

FALL PREVENTION

Important Information from the...
Northern Virginia Fall Prevention Coalition
(www.nvfpc.org.)

Use these guidelines to reduce risks and ensure your independence.

- To increase your muscle strength and overall body conditioning, review exercise programs. Consider activities such as walking, swimming, or yoga, anything using gentle movement. Activities reduce your risk of falls by improving your strength, balance, coordination and flexibility.

- With your doctor review your health profile and medications to identify conditions where you may be vulnerable to falling. Include all prescription and over-the-counter medications, plus the dosages; and, any herbal supplements you are using. You will be looking for side effects and interactions that may increase your risk of falling. Additionally talk about any sessions of vertigo or shortness of breath that impacts your walking ability.

- Review your footwear choices. Avoid floppy slippers and shoes with smooth soles that can weaken a firm footstep. Notice where your medications have changed your shoe size. Specific medications can cause swelling that enlarges your shoe size.

- Remove paper and book stacks from the living room, bedroom, hallways and stairways where the potential exists that may cause you to fall. Pay special attention to the stringing of electrical cords or phone cords across walkways. Secure loose rugs with double-faced tape, tacks or a slip-resistant backing and use nonslip mats in the bathtub or shower. Review those areas in the shower or bathtub where grab bars would be useful.

- As we age, a reduced amount of light reaches the back of your eye where color and motion are sensed. Maintain the illumination of your home with 100-watt bulbs or higher to avoid tripping.



3rd Annual Fall Prevention Summit

Friday, September 23rd from
8:00am - 11:00am

Breakfast at the Hyatt Fair Lakes in
Fairfax, VA. Registration is required at:
www.nvfpc.org.

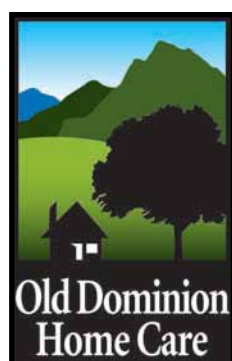
Install a lamp near your bed so you can use it when you get up at night. And, install night lights in your bedroom, bathroom, and hallways.

Using these principles can be your keystones to aging. Don't let the fear of falling eclipse the best years of your life!

Old Dominion Home Care is a member of NVFPC and supports their mission of providing community based fall prevention education.

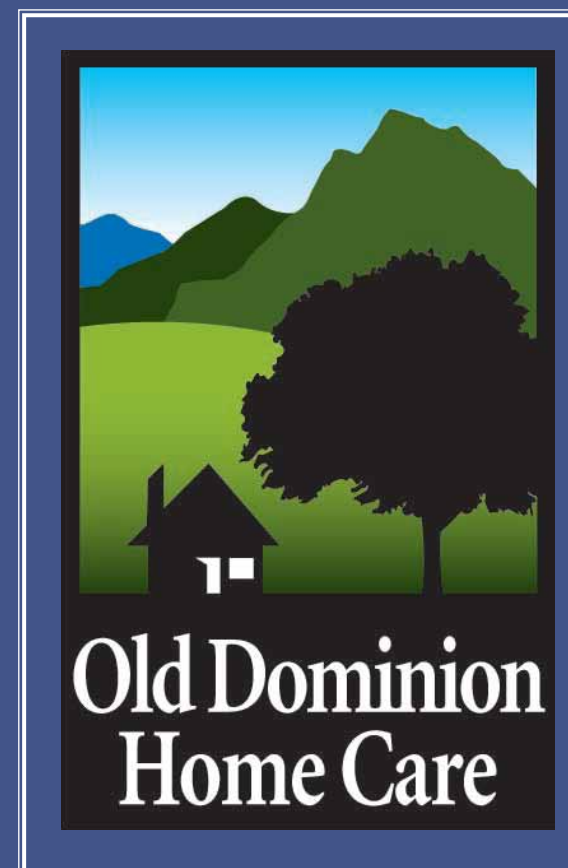


OLD DOMINION HOME CARE FALL 2011 NEWSLETTER



Old Dominion Home Care, Inc.
10366 Democracy Lane, Suite C
Fairfax, VA 22030-2530

www.OldDominionHomeCare.com
703-273-0422



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BODY IMAGE

At What Age Can We Finally Relax and Accept Our Bodies As They Are?

