



# Farmington Valley Health District

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## Fall Prevention for the Elderly

### Leading cause of injury and death among adults 65+ years

Falls can happen to anyone, but they are particularly common amongst the senior members of our community. Falls can cause serious injuries such as head trauma and fractures that require emergency treatment or hospitalization. Older adults can have a lengthy recovery and sometimes may not even be able to return home due to mobility issues.

During the last decade, the number of deaths due to falls nearly doubled, and falls overtook accidental poisoning and motor vehicle accidents as the leading cause of unintentional injury death.

The [National Council on Aging](#) recommends that senior community members take control of their health by taking these 6 steps to prevent a fall:

1: **Find a good balance exercise program:**

Look to build balance, strength and flexibility. Find an exercise program you like and take a friend. Contact your local Senior Center for a referral.

2: **Talk to your health care provider:**

Ask for an assessment of your risk of falling. Share your history of recent falls.

3: **Regularly review your medications with your doctor or pharmacist:**

Make sure side effects aren't increasing your risk of falling. Take medications only as directed.

4: **Get your vision and hearing checked annually and update your eyeglasses:**

Your eyes and ears are key to keeping you on your feet

5: **Keep your home safe:**

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas

6: **Talk to your family members:**

Enlist their support in taking simple steps to stay safe. Falls are an issue for everyone.



<http://www.ncoa.org/improve-health/falls-prevention/take-control-of-your-health.html>