

Reduce Your Risk for Falls Know Your Facts



Statistics: Everyone is at risk for a fall. However, older adults have a higher chance of falling. The Centers for Disease Control and Prevention reports that one in four adults age 65 and over fall each year. Falls can have a huge impact on life and lifestyle for an older adult.

Risk Factors That Lead to Falls

- Age
- Previous falls
- Taking more than five medications a day
- High risk medications
- Poor balance
- Muscle weakness
- Peripheral Neuropathy
- Decline in activities of daily living
- And more...

Co-Morbidities That Lead to Falls

- Incontinence
- Diabetes
- Dehydration
- Use of mobility device
- And more...

Other things that lead to a higher chance of falls:



Changes
in balance



How
we walk



Decrease
in activity



Falls are not a normal part of aging! Fall risk factors can be addressed to decrease a client's risk of a fall or fall-related injury. When the focus is to empower and engage an older adult and their family to manage fall risk can result in improved strength, balance, mobility and quality of life and longevity.

These simple interventions create healthy behavior that can reduce your risk for fall:

Meet with your doctor

- Review medications that are making you feel lightheaded or dizzy
- Ask for a Vitamin D deficiency check
- Talk about how to increase strength and balance
- Request a fall risk screening or ask your partner, ComForCare, to complete one for you (results can be taken to your doctor)

Evaluate your home

- Eliminate throw rugs that can be tripping hazards
- Decrease clutter
- Ensure hallways are properly lit
- Make sure everyday items are placed on lower level shelves
- Don't forget about the outside – make sure steps are even, you are able to park your car near your home and doors are easy to open/close

Get your vision checked

- Yearly exams encouraged
- If glasses are used, make sure they're with you at all times!

Get up and go

- Consider exercise that builds lower-extremity strength
- Low-impact exercise like chair yoga or Tai Chi are great choices
- Requires daily management to reduce your risk for falls
- You can reduce your chances of falling by doing strength and balance exercises as little as 3 times a week, and you don't have to overexert yourself to benefit.



800-886-4044
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¹Bergen G, Stevens MR, Burns ER. Falls and Fall Injuries Among Adults Aged ≥65 Years — United States, 2014. MMWR Morb Mortal Wkly Rep 2016;65:993–998. DOI: <http://dx.doi.org/10.15585/mmwr.mm6537a2>