



CommCare Corporation

Fall Prevention

The Facts:

- More than 1 out of every 4 people age 65 and older fall each year.
- Falling once doubles the chances of falling again.

Falls are serious and costly!

One out of five falls cause a serious injury such as a broken bone or a head injury. These injuries can make it hard to get around, do everyday activities, or live independently.

- Falls can cause broken bones, like wrist, arm, ankle, and hip fractures.
- Falls can cause head injuries, which can be especially serious if the person is taking certain medicines --like blood thinners. An older person who falls and hits their head should see their doctor right away to make sure they don't have a brain injury.
- Many people who fall, whether an injury occurs or not, become afraid of falling and as a result reduce everyday activities. Less active people become weaker which increases the chances of falling.

What conditions make falls more likely?

- Lower body weakness
- Vitamin D deficiency
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants. Some over-the-counter medicines can affect balance and steadiness.
- Vision problems
- Foot pain or poor footwear
- Home hazards or dangers such as:
 - broken or uneven steps,
 - throw rugs or clutter that can be tripped over, and
 - no handrails along stairs or in the bathroom.

Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater their chances of falling.



Source: CDC

What can you do to Prevent Falls?

- **Begin an exercise program to improve leg strength & balance**
- **Ask doctor or pharmacist to review medicines**
- **Get annual eye exams & update eye glasses**
- **Remove clutter & tripping hazards in the home**
- **Install railings on stairs and grab bars in the bathroom**
- **Install proper lighting – especially on the stairs.**
- **Ask your doctor about taking vitamin D supplements**

Source: CDC