

Falls Prevention

Each year, 1 in every 3 adults over the age of 65 are treated for fall-related injuries. The risk of falling increases with each decade of life. The good news is, many falls are preventable.



Here are some fall prevention tips:

- Exercise can increase strength and improve balance, making falls much less likely.
- Some medications or combinations of medications can lead to side effects that cause falls.
 - Have a doctor or pharmacist review all medications to help reduce the chance of risky side effects.

For more information visit: <http://fairhillpartners.org/services/take-charge-of-your-health/a-matter-of-balance/>

- **Poor vision can lead to falls.**
 - Have your eyes checked every year. Ensure that your glasses are the correct strength.
- **Eliminate hazards in your home by completing this home safety checklist.**
 - Remove things you can trip over from stairs and places you walk
 - Install handrails and lights on all staircases.
 - Remove small throw rugs or use double-sided tape to keep rugs from slipping.
 - Keep items you use often in cabinets you can reach easily without using a step stool.
 - Put grab bars inside and next to the tub or shower and next to your toilet.
 - Use non-slip mats in the bathtub and on shower floors.
 - Improve the lighting in your home. Hang lightweight curtains or shades to reduce glare.
 - Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
- **To lower the risk of hip fractures:**
 - Get adequate calcium and vitamin D, from food and/or supplements.
 - Do weight bearing exercise.

Check Your Risk for Falling

Please circle "Yes" or "No" for each statement below.			Why it matters
Yes (2)	No (0)	I have fallen in the last 6 months.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total _____		Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor.	

Source: www.cdc.gov

For more information visit: metrohealth.org/falls-prevention

Email: jmontoya@metrohealth.org Tel: (440) 592-1317