

# Fall Precautions

According to the Center for Disease Control and Prevention one out of every three people who are 65 and older will have a fall. In 2010, 21,700 older people died from a fall injury. Common injuries from falls are lacerations, hip fractures and head trauma.

The National Council on Aging is promoting a **Fall Prevention Awareness Day** on September 23, which is the first day of Fall. The theme this year is *Strong Today, Falls Free Tomorrow* and they are encouraging older adults to **take precautions to prevent falls**.

## 11 Recommendations for Preventing Falls:

1. *Exercise regularly, especially to increase leg strength and improve balance.*
2. *Ask the doctor to review medicines that may cause side effects such as dizziness.*
3. *Have our eyes checked once a year.*
4. *Remove obstacles that can trip us, such as throw rugs and extension cords.*
5. *Install grab bars inside and outside of tubs, showers and put them on both sides of toilets.*
6. *Add tub seats and shower hoses.*
7. *Put no lip decals and rubber mats on the bottoms of tubs.*
8. *Add railings to stairways, to keep us steady.*
9. *Improve the lighting at home in dark areas and install night lights.*
10. *Wear non-skid slippers inside the home and rubber soled shoes outside.*
11. *Use a cordless or cell phone nearby to avoid running to pick up the phone.*

If we can take the time today to make modifications to our home and improve our balance and strength, then we can prevent falls in the future.

Sources:

[www.cdc.gov/homeandrecreationalafety/falls](http://www.cdc.gov/homeandrecreationalafety/falls)

[www.ncoa.org/improve-health/center-for-healthy-aging/falls](http://www.ncoa.org/improve-health/center-for-healthy-aging/falls)

