

## FALL PREVENTION

### FACTS ABOUT FALLS

- Every year, 1 in 4 adults aged 65 and over falls
- Hip fracture is the most serious injury from a fall
- Falls are the leading cause of fatal injury and the most common cause of hospitalization among older adults

### FACTOR THAT INCREASE RISK OF FALLING

- Problems with walking posture and balance
- Disorders of the nervous system, muscles, bones and joints
- Side effects of certain medications
- Problems with vision
- Problems with thinking or memory loss
- Environmental dangers such as slippery surfaces, uneven floors, poor lighting, loose rugs, unstable furniture, objects on floors

### WAYS TO PREVENT FALLS

- Maintain a regular exercise program
- Get regular vision test
- Be careful when taking medications that affect coordination and balance
- Limit alcohol intake
- Avoid getting up too quickly after eating, lying down, or resting
- Use a cane or walker to help maintain balance
- Wear rubber-soled, low-heeled shoes
- Chairs should be at the proper height and have sturdy arms to push on when you get up

- Have good lighting and remove clutter along stairways and hallways
- Have handrails for entire stairway
- Make sure that rugs or carpets are firmly attached to the floor
- Put night-lights in bathrooms and bedrooms
- Use non-slip mats in bathtub and shower
- Install grab bars in bathtub or shower and next to toilet

To keep your home safe and reduce falls, you can download a home safety checklist at:

<http://www.cchrchealth.org/safety/>

Reference:

National Council on Aging

<https://www.ncoa.org/healthy-aging/falls-prevention/>

