

PREVENTING FALLS

in Older Adults



Exercise regularly.

Exercise can make your muscles stronger and your joints more flexible, thus reducing the risk of falls.



Know how medications affect you.

Some medications make you drowsy or affect your vision, which can increase your chances of falling.



Be aware of physical and mobility limitations.

Physical and mobility limitations increase your chance of falling. Be aware of yours to decrease falls.



Eliminate falling hazards in your home,

such as furniture that obstructs clear pathways. By clearing pathways, you decrease your chances of tripping over something and falling. Adding hand rails, making sure carpets are firm, and hiding exposed wires from electronic devices will help you avoid falls.



Wear clothing and shoes that fit properly.

Properly fitting clothing and shoes reduce fall risks by eliminating excess material that can be tripped on.



Use adequate lighting at home.

Adequate lighting makes it brighter and illuminates any objects that may be in your way. Adequate lighting is especially important when visiting a place you may be unfamiliar with.



Stay connected.

Carry a phone or alert system with you at all times so you can contact emergency services in the event of a fall.