



Fall Prevention Awareness

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Falls are common among older adults and can lead to injuries and further complications. It is important to emphasize the causes of falls and the steps that can be done to prevent them.

One in three people over the age of 65 fall every year. One half of people who fall will fall again in the next year. 31% of falls result in injury that requires medical

What Causes Falls?

- **Medical conditions**

Parkinson's, stroke, dementia, osteoporosis, arthritis etc.

- **Medications**

- Antianxiety
- Antidepressants
- Sedatives
- Antipsychotics
- Antihypertensives



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- **Environmental Factors**

Slippery floors, poor lighting, floor clutter, unsecured mats and rugs



What Can You Do to Prevent Falls?

- **Fall Free Environment**

- In the bathroom or shower, grab bars can be installed as well as having non slip surfaces
- Socks with grips on them
- Clean up any clutter (wires or toys)
- Appropriate lighting in the house
- Raised toilet seats or a toilet with an armrest is also helpful
- Steps can have handrails and adequate lighting
- An assistive device such as a cane and walker may be used to keep you steady

