

Newsletter

The latest news, views and announcements for the staff at Main Street Medical Supply.

In This Issue

5 Steps That Help Seniors Regain Confidence After A Fall

Product Spotlight

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5 STEPS THAT HELP SENIORS REGAIN CONFIDENCE AFTER A FALL

As we age, the risk of falling increases. But in an older adult, a fall doesn't just cause physical injury; it can also lead to a significant loss of confidence, which can then increase the likelihood of future falls. At Main Street Medical Supply, we understand the impact of falls on seniors' physical and emotional well-being. Here are five steps to help older adults take control and regain confidence after a fall.

1. Talk About the Fall in a Sensitive Manner

Understanding the emotional impact of a fall is crucial. Start by discussing the incident openly but sensitively. Listen to their concerns and show that you're taking their worries seriously. Together, identify the cause of the fall and consider solutions to prevent future falls. This might involve using mobility aids for better support or incorporating simple strength and balance exercises into their routine.

2. Set Reasonable Goals

To rebuild their confidence, work together to set small, achievable goals. These goals should be manageable and designed to gradually increase their activity level. For instance, a goal might be, "I want to walk a circle around the garden on my own in six weeks," or "I want to hold the handrail and walk steadily down the stairs in three weeks." *(continued on page 2)*

3. Use Measurable Targets

Break down the larger goal into smaller, measurable targets. For example, if the goal is to walk around the garden, plan out how far they need to walk each week. Determine who will assist them during these walks to ensure they feel safe and supported. This incremental approach can help them build strength and balance over time.

4. Evaluate Progress

When the goal date arrives, evaluate their progress. Did they achieve their goal? If not, what obstacles prevented them from reaching it, and what progress did they make instead? Encouragement is essential, so acknowledge their hard work and achievements. Show your ongoing support to help them continue improving their confidence and mobility.

5. Find the Right Mobility Aids

At Main Street Medical Supply, we offer a wide range of mobility aids tailored to meet individual needs. From manual walking aids to motorized options, our expert staff can help seniors find the right products to enhance their safety and independence. Choosing the right mobility aid is a crucial step in regaining confidence after a fall, as it provides the necessary support to move safely and comfortably.

Falls can have a profound impact on an older adult's confidence and quality of life. By addressing the emotional and physical consequences of a fall and setting achievable goals, seniors can regain their confidence and reduce the risk of future falls. At Main Street Medical Supply, we're here to support you every step of the way, providing the expertise and products needed to help seniors stay active, safe, and confident. *(Source: DailyCaring.com)*

PRODUCT SPOTLIGHT

Designed to apply pressure to the legs, ankle and feet, compression socks, stockings, hosiery, leggings and leg or arm sleeves are garments that help improve blood circulation to help prevent issues such as swelling, fatigue, varicose veins, deep vein thrombosis (DVT) and more. Wearing compression stockings may be beneficial for travelers or those who are unable to move around for extended periods of time, for pregnant women during and after pregnancy, and for someone who is recovering from surgery. Dr. Comfort compression wear combines function, fashion and comfort for preventative and therapeutic support. Come in today and get measured for your perfect pair.

For the entire month of July Dr. Comfort compression is 25% off!



SALE IS AT BELTON LOCATION ONLY. DOES NOT APPLY IN GRANBURY STORE.