## Impact of Falls

Falls among older adults can have devastating impacts, leading to serious injuries such as hip fractures, head traumas, and even death. Beyond the physical harm, falls can significantly diminish quality of life, resulting in a loss of independence, increased fear of falling, and social isolation. The economic burden is also substantial, with high medical costs for treatment and long-term care. Additionally, the psychological effects of falls can lead to depression and anxiety, creating a cycle that further increases the risk of future falls.

## Prevention

Implementing practical and reasonable lifestyle changes can effectively reduce the risk of falls. Regular physical activity, such as strength and balance exercises, helps maintain muscle mass and coordination. Ensuring homes are free of tripping hazards, like loose rugs and clutter, and installing grab bars in key areas can create a safer living environment. Wearing appropriate footwear with good support and non-slip soles, having regular vision and hearing checkups, and managing medications to avoid side effects that affect balance are also crucial steps. These changes are simple yet powerful ways to enhance safety and well-being, significantly lowering the likelihood of falls.

#### Educate Yourself

Learn about fall risks and prevention strategies through community programs and resources.

Regular Checkups

Have regular checkups

to monitor health

conditions that could

affect balance and

mobility, such as heart

or neurological

conditions, low blood

pressure, vision,

hearing and mood.



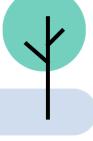
### Home Safety

Remove tripping hazards such as loose rugs, clutter, and electrical cords. Ensure that walkways are clear.



### Improve Lighting

Ensure that all areas of the home, especially stairways, hallways, and entryways, are welllit. Use nightlights where needed.



#### Hydrate

Engage with Others

Social activities can enhance

balance and coordination

through increased physical

activity and regular

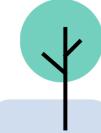
movement. Mental well-

being, reduces stress and

anxiety, which are known

risk factors for falls.

Dehydration can cause dizziness. Drink plenty of fluids throughout the day.



Have a healthcare



provider review all medications (including over-the-counter) to identify those that may cause dizziness or drowsiness.



#### Proper Footwear

Choose shoes with non-slip soles and avoid high heels, slippers without support, or walking in socks.





### Exercise Regularly

Non-Slip Mats

Put non-slip

mats in the

bathtub and on

shower floors.

Engage in exercises that improve strength, balance, and coordination, such as Tai Chi, yoga, or strength training.



# **FALLS PREVENT**