Enhancing Mobility and Reducing Fall Risk
Why Do People Move?

Mobility Issues?
- What are the key problems at your facility?
- What have you tried?
- What has worked?
- What hasn’t worked?
- Why?

Simple Message:
People move to meet need
People stop moving to meet needs
Why Should You Focus on Mobility?
- Building block for all ADLs
- Less mobility = more caregiving challenges
- Your behavior affects their behavior
- Mobility skills can be changed
- You can’t safely ignore it
- Mobility affects interaction abilities
- Mobility is a very visible issue, for better or for worse

What Should You Do About Mobility?
- Screen and establish baselines
- Communicate expectations to direct care staff
- Model what you want to see
- Train direct care staff
- Monitor staff performance and help fix issues
- Monitor resident performance through staff and also with your own eyes
- Teach staff to ‘dynamically screen’ each time

Key Elements of Risk Assessment:
- Falls history
- Secondary Diagnosis
- Uses Ambulatory Aids
- IV therapy
- Gait abnormality
- Mental Status

F - Falls History
Fluids
A - Ambulation Aids
L - Locomotion (gait)
L - Lucidity (cognition)
S - Secondary Diagnosis
Progression of Dementia: Seeing What Remains:

- Sapphires
- Diamonds
- Emeralds
- Ambers
- Rubies
- Pearls

The GEMS®:

Sapphires – True Blue – Slower but Fine
Diamonds – Repeats and Routines, Cutting
Emeralds – Going – Time Travel – Where?
Ambers – In the Moment - Sensations
Rubies – Stop and Go – Big Movements
Pearls – Hidden in a Shell - Immobile
Sapphires:

- Us on a good day
- Clear and true to ourselves
- May feel ‘blue’ over changes
- Can typically choose our behavior
- May have other health issues that affect behaviors
- Recognize life experiences, achievements and values
- Can follow written info and hold onto it

Diamonds:

- Sharp, hard, rigid, inflexible, can cut
- Many facets, still often clear, can really shine
- Are usually either Joiners or Loners
- Can complete personal care in familiar place
- Usually can follow simple prompted schedules
- Misplace things and can’t find them
- Resent takeover or bossiness
- Notice other people’s misbehavior and mistakes
- Vary in lack of self-awareness
- Use old routines and habits
- Control important roles and territories, use refusals

Emeralds:

- Changing color
- Not as clear or sharp, more vague
- On the go, need to ‘do’
- Flaws may be hidden
- Time traveling is common
- Are usually Doers or Supervisors
- Do what is seen, but miss what is not seen
- Must be in control, but not able to do it correctly
- Do tasks over and over, or not at all
Ambers:

- Amber Alert - Caution!
- Caught in a moment
- All about sensation and sensory tolerance, easily over or under stimulated
- May be private and quiet or public and noisy
- No safety awareness
- Ego-centric
- Lots of touching, handling, tasting, mouthing, manipulating
- Explorers, get into things, invade others' space
- Do what they like and avoid what they do not

Rubies:

- Hidden depths
- Major loss of fine motor finger and mouth skills, but can do gross motor skills like walking, rolling, rocking
- Comprehension and speech halted
- Wake-sleep patterns very disturbed
- Balance, coordination, and movement losses
- Eating and drinking patterns may change
- Tends toward movement unless asleep
- Follows gross demonstration and big gestures
- Limited visual awareness
- Major sensory changes

Pearls:

- Hidden in a shell: still, quiet, easily lost
- Beautiful and layered
- Spends much time asleep or unaware
- Unable to move, bed or chair bound, frequently fall forward or to side
- May cry out or mumble often, increases vocalizations with distress
- Can be difficult to calm, hard to connect
- Knows familiar from unfamiliar
- Primitive reflexes
- The end of the journey is near, multiple systems are failing
- Connections between the physical and sensory world are less strong but we are often the bridge
Movement Hazards by GEMS®

State:

Sapphires: Slower reflexes, some ‘oops’ moments

Diamonds: Over/under estimate skills, limited learning for new skills or patterns, fear of falls

Emeralds: Forget aid devices, skip steps, resent control or interference, emotional reactions

Ambers: Explore without caution, seeking or avoiding stimulation, pain or distress

Rubies: Walk till they drop, no depth perception, if going can’t stop, if stopped can’t get going, may have pain

Pearls: Contractures, falling into or out of seating, friction, pain, hygiene, isolation, self-protection

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Mobility Help by GEMS®

State:

Sapphires: Daily exercise, all kinds

Diamonds: Exercise programs that match background preferences and beliefs

Emeralds: Build mobility into the day and rearrange stable supports in the environment

Ambers: Create safer places and space to explore based on sensory needs and tolerance, ample seating

Rubies: Help with transitions, build in time for transitions, create schedules that make sense

Pearls: Become their connection to the world, go slow, rotate, use rotational movements

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What Can We Do About Mobility?

- Promote safe movement in caregiving
- Help people be mobile
- Improve movement skills
- Put movement into our schedules
- Learn how to help
- Limit ‘too much’ mobility with environmental cues
How Can You Promote Safe Mobility?

