



VATS / NWD FALLS Prevention Assistive Technology Kit Guidebook:

Welcome to your Falls Prevention resource guidebook! Fall prevention is an important topic to consider as you get older. Physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely as you age. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life (Source: www.mayoclinic.org). There are some simple assistive technology (AT) devices that can help with falls prevention. Here are a few that we have identified.

The CDC reports the following environmental risk factors that contribute to falls: clutter and tripping hazards, poor lighting, lack of stair railings, lack of grab bars inside and outside the tub or shower.

The purpose of this Kit is to demonstrate a few affordable and user-friendly technologies and AT devices that can help older adults and Virginians with disabilities at risk for falls. This is not an exhaustive list, and welcome you to add more items based on constituent feedback. We hope that this Guidebook / kit will help start the conversation and encourage families / individuals to learn about what items may work for them!

Most of the items in this Kit are readily available consumer products versus specialty items and can be purchased locally or online from a variety of retailers. VATS does not endorse one brand over another. Product costs listed are estimates.

Items in this Kit remain the property of VATS, but housed and maintained with your organization. No need to “check in/out” this Kit from VATS, it will be readily available at your site(s) for demonstration (Lunch & Learn, trainings, conferences, meeting 1:1 with individuals etc.). Please identify / designate an individual to maintain the equipment (charging items, checking functionality periodically etc.) and collect / provide data to VATS to demonstrate client demand.

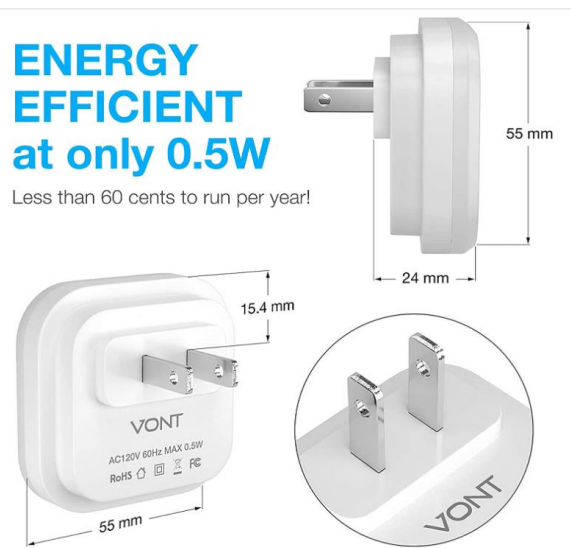
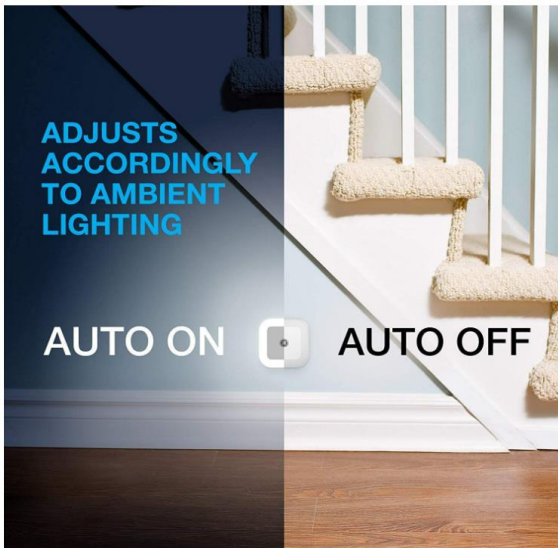
If you have any questions, please contact:

