

## Why is fall prevention important?

- Falling can lead to broken bones, possible hospitalization, possible disability
- Risk of falling increases as age increases
- Fear of falling can lead to being less physically active which increases risk of falling



## Common Causes of Falls

### Medical Risks:

- Conditions that affect balance: diabetes, heart disease, low blood pressure, neuropathy in legs/feet.
- Medications: any that cause dizziness or sleepiness.
- Orthostatic hypotension: (dizziness when sitting or standing up that resolves quickly.)
- Lack of physical activity.

### Personal Risks:

- Poor eyesight.
- Hearing loss.
- Decreased reflexes.
- Muscle weakness.
- Gait or foot problems that affect balance.
- Unsafe shoes: poor fit, high heel or raised sole, loose sole.

### Environmental Risks:

- Stay physically active.
- Get regular eye & hearing checks.
- Learn the side effects of medications you are taking.
- Care for medical conditions as instructed by MD.
- Get enough sleep.
- Limit amount of alcohol you drink.
- Stand up slowly.
- Avoid or use caution on slippery surfaces such as wet floors or icy walkways.
- Do home walkthrough: increase lighting, install handrails on stairs & in tubs/showers, secure rugs with nonslip pads/tape, move extension cords to edges of room.

## Steps to Prevent Falls

- Stay physically active
- Get regular eye & hearing checks
- Learn the side effects of medications you are taking
- Care for medical conditions as instructed by MD
- Get enough sleep
- Limit amount of alcohol you drink
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- Avoid or use caution on slippery surfaces such as wet floors or icy walkways
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Sources:

<https://www.nia.nih.gov/health/prevent-falls-and-fractures>  
<https://www.ncoa.org/article/6-falls-prevention-steps-to-help-your-older-loved-ones>