



Keeping older people safe and healthy



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We would love a review on Amazon if possible please!



"Anything that could help save a life or reduce the severity of an injury should be encouraged and that's why I fully support **First Aid for Life**"

-Boris Johnson, Former Mayor of London

Empowering

★ 10,000 people ★
with
life saving skills,
every year!



Absolutely essential for all parents, our course was awesome! Enjoyable, engaging and utterly invaluable. Caprice Bourret, Super Model



Channel 5 News



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**The critical importance of reducing accidents
and preventing falls**

Older people are less resilient!

Falls from less than 2 metres often cause serious injury in older people

- reduced physiological reserve
- pre-existing medical conditions
- older skeleton more brittle and vulnerable to trauma
- may not show usual response to shock and trauma
- more prone to confusion and disorientation
- unwanted effects of prescribed medication



Tips to prevent falls:

- Home safety – avoid tripping hazards, good lighting ...
 - Get up slower, take more time
 - Eat well
 - Exercise
 - Grab rails
-
- Be aware of medication side effects



Advice to someone following a fall:

- Stay as calm as you can.
- Don't rush to get up, take time to establish if hurt.
- Lie still and work up the body checking for pain or bleeding.
- If able to get up, do this slowly and carefully using stable furniture as a support.
- Tell someone what has happened.



If hurt or unable to get up:

- Try to get someone's attention by calling for help or phoning.
- Do not exhaust yourself.
- Cover yourself with something warm. Wrap up as well as you can and get as comfortable as possible.
- Shift your body weight frequently to prevent getting pressure sores.





Medication confusion

Why medication may be more complicated for the elderly:

- Multiple medicines, increased risk of drug interactions, mix-ups and side effects.
- Less effective at metabolising medication.
- Age-related changes affect drug concentration.
- Increased sensitivity to medicines.
- Impaired memory, grip strength, mobility, hearing and vision makes compliance more difficult.
- Different specialists and health professionals.



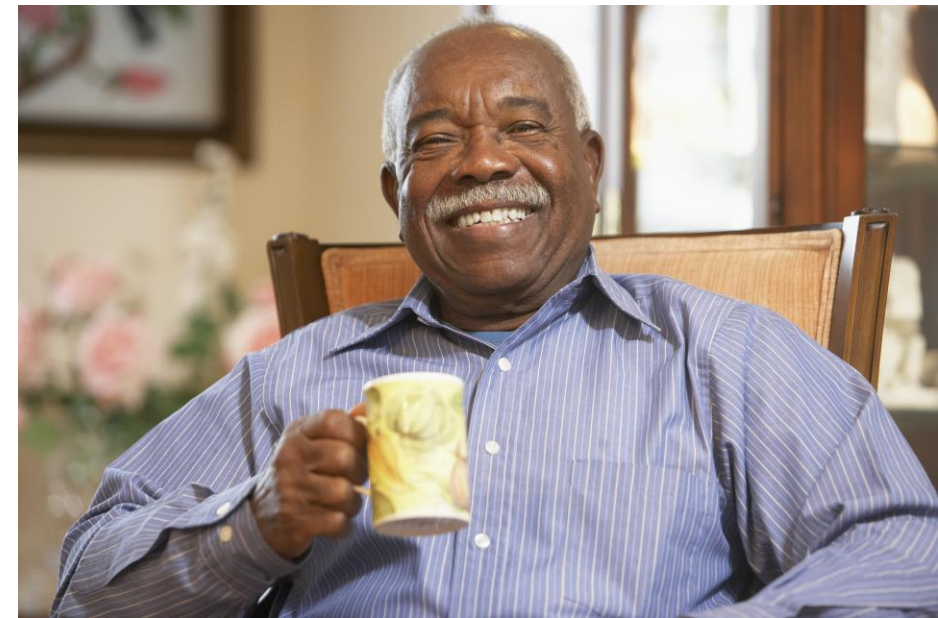
Tips to avoid medication problems

- Be actively involved in treatment.
- Have a medication list with you at all times.
- Read patient information sheets.
- Be aware of possible dietary and medication interactions.
- Take them exactly as prescribed.
- Ask the doctor or pharmacist for help, advice and support.
- **Never** stop medication without medical advice – particularly medication such as beta blockers, benzodiazepines, anti-depressants, steroids and warfarin.



Keep a medication list:

- Names of all medications, including any Over the Counter (OTC) medications, dietary supplements and herbal remedies
- The doctor who prescribed each prescription medication
- The purpose of each medication
- How often and what dose
- Special directions – eg full or empty stomach?
- Any monitoring needed, reviews required
- Any previous adverse reactions to medication



Swallowing Problems:

Never crush, chew, break or mix the tablet or capsule in fluid unless the doctor or pharmacist says it is okay to do so.

- Is there a liquid alternative?
- Is there a once a day option?
- Do they really need the medication?





Bowel and urinary
issues and problems
sleeping

Explore alternatives
to medication first





Burns

Why older people are more prone to burns:

- Skin thinner, delicate, more sensitive to heat.
 - Peripheral nerve damage – may not feel pain
 - Reflexes are not as quick
 - Older people may go to extremes to keep warm
 - Possible risk awareness issues
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- Paraffin based skin creams are flammable



Measures to prevent burns:

- Fit oven shelf guards
- Get a kettle with a short or curly flex.
- Care with hot drinks – trolleys may be helpful!
- Be careful when microwaving.
- Bath thermometers and thermostats.
- Care with hot water bottles and radiators.
- Check all wiring and electrical appliances
- Contact the fire service for a fire risk assessment





First Aid for burns



Run under cool running water for at least 10 minutes



Thank you for listening and any questions?

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