

Know the Facts

More than one out of four older people falls each year, 1 but less than half tell their doctor

Falling once doubles your chances of falling again.

More than 95% of hip fractures are caused by falling, usually by falling sideways.



Every **20 minutes** an older adult dies from a fall in the United States. Many more are injured.
Take a stand to prevent falls

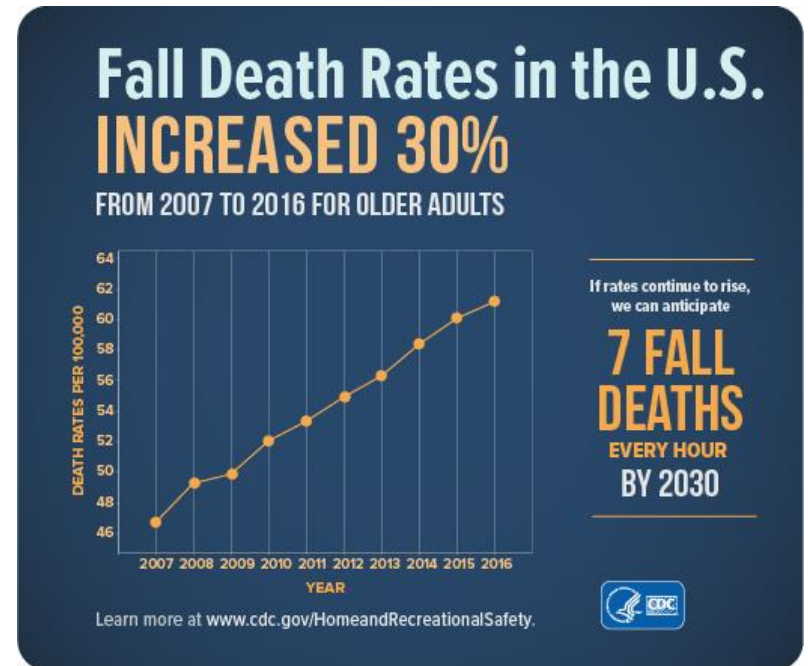
The risk of a fall among recently hospitalized older adults is substantially increased in the first 30 days after discharge.

Certain medications can increase fall risk

Many older adults (aged 65 and older) take medications for sleep disorders, anxiety, high blood pressure, or chronic pain.

Falls can cause head injuries. These can be very serious, especially if the person is taking certain medicines (like blood thinners).

Side effects from these drugs can change the way a person feels or thinks and can cause drowsiness, loss of balance, changes in vision, slower reaction time, and other effects that increase the risk of falling.



Stay Independent

1. **Speak up. Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.**
2. **Keep moving. Begin an exercise program to improve your leg strength and balance.**
3. **Get an annual eye exam. Replace eyeglasses as needed.**
4. **Get your hearing checked.**
5. **Wear well-fitting shoes.**
6. **Make your home safer. Remove clutter and tripping hazards.**
7. **Don't be afraid to use mobility devices – they keep you independent!**

Making a home safer:

Get rid of things you could trip over – remove clutter and cords.

Add grab bars inside and outside your tub or shower and next to the toilet. Use non-slip mats.

Put railings on both sides of stairs.

Make sure your home has lots of light by adding more or brighter light bulbs.

Make items accessible to reach.

