



FALLS PREVENTION

HOW TO PREVENT ELDERLY FALLS

FACTS ABOUT FALLS

- Falls are the leading cause of fatal and non-fatal injuries for older Americans.
- Over half of all falls take place at home.
- 1 in 4 Americans aged 65+ fall every year.



- Falling is not a normal part of aging. Falls are completely preventable.
- Every 11 seconds, an older adult is treated in the emergency room for a fall.
- Every 19 minutes, an older adult dies from a fall.

TIPS TO PREVENT ELDERLY FALLS



EXERCISE TO IMPROVE YOUR STRENGTH AND BALANCE

Stay active to keep your legs stronger and lower your chances of falling. Talk to your doctor about an exercise program, like Tai Chi, that's best for you.



HAVE YOUR EYES CHECKED EVERY YEAR

Have your vision and hearing checked once a year by your doctor. Conditions like glaucoma and cataracts can limit your vision. Make sure your prescription is up to date.



KEEP YOUR HOME SAFE

Remove tripping hazards from stairs and walkways. Use grab-bars and non-slip mats in bathrooms. Have handrails and lights installed on all staircases.



CHECK YOUR MEDICATIONS AND SIDE EFFECTS

Talk to your doctor review all of the medicines you take. Some medications can make you dizzy or sleepy, increasing your risk of falling.



TALK TO YOUR DOCTOR

Have your doctor evaluate your risk for falling and tell them if you have fallen in the past year, or worry about falling. They may recommend walking aids to maintain your mobility.