A person's "body image" can be simply stated as internal thoughts and feelings about outward appearance. How do I feel about the way the world sees me? Throughout our lives, we are bombarded with images of the "ideal beauty" of youth, thinness, and a full head of hair, so it may not be surprising to learn that as much as we hear about body image and self-esteem issues in adolescence, a group that may suffer just as profoundly is seniors.

Mass media plays a huge role in setting and communicating the standards that are accepted as attractive or desirable, so it makes sense that when a person starts to spend more time watching TV, reading magazines, etc. in the post-retirement years, there can be a negative effect on self-esteem. Add to this the fact that older people are often portrayed as feeble or undesirable physically, and the combination of these strong media messages can be quite devastating. Many seniors turn to plastic surgery or even develop (or have re-surface) an eating disorder.

According to the American Society for Aesthetic Plastic Surgery, the estimated number of plastic surgery procedures done per year on US senior citizens aged 65 years and older is approaching 700,000. This age group has consistently represented approximately 7% of all plastic surgery procedures.

Cosmetic Surgery in Seniors

In 2010, the top surgical procedures for the 65-up crowd were:

- Cosmetic eyelid surgery **26,635**
- Facelift **24,783**
- Liposuction **6,469**
- Breast reduction in women **5,874**

The top non-surgical choice was Botox, with **160,715** patients opting for the botulism-based injectable.

Source: Society for Aesthetic Plastic Surgery

Eating Disorders in Seniors

Eating Disorder Review lists the following signs and symptoms that caregivers should watch for:

- Depression
- Loss of motivation to eat
- Excuses for skipping meals such as frequent claims of not being hungry or feeling sick
- A fixation on death
- Unexplained weight loss
- Chronic dizziness



EatingDisorderReview.com notes that eating disorders in the elderly are "particularly serious because their health is already compromised."

One approach toward treating an identified eating disorder (and helpful for anyone suffering from body image issues) is participation in physical activity to increase endurance, mobility, and balance. Appropriate exercise can improve an overall sense of well-being, in part by knowing that we're doing the best we can to accept aging's inevitable changes to our bodies.

Maybe we can also think in different terms of beauty, broadening the way we define ourselves beyond the external to include a healthy dose of strength, intelligence, wisdom, and humanity. Each of us has our own specific list of gifts and talents and it is important to recognize and build on them.



Please contact us if we may be of assistance to you or a loved one:
703-273-0422 or www.OldDominionHomeCare.com

DRIVING SAFETY

How does your driving safety checklist look? Do you have...

- DRIVER'S LICENSE
- CAR
- AUTO INSURANCE
- YEARS OF DRIVING EXPERIENCE

If so, your checklist, so far, is in really great shape. But that's not everything. There are several items you can add to your list that will improve safety on the road for you and those around you. Please share this list with your loved ones...it is good for drivers of all ages!

Be a student. Driver's education is not just for new drivers anymore; many organizations offer driver safety programs for others as well. The AAA Foundation for Traffic Safety, www.aaafoundation.org, has a senior driver website, www.seniordrivers.org, that offers "refresher training to help you maintain mobility independence and keep you driving in a safe manner longer." Another great program is the AARP Driver Safety Program, www.aarp.org, with their 55 Alive Mature Driving program, www.aarp.org/55alive; they offer in classroom and online classes. Taking a class with AAA or AARP may provide you with insurance benefits and discounts.

See the light. See your eye doctor annually and be sure your glasses prescription is up to date. When driving at night don't wear sunglasses. Also, don't darken or tint your windows. The more light that reaches the eyes the better it is. To help you see the instrument panel better in the evenings, turn up the brightness level. Be sure to clean your windshield, mirrors and headlights to increase your visibility.

