

Falls Prevention Awareness

Quick Facts

- 1 in 4 adults age 65+ falls each year.
- A previous fall doubles your risk of falling again.
- Falls are the leading cause of injury among seniors.
- Many falls happen at home and can often be prevented.

Common Risk Factors

- Muscle weakness or poor balance
- Vision or hearing loss
- Medication side effects such as dizziness
- Health conditions affecting mobility
- Cluttered walkways, poor lighting at home

8 Ways to Reduce Your Risk

1. Keep Moving

Regular exercise helps maintain strength, flexibility, and balance.

2. Check Your Vision and Hearing

Changes in vision and hearing can affect balance and awareness of hazards.

3. Review Your Medications

Ask your doctor or pharmacist whether any medications could increase your risk.

4. Make Your Home Safer

Remove clutter from walkways, secure loose rugs, improve lighting, install grab bars in bathrooms and use handrails on stairs

5. Wear the Right Shoes

Choose supportive shoes with non-slip soles and avoid walking in socks on smooth floors.

6. Manage Health Conditions

Work with your healthcare team to manage conditions that affect balance, strength, or mobility.

7. Speak Up

If you've fallen, feel unsteady, or worry about falling, tell your healthcare provider. Talking about falls is one of the best ways to prevent future ones.

8. Have a Plan for Getting Help

Wear a personal alert device or smartwatch with fall detection. If a fall happens, these tools can help you quickly contact emergency services or loved ones when you need assistance.

Sources: Centers for Disease Control and Prevention (CDC) and National Council on Aging (NCOA).