NO FALLS AT ALL

Shocking Statistics from the CDC

1 in 4 older adults in America fall every year.

1 in 5 falls result in head injury or broken bones.

Every second of every day, an older adult falls. Every 20 minutes an older adult dies from a fall.

Are you at risk for falling?

▪ Have you fallen in the past year?
▪ Do you feel unsteady when standing or walking?
▪ Are you worried about falling?

If you answered “yes/maybe” for any of these questions, talk to your support system & provider!

Take Action

What YOU Can Do to Prevent Falls

Review your medications
Many medications (including over-the-counter products) can cause dizziness, drowsiness, and blurred vision, all of which increase the risk of falls. Review your medications with your pharmacists to understand how to use them safely.

Speak Up
Tell your health provider, family, or support system, right away if you have recently fallen, are worried about falling, or are experiencing dizziness, drowsiness, or blurred vision.

Keep Moving
Exercise and movement strengthen muscle to support the bones and prevent falls. Explore the best types of exercise programs with your healthcare provider.

Check vision & feet
Being able to see and walk comfortably promotes safe movement, reducing the risk of falling. Have annual check-ups for your eyes and feet and discuss proper glasses and footwear.

Make your home safer
Most falls happen at home. Make your home a safe environment by removing clutter from the floor, have adequate lighting throughout the home, add assistance devices (grab bars, hand rails) etc. Use the falls prevention home safety checklist to make your home safer.

Source: Centers for Disease Control and Prevention.
Created by Tiffany Dang PharmD Candidate 2022; Reviewed by Katie Berenstein PharmD 08/2021
Falls Prevention

Home Safety Checklist

Falls are a leading cause of emergency department visits and hospitalization in adults over 65 years of age due to head injury or hip fracture. Most of falls happen at home.

Check this list for things you can do to make your home a safer living space:

**Lighting**
- Add nightlights throughout the house, especially in walkway from bed to bathroom.
- Keep good lighting all over the house. Ensure lights/lamps are accessible.

**Staircases & hallways**
- Add handrails on both sides of a staircase.

**Bathroom & toilet**
- Install grab bars on inside bath, next to bath, and next to toilet.
- Consider adding shower chair or stool inside bathtub.
- Use non-slip mats for inside bathtub and outside bathtub.

**Floor**
- Remove mats and throw rugs or use double-side tape to secure to the floor.
- Remove furniture or objects that obstruct walkways.
- Secure electrical cords to the floor/wall or keep hidden out of walkways.

**Others**
- Wear well-fitted, non-slip shoes indoors.
- Keep an updated list of your medicines/supplements. Show your care team.
- Keep phones within reach/on your person to call for help.

Source: Centers for Disease Control and Prevention.
Created by Tiffany Dang PharmD Candidate 2022; Reviewed by Katie Berenstein PharmD 08/2021