



FALL PREVENTION

Definition:

Each year, one in every three adults age 65 and older will fall. Falls can cause moderate to severe injuries, such as hip fractures and head injuries, and can also increase the risk of early death. However, falls can be prevented. Here are some easy ways you can reduce your risk of falling (National Council on Aging [NCOA], 2015).

Fall prevention tips (Mayo Clinic, 2014):

- ◆ Exercise regularly, focusing on strengthening and balance
- ◆ Use caution when taking medications that can cause side effects such as dizziness or drowsiness
- ◆ Have a physician review all medications for side effects or interactions that can contribute to falls
- ◆ Schedule annual eye exams and be sure to update eyeglass prescriptions
- ◆ Address household hazards that can cause you to trip
- ◆ Be aware of where pets are so you do not trip over them
- ◆ Remove small throw rugs or use double-sided tape to keep the rugs from slipping
- ◆ Improve the lighting in your home
- ◆ Hang light-weight curtains or shades to reduce glare
- ◆ Install safety equipment, such as handrails and lights on staircases and grab bars inside the bathroom
- ◆ Use non-slip mats in the bathtub and on shower floors
- ◆ Wear properly fitting and sturdy shoes both inside and outside the house; avoid going barefoot or wearing slippers
- ◆ Keep items you use often within easy reach

Do not be afraid to ask for help if you think you may be at risk for falling. If you or someone you know might be at risk for falling, it is important to perform an assessment with a physician, and to use appropriate safety equipment, such as a walker or a cane.

Disclaimer:

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REFERENCES

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