

# BE BRAVE WITH HEART: A FALL RECOVERY CLASS

Home Engagement Alternative Response Team

LT. Athena Valerio-Hirschfeld, Ph.D.(c)  
Community paramedic



# BE BRAVE WITH HEART:

A FALL RECOVERY CLASS

**Brainstorm**

**Execute**

**Breathe**

**Remain positive**

**Assess body & surroundings**

**Venture to safety**

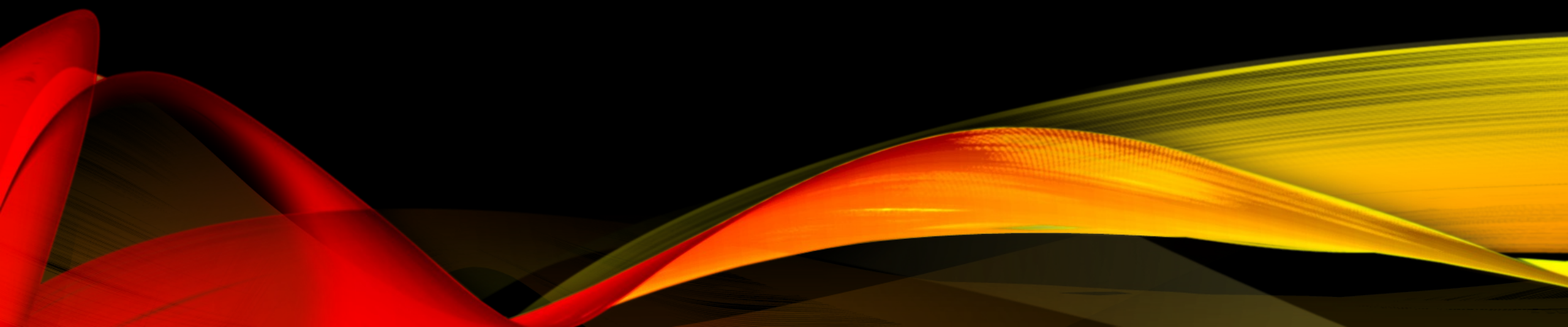
**Engage help**

“



I'VE FALLEN AND I CAN'T GET UP

”

This presentation is not to replace previous recommendations from a physician and all information should be followed up by participants' physician.



Vial of life  
Check for safety  
Buddy System  
At the Doctor  
At the pharmacist  
Try Something New

		Albuquerque Fire Rescue		EMERGENCY: <b>CALL 9-1-1</b>	
		<b>VIAL OF LIFE</b> Medical Information Form VialofLife.com		Albuquerque Fire Rescue cabq.gov/fire Senior Information Line 505-764-6400	
DATE COMPLETED:					
Do you have a DNR (Do Not Resuscitate) Form?		Yes or No	Location of DNR form:		
Do you have advanced directives?		Yes or No	Location of advanced directives form:		
Additional notes about DNR and advanced directives:					
FIRST NAME		INITIAL		LAST NAME	
SSN					
STREET		CITY		STATE	
ZIP		TELEPHONE			
DOB	GENDER	HEIGHT	WEIGHT	HAIR COLOR	EYE COLOR
BLOOD TYPE		RELIGION			
Do You Have Hearing Difficulties?		DENTURES		UNABLE TO SPEAK?	
		UPPER LOWER		<input type="checkbox"/>	
Do You Have Vision Difficulties?		PRIMARY LANGUAGE:			
Identifying Marks:					
Current Medical Conditions:					
Past Medical Conditions:					
Current Medications: Dosage & Frequency:					
Allergies to Medications:					
Doctor's Name & Phone Number:					
Last Hospitalization:					
Health Insurance Policy:					
Emergency Contact – Name, Address, Phone Number, & Relationship					
PRINT CLEARLY – FOLLOW DIRECTIONS ON BACK TO STORE ON REFRIGERATOR					

