



# How YOU Can Prevent a Fall

## Facts on Falls



- Falls are the leading cause of fatal and non-fatal injuries for older Americans
- Falls resulted in 800,000 hospitalizations in 2014
- More than 27,000 older adults died in 2014 as a result of falls

**Falls are Preventable!** Falls are not just a normal part of getting older. Here are some **simple steps** that can be taken to prevent falls:

### 1. Improve balance and strength through exercise

Exercise that improves your balance and strength decreases your risk of falling. Lack of exercise leads to weakness, which can lead to falls. Ask your doctor or health care provider about what exercise would work best for you.

### 2. Go to the eye doctor

Have your vision checked by an eye doctor at least once a year. Poor vision increases your risk of falling.

### 3. Review your medications

Talk with your doctor or pharmacist about all of the medications you take, including your over-the-counter medications. Some medicines or combinations of medicines can make you dizzy or tired and can lead to falls. Take medicines only as prescribed.

### 4. Make your home safer

About half of all falls occur at home. Here are some simple steps to make your home safer.

- Get rid of things you could trip over. This includes keeping your floors free of clutter. Remove small rugs or tape them down.
- Add grab bars inside and outside of your tub and next to the toilet
- Put railings on both sides of stairs
- Make sure your home has a lot of lights. You can add more or buy brighter light bulbs.
- Use non-slip mats in the bathtub or shower