

UNDERSTANDING YOUR CONDITION:

# FALL PREVENTION

## Why is Fall Prevention important?

Falling is not an inevitable part of aging. However, according to the National Council on Aging (NCOA), statistics show that:

- One (1) in 3 Americans aged 65+ falls every year.
- Falls are the leading cause of fatal and non-fatal injuries for older Americans.
- Falls threaten seniors' safety and independence and generate enormous economic and personal costs.

Through practical lifestyle changes the number of falls among seniors can be reduced substantially.

## STEPS TO HELP PREVENT FALLS:

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### 1. Keep your home safe.

- Remove tripping hazards like: area rugs and shoes, oxygen tubing, pet dishes and toys, extension and phone cords.
- Move furniture, like coffee tables, and repair loose flooring/carpeting right away.
- Immediately clean up spilled food, grease or liquids.
- Increase lighting in your home so you can see where you are going.
  - If your home is too dark it will make it more difficult to see obstacles in your path.
  - Good lighting is especially important at the bottom and top of stairways and when getting up in the middle of the night.
  - Place night lights in your bedroom, bathroom and hallways.
  - Store flashlights in easy-to-find places in case of power outages.
- Install grab bars in key areas like your bathroom near the tub/shower and toilet.
  - Consider use of a shower chair or bench and hand held shower.
  - Use nonslip mats in your tub/shower.
- Make sure there are two secure rails on all stairs.
- Use an assistive walking device like a cane, walker, rollator to support yourself when walking, turning or changing position.
- Request an in-home safety assessment. Talk with your healthcare provider who can arrange this for you.

Call Landmark first.  
**We answer 24/7.**

We are available for urgent visits or to provide support over the phone. Call us if you:

- experience a fall,
- would like a Fall Risk Assessment completed in your home,
- need assistance securing any medical equipment like a cane, walker or wheelchair,
- think there are any problems with your medication, even if they seem minor, or
- have any questions or concerns.

2. **Review your medications** with your physician to make sure side effects aren't increasing your risk of falling and only take medications as prescribed.
3. **Get your vision and hearing checked yearly.** Certain eye and ear disorders may increase your risk of falls.
4. **Keep moving!** Begin an exercise program to build balance, strength and flexibility. Ask your healthcare professional if you may benefit from physical therapy or occupational therapy.
5. **Wear sensible, well-fitting shoes.** Slippers, high heels, or shoes with little traction on the sole can increase your chances of slipping and falling.



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