Plan your route. Try driving only on roads that are well known to you. Avoid rush hours.

Double up. Use your senses together. See and hear flashing emergency vehicle lights; turn the radio down to help focus.

Sit tall. To reduce headlight glare from other cars during night time driving, make sure you are sitting high enough in your seat.

Follow the rules. Use extra caution at intersections. Don't talk on the phone, text, or eat while driving.

Ask a friend. If you have a passenger with you, ask him/her to help keep their eyes on the road too; four eyes are better than two. But make sure you and your passenger limit your conversations as you don't want them to become a distraction.

IF YOU'D RATHER NOT DRIVE YOURSELF, THERE ARE OPTIONS:

- Area Agency on Aging provides transportation services
- Shuttle buses are offered by many churches, senior centers and retirement communities
- Loved ones and neighbors may be able to help you to an appointment (and would love an invitation to lunch or for ice cream as a thank you!)

Did you know that the employee aides at Old Dominion Home Care can provide escort and transportation services? Each of our aides has his/her own car, auto insurance and supplemental auto insurance from the company. You can stay as active as you have always been!

Driving can give us a great sense of independence. No matter your age, as long as you are in good driving condition and utilize your driving safety checklist, you can still get your kicks on Route 66 (or 395... or 495...or your own neighborhood streets).



AS WE AGE, THERE ARE OFTEN CHANGES IN OUR VISION, HEARING, REFLEXES, AND PHYSICAL FITNESS. YOU MAY BE EXPERIENCING MORE DIFFICULTY:

- Seeing at dawn or dusk
- Looking over your shoulder or pushing the gas/brake pedals
- Turning the steering wheel due to reduced arm strength
- Reacting to vehicles that slow down or stop

HOSPICE AND PALLIATIVE CARE

If you refer to it as the "H" word, and speak it only in whispers, but are still reading after having seen the title, then we have a chance to shed a new light on hospice. For many people, the stigma about hospice is its association with one thing only: death.

Many others, however, know the power of hospice and palliative care...how this care can transform days of pain and discomfort into meaningful, pain-free time with loved ones. Hospice is about quality of life.

A few basic facts:

- Hospice can be called in to help a person manage pain when the expectation for life is 6 months or less. Palliative care can be given for a year or even two.
- Hospice nurses come right to your home to monitor vitals and pain levels and administer medications.
- Counseling services, chaplains and support for family members is available.

Hospice and palliative care reflect a philosophy of care with a holistic approach...addressing physical, social, emotional, and spiritual needs.

One of the greatest problems with hospice and palliative care is that people wait so long to begin it, thinking that they are resigned to death and have no hope left. Not only does calling hospice in early allow for greater comfort and care, but patients under such good care can actually get better and have their illness go into remission. You may leave the hospice program...and return later if needed.

"You matter because of who you are. You matter to the last moment of your life, and we will do all we can, not only to help you die peacefully, but also to live until you do."

- DAME CICELY SAUNDERS
Founder of modern hospice care



PATIENTS AND FAMILIES MUST MAKE A LOT OF COMPLICATED DECISIONS, OFTEN VERY QUICKLY.

Old Dominion Home Care is proud to be a partner with hospice and palliative care providers throughout the community. Here are some local providers and the resources that they offer:

CAPITAL CARING

An advanced illness can be overwhelming. Patients and families must make a lot of complicated decisions, often very quickly. It's not easy to know how to navigate today's health care maze. Capital Caring, a leading nonprofit organization, can help. For over 34 years, we have helped 75,000 families cope with advanced illness by providing excellent pain relief and symptom management, emotional and spiritual support to families across the region. Anyone medically eligible can access our care, regardless of their ability to pay. **Learn more by calling 855-571-5700 or visiting www.capitalcaring.org.**

