

# 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.

# 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.