

# Fall Prevention

Falls are the leading cause of injuries in older adults.

- 1 in 4 Americans over the age of 65 falls each year
- Every 11 seconds an older adult is admitted to the emergency room due to a fall
- Every 19 minutes an elderly patient dies from a fall

## Common Causes of Falls

- ➔ Poor balance
- ➔ Weakness
- ➔ Foot problems
- ➔ Impaired vision
- ➔ Low blood pressure



## Preventative Health

- ➔ Find a good balance and exercise program
- ➔ Use assistive devices like canes and walkers
- ➔ Get your vision checked annually
- ➔ Review medications and supplements with your Primary Care Provider (PCP)

## Home Environment

- ➔ **Keep your home safe:** Install handrails and grab bars, use non-slip mats, wear socks with a non-slip tread, and wear slip-resistant soles in the shower.
- ➔ **Inexpensive fixes:** Remove all floor clutter, rearrange furniture so that it works well with the flow of traffic, use double-sided tape to secure the edges of the area rugs to the floor, and remove small throw rugs.