- Use a Positive Physical Approach™
- Structure and monitor the environment
- Use walking aids correctly
- Slow down!
- Practice, practice, practice
- Know your skills and limits

Positive Physical Approach™:

- Pause at edge of public space (6 feet)
- Greet with your open hand next to your face, smile
- Call the person by name, if possible
- Move your hand into handshake position
- Approach slowly and within visual range
- Move from a handshake to Hand-under-Hand® position
- Shift into a Supportive Stance on their side
- Get low by standing or kneeling, but don’t lean in
- Make a connection and wait for their response

A Positive Approach
(To the Tune of Amazing Grace)

Come from the front
Go slow
Get to the side,
Get low
Offer your hand
Call out their name then wait…
If you will try, then you will see
How different life can be.
For those you’re caring for!
Using Their Name in PPA™:
- Use their preferred name
- Say it once
- Use it to get attention
- Avoid ‘honey’ or ‘sweetie’
- Helps with making a connection
- Helps with communicating respect

Hand-under-Hand®
Protects aging, thin, fragile, forearm skin

High Risk:
**Hand-under-Hand® Position:**

- Connecting: comforting and directing gaze
- Guiding and helping with movement
- Uses established nerve pathways
- Getting eye contact and attention
- Providing help with fine motor
- Offering a sense of control, even when you are doing almost everything
- Gives advanced notice of possible problems
- Allows you to do with, not to

**Use of Hand-Under-Hand®:**

- Connecting: comforting and directing gaze
- Guiding and helping with movement
- Uses established nerve pathways
- Getting eye contact and attention
- Providing help with fine motor
- Offering a sense of control, even when you are doing almost everything
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**To Get Things Going:**

**Do:**
- Offer simple choices
- “It’s time to….”
- Break it into steps
- Go slow!
- Use voice tone
- Ask for help
- Ask the person to “Give it a try”

**Don’t:**
- Get verbal diarrhea
- Ask “Do you want to…”
- Say “You need to…”
- Pull on them
- Rush them
- Forget to talk to them
- Get too focused on the action
Build Resident Skills:
- How to move in bed safely
- How to come to sit safely
- How to stand up safely
- How to sit down safely
- How to walk around or wheel around safely

Use Positive Strokes:
- Use touch
- Use praise
- Use “yes!”
- Use “good!”
- Use “Thank you for helping me out!”
- Use “That's it.....”
- Use a smile!

Use the Environment to Help!

Personal Things:
- Shoes
- Personal chairs that match the person
- Planned movement during the day
- Clearance to get feet under
- Use non-skid mats

General Things:
- Stable surfaces
- ‘Right’ height surfaces
- Arm rests
- Open areas
- In-sight destinations
- Railings
- Good lighting
Environmental Considerations:

Place and Space
- Location
- Sound
- Safety
- Access
- Usability
- Hidability
- Lighting
- Privacy
- Security
- Equipment
- Furniture and Appliances
- Number of People Around

Environmental Changes:

- Sound: reduce stress or raise friendliness
- Objects: hide, show, and place
- People: limit and group
- Activity: enough space, match to abilities and interests

Use Walking Aids Carefully:

Use of Devices:
- Check out skills
- Check out devices
- Monitor devices for safety
- Monitor for need to change
- Call in an expert as needed
- Provide support and guidance as needed
Go Slow!

- Allows for recognition and awareness
- Give the person a chance to ‘get with it’
- Ability to process slows with time
- Going too fast creates resistance

Encourage Safe Walking:

Guided Walking:
- Plan for it
- Offer it
- Document it
- Reinforce it

Coming to Standing Position:

- Pull back feet
- Lean shoulders forward
- Shift weight to feet
- Use arm rests
- Push to front edge
- Lean forward
- Push up to stand
Getting Into a Sitting Position:
- Cue lean forward with shoulders
- Then cue them to reach back to arm rests
- Continue forward leaning
- Help them sit slowly
- Your hand can go to their opposite hip

Practice Assisting With:
- Standing up
- Walking
- Sitting down
- Rear Repositioning
- Front Repositioning
- Transfer

If They Are Moving Too Much, How to Reduce Movement:
- Use the Positive Physical Approach™
- Provide an alternative to movement
- Make environmental changes
- Build resident skills
Use the Positive Physical Approach™:

- This can make a connection and help you help them stop
- This can reduce 'illegal' entry through redirection
- This can help slow them down through demonstration and modeling
- This will give you greater control over the situation

Provide Alternatives to Movement:

- Create a personal place with everything that the person wants or needs is close by, but not too close!
- Someone to talk to: friend, volunteer, staff member
- Something to do: develop ‘activity boxes’
- Music to move to

Review of Mobility Enhancement:

- Know your skills
- Improve your skills
- Change your habits
- Know your residents
- Fix the environment and devices
- Have mobility goals
- Keep track of progress
- Be willing to supervise and cheerlead!
Keys to Recall:
- First, focus on your approach!
- Stabilize yourself and surfaces
- Cue and support movement
- Take it slow and stay low
- Use your legs, not your back
- Give positive strokes for effort
- Practice, practice, practice!

What Are You Going to Do?
Change from Habits of Care to Active and Effective Mobility

I Will Change!
To the tune of “This Little Light of Mine”
By Teepa Snow
I am gonna meet and greet
Before I start to treat
I am gonna meet and greet
Before I check your feet
I am gonna meet and greet
Before I help you eat

How I start sets us up to succeed!

No more just ‘gettin’ it done’
I’m gonna do with you
No more just ‘gettin’ it done’
I’m gonna help you through
No more just ‘gettin’ it done’
We’re gonna work, we two

Cause if I do it all, we both lose!

No more ‘chicken butt’
I’m gonna bend my knees
No more ‘chicken butt’
I’m gonna sit, you see
No more ‘chicken butt’
To kneel can set me free

Cause my back is important to me!
I'm gonna laugh and dance with you
Not just watch and frown
I'm gonna laugh and dance with you
Not just stand around
I'm gonna laugh and dance with you
We'll really go to town

For the power of joy I have found!

What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others.

-Pericles

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