EVERCARE HOSPICE

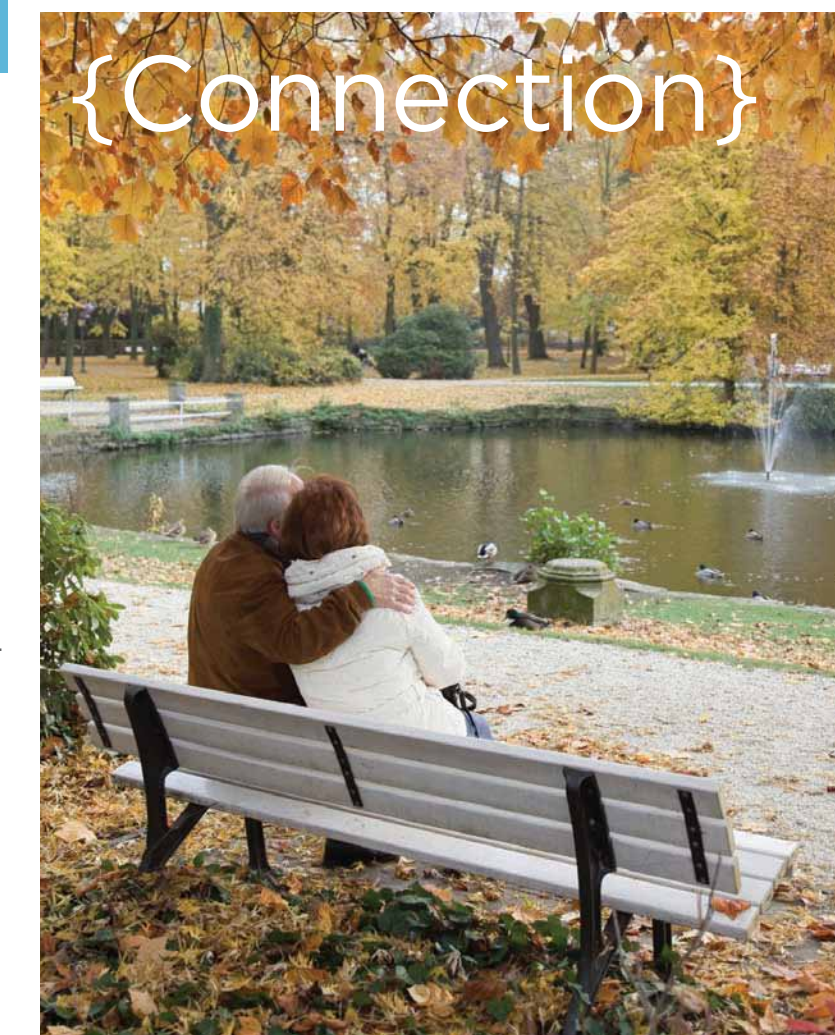
Our pledge is to provide the best physical, emotional and spiritual care available to each of our patients and their loved ones. At the heart of hospice is the belief that everyone has the right to dignity and freedom from pain at the end of the life. That's why Evercare Hospice and Palliative Care provides a dedicated care team for you and your loved ones and will come to patients wherever they live. It's special care for the hardest of times.

For more information, visit www.evercarehospice.com or call 571-262-5200.

HEARTLAND HOSPICE

As your hospice provider, Heartland partners with physicians and other healthcare professionals--such as home care providers like Old Dominion Home Care--to really focus on your needs as a patient and as a family. Heartland is committed to education and helping individuals who are eligible access their hospice benefit sooner through complimentary Fragile Patient Consults. We work closely with our home care partner by helping them identify their clients in need of early exploration of goals and options based on their personal healthcare journey. Heartland Hospice promises to care for the mind, body and spirit by providing care that is comforting and compassionate, by respecting choices and by being accepting and supportive of wherever you are in life's journey.

Please call us at 703-273-8693 with any questions 24 hours / 7 days a week or find us at www.hcr-manorcare.com.



AT THE HEART OF HOSPICE IS THE BELIEF THAT EVERYONE HAS THE RIGHT TO DIGNITY AND FREEDOM FROM PAIN AT THE END OF THEIR LIFE.

If you would like to be on our mailing list, please contact us at www.OldDominionHomeCare.com

