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adults (those aged sixty five or older) falls each year, but less than half talk to their healthcare providers about it." Older adults can often limit their physical activity and social engagements for fear of falling. And if they do experience a fall, fear can keep them from reporting it to a loved one or healthcare provider. While these instincts serve to protect themselves, it actually increases the risks through atrophy of muscles and mindset.

Fear has been turned into the acronym: False Evidence Appearing Real. In the case of aging adults, the fear of leaving the house is fuelled by the idea of falling. When that image of a particular reality becomes real for aging adults, the problem isn't the tendency to avoid the situation it is the method. When we avoid a fall through inaction, it limits the body and keeps the mind fearful. When we avoid a fall through action and activity, we are given physical and mental independence.

If you are concerned that your aging loved one is at risk for a fall or is avoiding injury through isolation or inactivity, in-home caregiving services are a great option for care. In-home caregivers can provide the companionship, motivation, and activity coordination to help seniors maintain an appropriate level of activity and mobility. As Certified Nursing Assistants trained to reduce fall risks, they assist aging adults in maintaining safety within their home and out in their community.

To receive the free monthly S.A.L.T. Times Newsletter, call 397-2211 ext. 3380 or send an e-mail to: sheriffcommunityoutreach@clark.wa.gov. **For other formats:** Clark County ADA Office, **Voice** (360) 397-2000, **Relay** (800) 833-6384, **E-mail** ADA@clark.wa.gov



Seniors And Law Enforcement Together

S.A.L.T. TIMES

October 2014

October S.A.L.T. Meetings

Shanti Potts will be giving two presentations at our October S.A.L.T. meetings. The **WEST** side meeting topic is **Dementia**: This program provides family care-partners with information and awareness on the basics of dementia. In this interactive presentation we will define dementia and discuss the different types of dementia. We will consider what it means to have dementia, identify a few of the conditions, consider the stages of the condition, and discuss issues and challenges of caring for someone with dementia.

The **EAST** side meeting topic is **Choices in Care**: This program is designed to provide us with information and awareness on the choices we have as we navigate living in our later years. As we ride the Age Wave we find ourselves confronted with choices that must be made relating to where we want to live, how we want to be treated, what we want done for us. Join us for a discussion on the medical, financial and legal issues surrounding choices in living.

Meetings are free and open to all seniors. Come to one meeting or both!

WEST Meeting Topic: **Dementia**

Monday, October 20
11:00 a.m.-Noon
40 and 8 Community Room
(next to Bingo)
7607 NE 26th Ave.
Vancouver, WA

EAST Side Meeting Topic: **Choices in Care**

Monday, October 27
11:00 a.m.-Noon
Camas Police Dept.
2100 NE 3rd Ave.
Camas, WA

Shanti Potts, MS

Shanti has over 25 years experience working with and advocating for seniors. With a passion for teaching and learning, she works extensively with unpaid family caregivers as well as paid care providers. Employed as an instructor at Clark Community College, Lower Columbia Community College, Area Agency on Aging & Disabilities of SW Washington & PeaceHealth Southwest Medical Center, Shanti has presented at conferences for the King County Prosecutor's office; the Alzheimer's Association; the Clark County Bar Association, Clark County Sheriff's Crisis Intervention trainings and various other local organizations. She is a member of the Area Agency on Aging and Disabilities Advisory Council. Retired after 12 years in Memory Care and Assisted Living management, Shanti spends her free time in retirement as a volunteer for the Alzheimer's Association of Portland and the Clark County Elder Justice Center.



Seniors and Law Enforcement Together
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Holiday Fire Safety and Prevention



Holidays present an increased risk of home fires. By taking some preventative steps and following simple rules of thumb, most home fires can be prevented during the holidays and beyond.

covered until it is completely cooled. For an oven fire, turn off the heat and keep the door closed.