Paula Martin: Paula.Martin@dars.virginia.gov or

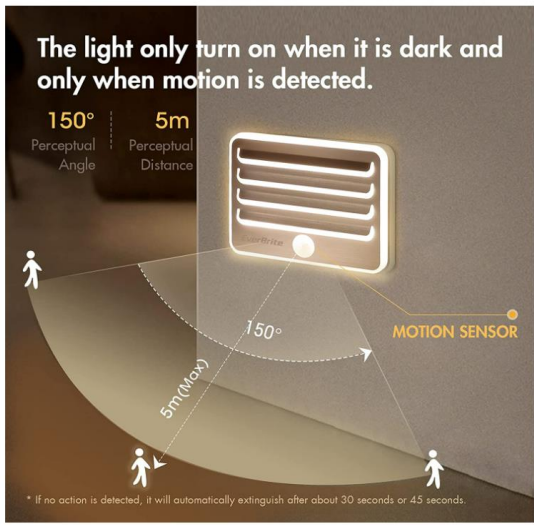
VATS Central: (804) 662-9990, www.vats.org

KIT ITEMS:

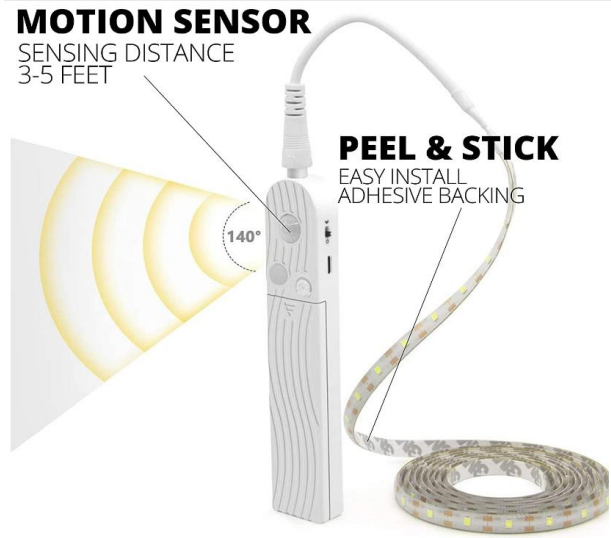
Vont 'Lyra' LED Nightlights dusk to dawn cool white (approx. \$12 for 6 pack)



EverBrite Motion Sensor Night Lights Led (approx. \$22 for 3 pack)



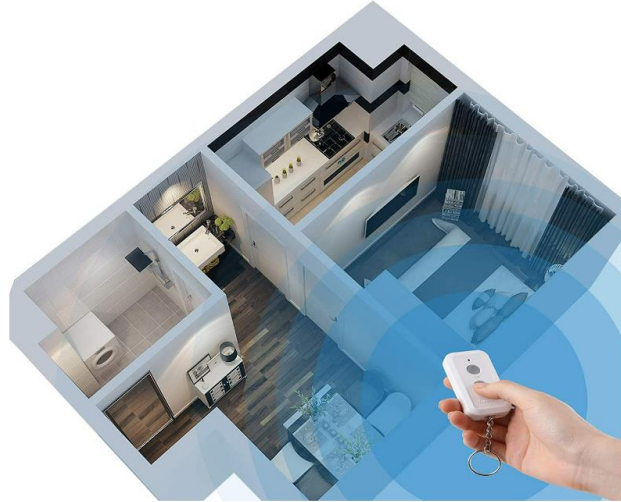
Sleep Mode under bed Light - Night Light Amber Glow No Blue Light Battery Powered Peel and Stick Install (approx. \$17 each)



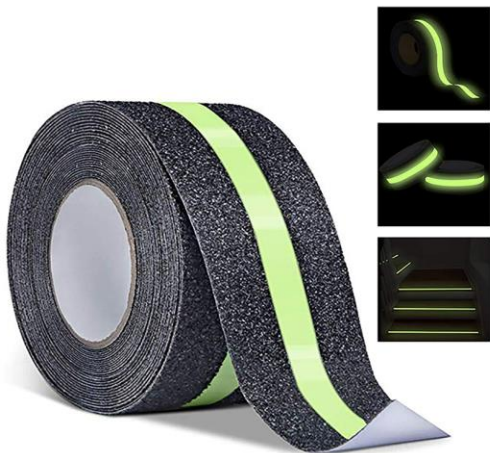
Remote control light switch



100' RF Range - Do not need to be in line of sight
Strong RF signal works through walls / doors / windows



