

00:21:22 A: Good morning everyone!

00:22:17 B: Hello

00:31:01 C: can you swap screens? You are large and the triangles are so tiny. THX

00:31:39 C: thank you

00:31:40 D: can I take a screenshot of the screen for other presentation?

00:31:42 Caregivers Count: Does that look better?

00:32:17 E: Looks better thanks

00:32:41 F: Can the screen w the presenter be changed w slide deck?

00:33:17 G: Please enlarge slides. Maintseeing presenter

00:33:25 F: Thank you

00:33:33 A: Thanks

00:33:55 Caregivers Count: Great!

00:34:06 H: Thank you it's much better now

00:34:53 F: Thank you for explaining why falls cause death.

00:39:05 J: Is the slides presentation available? So much info so fast.

00:39:58 Caregivers Count: Yes, the slides were included in the Eventbrite reminder yesterday morning but they'll also be posted on www.caregiverscount.net after the presentation.

00:43:29 K: A touch lamp is very useful. Not buttons to push.

00:43:58 D: can we have some contact information please

00:44:40 K: A motion detector light that is battery powered I have for my mom. Works really well.

00:45:32 Caregivers Count: Those are great ideas!

00:46:31 F: Can the suggestions offered in the "chat" be included in the website.

00:48:19 Caregivers Count: That's a great thought; let us see how we can do that.

00:50:41 F: I recall a woman saying she places everything on a table to create her meal then she transfers the cooking pot.

00:54:00 F: I carry a card w all current meds in my purse. Never know when an emt needs it.

00:54:24 L: What about supplements contributing to falls?

00:56:25 F: I heard a few years ago the baby boomers will have the money are resources to take their additions into older age. Please include this information into potential falls.

00:59:06 E: Is the recommendation for an optometrist visit and an ophthalmologist or just yearly with optometrist would be adequate?

01:01:52 L: What about exercise for arthritic knees

01:03:40 M: my grandma is obese and doesn't want to exercise or walk. she just wants to sit in her lazy boy chair all day and watch CNN. she's addicted to the TV. will throw a tantrum if she doesn't have it and will run away from the house to the neighbors house to get the TV to work if it isn't on. she's 93. uses walker and wheelchair. very hard to get her to exercise.

01:04:17 L: Walking is not enough exercise. Stretching, resistance and flexibility should be included.

01:12:35 N: Thank you!

01:12:45 Caregivers Count: If you have any questions, please put them in chat for

Daniel.

01:13:16 C: microwaves over the stove are the worst
01:13:20 O: Thank you Daniel!
01:14:05 P: very informative
01:14:33 Alexandra Morris, Geriatric Care Mgmt: Lots of good information, thank you
01:14:34 Caregivers Count: Info on future sessions: <https://www.caregiverscount.net/>
01:15:24 P: Thank you
01:18:42 Q: Hi Daniel--Would you have advice for any exercise on the bed for a dementia patient (age 89) who is 24/7 bedridden? Thx
01:19:15 R: <https://FallSarLGNov2024.eventbrite.com> County Fire partners with occupational therapists at Stanford to provide this FREE class.
01:23:42 C: It's really hard to get someone to exercise when they are hurting all the time.
01:27:57 Caregivers Count: Daniel.Sego@rehabwithoutwalls.com
01:31:33 Caregivers Count: The recording and slides will be posted on <https://www.caregiverscount.net/> within the week. You can also register for the next sessions.
01:32:46 Caregivers Count: Thank you everyone for joining today!