Candles

- Unattended cooking is the leading cause of U.S. home fires and home fire injuries, with most cooking fires involving the stove top.
- Stay in the kitchen while you're frying, grilling or broiling food. Keep anything that can catch fire away from the stove top, and turn it off when you leave the kitchen, even if it's for a short period of time.
- If you're simmering, boiling, baking or roasting food, check it regularly and use a timer to remind you that you're cooking.
- Create a "kid-free zone" of at least three feet around the stove and areas where hot food and drinks are prepared or carried.
- If you have a cooking fire, just get out! When you leave, close the door behind you to help contain the fire. Call 911 or the local emergency number immediately after you leave.
- Keep a lid nearby when you're cooking to smother small grease fires. Slide the lid over the pan and turn off the stove top. Leave the pan

- Candles are widely used in homes throughout the holidays; December is the peak month for home candle fires.
- More than half of all candle fires start because the candles had been too close to things that could catch fire.
- When burning candles, keep them at least 12" away from anything that can burn, and remember to blow them out when you leave the room or go to bed.
- Use candle holders that are sturdy, won't tip over and are placed on uncluttered surfaces. Avoid using candles in the bedroom, where more than one third of home candle fires begin, or other areas where people may fall asleep.
- Never leave a child alone in a room with a burning candle.
- Consider using flameless candles, which look and smell like real candles.

Source: NFPA

Have You Heard About Pass It On?

Pass It On is a new education campaign that encourages older people to help their communities recognize and report frauds and scams. Fraudsters target people of all ages, but when older people lose money to a scam — regardless of whether it involves prizes and lotteries, imposters or identity theft — it's often more difficult for them to recoup their losses.

Pass It On is based on the idea that older adults are part of the solution, not simply the victims of scammers. The campaign reinforces what older people already know about common scams, and gives them resources to share with family members, friends and communities.

Chances are good that someone you know has been scammed. They may not talk about it, but the statistics do. The truth is that sharing what you know can help protect someone who you know from a scam.

Yes. You. People listen to you because they trust you. You're a friend, a neighbor, a relative. And that's why the Federal Trade Commission created these articles, presentations, video and activities — to help you start that conversation, and pass on some information that could help someone you know. Visit <http://www.consumer.ftc.gov/features/feature-0030-pass-it-on>

If you spot a scam, please report it to the Federal Trade Commission. The FTC is the nation's consumer protection agency. Their mission is to stop fraud, deception, and unfair business practices — and help people recognize them. To report a scam, go online: ftc.gov/complaint or Call the FTC at 1-877-382-4357

Prehab: Moving Your Body Before a Fall

When it comes to our bodies, we tend to have a predominantly reactionary approach to caring for ourselves. When we get a headache we drink more water. When we have back pain we stretch our muscles, and after a fall or injury, we do exercises or go to physical therapy. Often the same exercises and strength training used for rehabilitation can be highly effective in preventing injury for seniors in the first place. Instead of focusing on rehab during a recovery process, if we reversed the order and applied the same techniques in a regular exercise routine, you get something like, "prehab". By preemptively focusing our attention on the body's strength, flexibility, balance, bone and joint health, we can invest our energy in building resilience instead of recovery.

Regular exercise stereotypically is a tedious task that many Americans pass over in their weekly routines and this habit can be detrimental to the body as it ages. There is a trend among seniors of finding more interesting ways of getting in exercise and finding a community of accountability and support while doing it. Here are just a few ideas to get you moving before a fall or injury:

Tai Chi: This ancient Chinese practice uses slow controlled movements to strengthen the body. The exercise includes full body movements that help seniors decrease blood pressure and stress, increase stability and muscle strength, increase body awareness and better gauge where they are in relationship to the ground and their surroundings.

Social Dance: Especially for generations where dance was an important part of social life, taking

a dance class for seniors can be a great way to increase coordination and balance. A class setting provides a good balance of regularity and variety. When there is music playing, the body knows what to do as we tap our feet and move to the beat. Encouraging memories of old songs can be a great way to create connection.

Bosu or Physio Ball: Found at many community centers, physical therapy offices, or gyms, these inflated balls are a wonderful tool for building up muscles that help with stability especially in the ankles and core stomach muscles. It is important to have a trainer show seniors how to use these tools safely to reach their goals.



Physical Therapy: The American Physical Therapy Association has a wonderful online resource called Move Forward (<http://www.moveforwardpt.com/Default.aspx>) to help seniors know the risks of falling and take charge of their independence. All physical therapists are trained to be able to work with individuals in wide range of ages who are looking to

improve their balance and strength and can tailor exercises to meet unique goals. They also have an online directory to help you find a physical therapist in your local area. While we may assume that we can only seek out a physical therapist after an injury, this professional service can be an important preventative tool in our arsenal to reduce the risk of falls before they happen.

F.E.A.R. Accidents happen. As humans, we are prone to them and many YouTube videos have been dedicated to this tendency. However, as we age both the risk of a fall and the risk of injury as a result of a fall can escalate fear in aging adults. Ironically, what can often be more debilitating than a fall itself is a fear of a fall. According to the CDC, "One out of three older