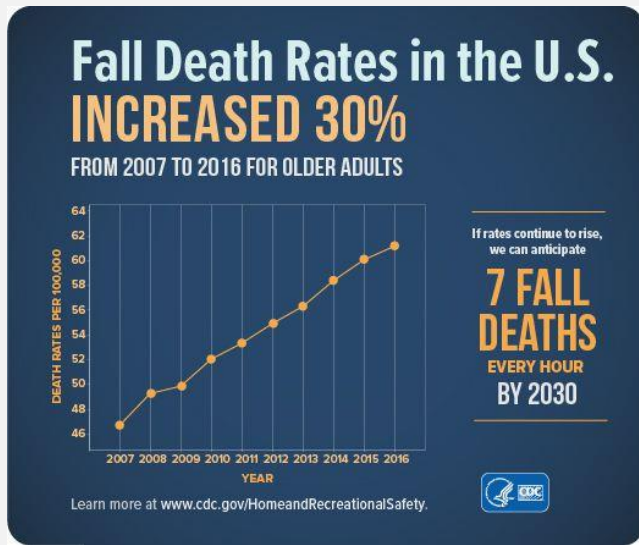


More than one out of four older people falls each year. LESS than half tell their doctor

Falling once
doubles your chances
of falling again.



Senior Safety

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

1 in 4

adults over the
age of 65 fall
each year



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



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.

Prevent Falls in Older Adults



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



Take a stand to prevent falls
#FPAD15 www.cdc.gov/steady

STEADY Stopping Elderly
Accidents, Deaths & Injuries

Preventing falls



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.

RECOMMENDED EXERCISE

Chair Rise Exercise

What it does: Strengthens the muscles in your thighs and buttocks.

Goal: To do this exercise without using your hands as you become stronger.

How to do it:

1. Sit toward the front of a sturdy chair with your knees bent and feet flat on the floor, shoulder-width apart.
2. Rest your hands lightly on the seat on either side of you, keeping your back and neck straight, and chest slightly forward.
3. Breathe in slowly. Lean forward and feel your weight on the front of your feet.
4. Breathe out, and slowly stand up, using your hands as little as possible.
5. Pause for a full breath in and out.
6. Breathe in as you slowly sit down. Do not let yourself collapse back down into the chair. Rather, control your lowering as much as possible.
7. Breathe out.



Repeat 10-15 times. If this number is too hard for you when you first start practicing this exercise, begin with fewer and work up to this number.

Rest for a minute, then do a final set of 10-15.