Stair anti slip strips fluorescent (approx. \$23.99 a role)



Second anti slip tape for stairs, bathtub shower waterproof (approx. \$15 per roll)



Foldable Reacher (approx. \$13 each)



Reflective pet collar with bell (approx. \$2.00 each)

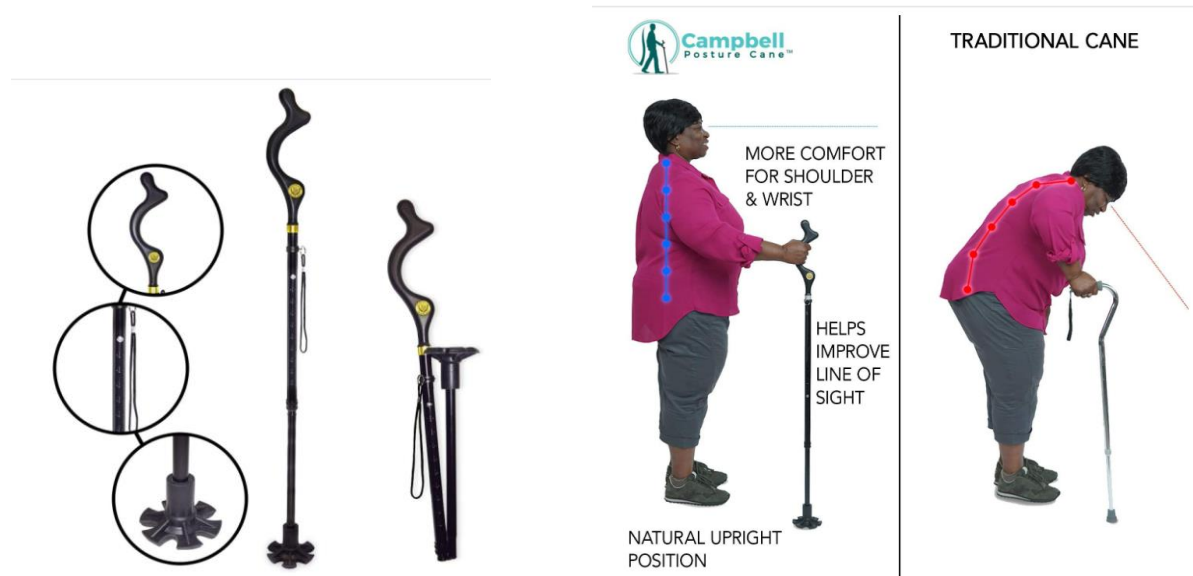


Changing Lifestyles Safe-er-Grip 12" Balance Assist Bar (approx. \$10)

“bar is to be used only to assist and help balance a person's body; not to hold full body weight; suction cup device must be applied to smooth, flat, non-porous surfaces; do NOT cover grout lines; will not work on drywall, fiberglass, or marble tile”



Folding cane / balancing stick (approx. \$30)



Foldable Rolling cart (approx. \$30)

We have decided to put all of the items of this kit in a rolling cart as it can also be used to prevent fall by not having your hands full or carrying too much around the home.



Walkers, wheelchairs, other canes, bedside commodes and bathroom equipment can greatly reduce falls. These can be purchased locally. The FREE Foundation also provides reuse DME equipment.

www.free-foundation.org

Here are some additional resources for falls prevention.

CDC Steadi Pocket Guide

<https://www.cdc.gov/steady/pdf/STEADI-PocketGuide-508.pdf>



CDC Steadi Check for safety in the home Brochure

https://www.cdc.gov/steady/pdf/steady_checkforsafety_brochure-print.pdf

