



SENIORS FALLS PREVENTION

KNOW THE NUMBERS

1 IN 3

One in three adults aged 65+ will experience a fall this year

2x

Falling once doubles your chances of falling again

3rd

Falls are the 3rd leading cause of injury death and disability in Massachusetts

25%

By 2050, 25% of the U.S. populations will be aged 65+, the time in life where 1 in 3 will experience a fall.

KNOW THE RISK FACTORS

65+

Advancing age



Poor balance



Poor vision



Muscle weakness



Previous falls



Fear of falling



Foot pain



Home hazards (e.g., dim lighting, slippery surfaces, lack of hand rails)

KNOW WHAT YOU CAN DO

1. Ask your doctor to evaluate your risk of falling

2. Do exercises, such as tai chi, that make legs stronger and improve balance

3. Have your eyes checked by an eye doctor at least once a year

4. Design a fall-free home to help reduce the risk of falling by using assistive devices such as hand rails