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Interventions for fall prevention in community-dwelling older persons

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How to Prevent Falls at Home

Falls in those over 65 are an important health issue- they can result in serious injury leading to loss of daily function, independence, and a lower quality of life

What Puts you at Risk

- Tripping hazards such as loose carpets, door thresholds, wires/cords, etc.
- Two or more falls within the last year
- Difficulty with walking or balance
- Improper footwear or foot problems
- Heart arrhythmias such as atrial fibrillation
- Taking multiple medications

What Should you Ask your Doctor?

- Do my medications put me at increased risk for falls?
- If my eye sight is bad, what can I do to improve it?
- What types of exercise are best to prevent falls?
- If I have heart problems, do they put me at risk for falls?
- I heard vitamin D can reduce my risk for falls, should I be taking it?
- What resources are available to me locally?

What Can you do in your Home?

- Exercise! Strength, balance, coordination, gait training, and tai chi are all great options
- Have a healthcare professional come and evaluate your home for fall risks
- Remove loose carpets, wires, etc. as potential tripping hazards
- Install handrails on all stairs in and around the home
- Install grab bars in bathrooms
- Swap dull or broken light bulbs for new, brighter light bulbs
- Move items from high shelves such as dinnerware or other items

For More Information

Call New Milford Senior Center or visit them online at agewellct.org/newmilford