# BE BRAVE Brainstorm



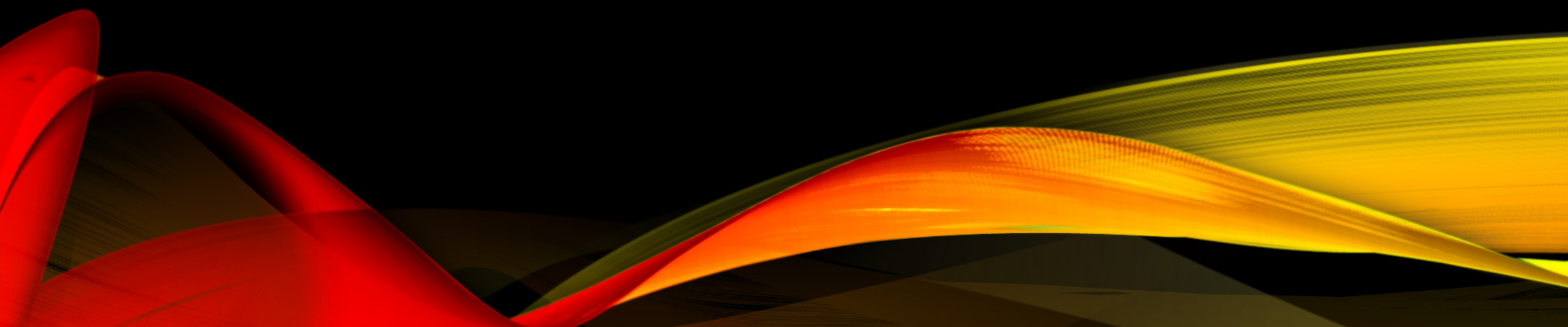


Specific **A**daption to **I**mposed **D**emand (**SAID** principle)

“The body Always adapts to EXACTLY what it does.”

Z-Health®

**YOU ARE WHAT YOU PRACTICE**



# NEUROLOGY SIMPLIFIED

## 1. Receive input

**Exteroception:** Monitoring the external environment

**Interoception:** Awareness of bodily sensations & feelings

**Proprioception:** Awareness of limb & body position

## 2. Decides what it means & what to do about it

**Interpretation:** Integration with other senses, memories, and predictive processes. 1.Old Brain First  
2.THEN New Brain

**Decision:** Can be made at either level.

## 3. Creates motor output

**Performance:** Pain Free Movement, high coordination, strength, speed, great balance, endocrine health, immune health

**Survival:** pain, fatigue, inflexibility, immobility, dizziness, poor movement, poor balance, migraines



# IF YOU FIND YOURSELF ON THE GROUND: BE **BRAVE**

**Breathe:** take a breath through the nose & slowly exhale

**Remain positive**

**Assess body & surroundings:** roll on to back- Assess your body from your toes to head- Assess where you are

**Venture to safety:** crawl, scoot, pull/drag

**Engage help:** call family/friends/911

# LET'S BREATHE

Sit with feet touching the ground & arms relaxed



Find Left heel & sit bone

Close mouth & inhale through nose



Exhale as if through a straw

Assess your body & check how it feels from your toes to your head





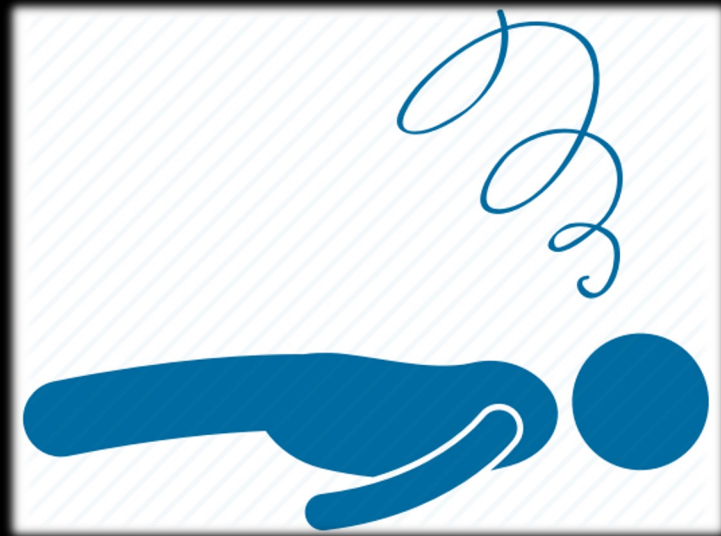
# BE BRAVE

## Breathe & Remain positive

Lay comfortably

Close mouth &  
inhale through  
nose

Exhale as if  
through a straw



Think of a solution

# BE BRAVE

## Assess body and surroundings

Broken, new pain, dislocation,  
pain on moving, etc.



Stretch out on back (if possible)

- ✓ ankles
- ✓ knees and hips
- ✓ hips and lower back
- ✓ wrists
- ✓ elbows
- ✓ shoulders
- ✓ neck

Is there blood?

- Where is it coming from?

# BE BRAVE

Venture to safety



- Can you get to hands and knees?
- Can you Scoot, crawl or pull to a stable object?

**BE BRAVE**  
**Engage help**



REMEMBER IF A FALL HAPPENS:  
**BE BRAVE**

**QUESTIONS COMMENTS CONCERNS**

- Please let me know [avalerio-hirschfeld@cabq.gov](mailto:avalerio-hirschfeld@cabq.gov)

The Falling  
Solution  
System

Tech-enhanced Life



Scottish Government  
Riaghaltas na h-Alba  
gov.scot

RESOLUTE  
SENIOR WELLNESS

