night lights close to your bed.

Keep a flashlight by your bed in case the power is out, and you need to get up.

Keep your cell phone near your bed.

In Living Areas

Electric cords and telephone wires should be near walls and away from walking paths.

Secure all carpets and large area rugs firmly to the floor.

Arrange furniture so they are not in your way when you walk.

Make sure your sofas and chairs are the right height for you to get in and out of easily.

Do not walk on newly washed floors.

They are slippery.

Keep items you use within reach.

Do not stand on a chair or table to reach something that is too high. Use a "reach stick". Or ask for help.

Keep emergency numbers in large print near each telephone.

If you have fallen, your doctor might suggest that someone visit your home. These healthcare providers can assess your home's safety. And they can advise you about making changes to prevent falls.

What to Do If You Fall

A fall can be upsetting. If you do fall, stay as calm as possible.

Take several deep breaths to try to relax. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.

Decide if you are hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse.

If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.

Put your hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.

If you are hurt or cannot get up on your own, ask someone for help. If you are alone, try to get into a comfortable position and wait for help to arrive.



PREVENT FALLS AND FRACTURES

Tripping on a rug or slipping on a wet floor can change your life. If you fall, you could break a bone. A break can be the start of more serious problems. It could lead to a trip to the hospital, injury, or disability.

More than one in three people aged 65 years or older falls each year. The risk of falling rises with age.

Many Older Adults Fear Falling

The fear of falling is more common as you age. It may lead you to avoid activities such as walking. Or taking part in social activities.

Overcoming this fear can help you stay active. The good news is there are simple ways to prevent most falls.

Many Older Adults Fear Falling

Many things can cause a fall. Your eyesight, hearing, and reflexes might not be as sharp as they were when you were younger. Diabetes or heart disease can affect your balance.

Risk factors to falling include muscle weakness and blood pressure that drops too much when you get up from lying down or sitting. Unsafe footwear, like backless shoes or high heels, can also increase your risk of falling.

Confusion can sometimes lead to falls. For example, if you wake up confused, wait for your mind to clear or until someone comes to help you before trying to get up and walk around.

Some medications can increase a person's risk of falling because they cause side effects like dizziness or confusion. The more medications you take, the more likely you are to fall.

Take the Right Steps to Prevent Falls

If you take care of your overall health, you may be able to lower your chances of falling. Here are a few tips to help you avoid falls and broken bones:

Stay physically active. Regular exercise improves muscles and makes you stronger. It also helps keep you flexible. Walking may slow bone loss.

Have your eyes and hearing tested. Even small changes in sight and hearing may cause you to fall. When you get new eyeglasses, take time to get used to them. Always wear your glasses when you need them. If you have a hearing aid, be sure it fits well and wear it. Find out about the side effects of any medicine you take. If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.

Get enough sleep. If you are sleepy, you are more likely to fall.

Limit the amount of alcohol you drink. Even a small amount of alcohol can affect your balance and reflexes. Studies show that the rate of hip fractures in older adults increases with alcohol use.

Stand up slowly. Getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly. Get your blood pressure checked when lying and standing.

Use an assistive device if you need help feeling steady when you walk. Appropriate use of canes and walkers can prevent falls. If your doctor tells you to use a cane or walker, make sure it is the right size for you and the wheels roll smoothly. This is important when you are walking where the walkways are uneven.

Be careful when walking on wet surfaces. They can be very slippery!

Wear non-skid, rubber-soled, low-heeled shoes. Or lace-up shoes with non-skid soles that fully support your feet. It is important that the soles are not too thin or too thick. Do not walk on floors in socks or in shoes and slippers with smooth soles. Always tell your doctor if you have fallen since your last checkup. A fall can alert your doctor to a new medical problem or problems with your medications or eyesight that can be corrected. Your doctor may suggest physical therapy, a walking aid, or other steps to help prevent future falls.

Keep Your Bones Strong to Prevent Falls

Falls are a common reason for trips to the emergency room and for hospital stays among older adults. Many of these hospital visits are for fall-related fractures. You can help prevent fractures by keeping your bones strong.

Having healthy bones will not prevent a fall. But if you fall, it might prevent breaking a hip or other bone which may lead to a hospital or nursing home stay. Getting enough calcium and vitamin D can help keep your bones strong. So can physical activity.

Other ways to maintain bone health include quitting smoking and limiting alcohol use. This can increase bone mass and decrease the chance of fractures. Also, try to maintain a healthy weight. Being underweight increases the risk of bone loss and broken bones.



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For more information, contact Florida Community Care at 1-833-FCC-PLAN TTY 711 or 1-866-467-4970. This information is available for free in other languages. Please contact our customer service number at 1-833-FCC-PLAN or TTY 711, Monday to Friday 8am to 8pm. Esta información está disponible gratis en otros idiomas. Por favor, póngase en contacto con nuestro número de Servicios para Miembros a 1-833-FCC-PLAN o TTY 711, de lunes a Viernes de 8 a.m. a 8 p.m.