



## Older Adult Falls:

### Talk to your doctor

- Ask your doctor or healthcare provider to evaluate your risk for falling and talk with them about specific things you can do. Ask for a referral to physical therapy for a Falls Risk Evaluation on yourself or a family member.
- Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. This should include prescription medicines and over-the counter medicines.
- Ask your doctor or healthcare provider about taking vitamin D supplements.
- Make your home safer



One of the biggest fall hazards for anyone of any age is clutter in the home. Make sure floors are neat and tidy. Tuck electrical cords away, remove bed skirts and replace slippery area rugs. Make sure there's ample room around furniture to walk. Store frequently used items within reach, such as on top of a dresser or in an eye-level cabinet. Put railing on both sides of the stairs.

- **Safe Bathrooms**

Bathrooms pose a huge risk of senior falls. A few simple tweaks will make your bathroom safer. Install shower grab bars to assist in getting in and out of the shower. Add non-slip mats both outside and inside the shower to avoid slipping on water. Raising the toilet seat and adding grip bars will help in standing up and sitting down without a fall.

- **Dress Smart**

Slippery socks are also unsafe – instead look for a comfortable pair of slip-resistant shoes.

- **Light up your life**

It's easy to fall when you can't see where you're going. Make sure each room is clearly lit, paying careful attention to stairways and hallways. Adding nightlights provides more security when it's dark outside. For tabletop lights, lengthen cords and add pull-lights so lights can be turned on and off more easily without leaning. Always remember to have your eyes checked by an eye doctor at least once a year. If you do require glasses, be sure to have them on before standing or walking.

- **Do strength and balance exercises**

Regularly practicing balancing can do wonders toward preventing falls. Focus on exercises that improve the strength of your legs as well as your flexibility. Tai Chi and Yoga are both excellent ways of strengthening your legs.

- **Avoid Hip Fractures Get screened for osteoporosis**

Get screened by your doctor for osteoporosis and treated if needed.

<https://www.ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/6-steps-to-protect-your-older-loved-one-from-a-fall/>