

Fall Prevention

Falls are not a normal part of getting older.

Falls are the number one cause of hospital admissions in older adults. They can lead to injury, loss of independence and even death. However, many falls are preventable.

What is a Fall?

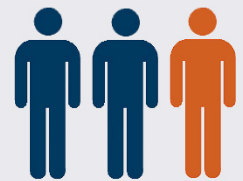
A fall happens if a person lands on the ground or a lower level without meaning to. Most falls occur at home and are related to a slip, trip, or loss of balance.

Falls rarely have one cause. Usually, several risks combine to make falls more likely. Risks include those related to a person's body and medical conditions, medications, environment, and lifestyle.

What You Can Do

- Tell your healthcare provider if you have had a fall. Even if you were not hurt, information about your fall can help you avoid falling again.
- Get evaluated for your fall risk at least once a year by a healthcare professional.
- Make a fall prevention plan with your healthcare team. They may recommend solutions to help reduce your fall risk. For example, changes to your eyeglass prescription, or wearing a different type of shoe.
- Set a goal to include the types of exercise needed to reduce your fall risk. Work with your health care provider to help you get to a target of:
 - at least 150 minutes of endurance exercises and
 - 2-3 times per week of balance and strengthening exercises, such as Tai Chi.
- Review a home safety checklist to keep your home safe from falls. Check your home for dangers, such as loose wires, dim lighting, or clutter on the floor.

Did you know?



One out of three older adults have a fall each year.