

FALLS PREVENTION

AWARENESS WEEK

September 21 - 25, 2020

FACTS ABOUT FALLS

Each year, millions of older people age 65 and older fall. In fact, more than one out of four older people falls each year, less than half tell their doctor. Falling once doubles your chances of falling again.

THE GOOD NEWS...

YOU CAN PREVENT FALLS

These are some things you can do.

Have Your Eyes Checked

- Have your **eyes checked** by an eye doctor at least once a year, and be sure to update your eyeglasses if needed.
- If you have bifocal or progressive lenses, you may want to **get a pair of glasses** with only your distance prescription for outdoor activities, such as walking.

Do Strength and Balance Exercises

- Do exercises that make your legs stronger and improve your balance. Tai Chi is a good example of this kind of exercise.
- Participate in an evidence-based falls prevention program like **A Matter of Balance** or **Fit & Strong**.

Talk to Your Doctor

- Ask your doctor or healthcare provider to **evaluate your risk of** falling and talk with them about specific things you can do.
- Ask your doctor or pharmacist to **review your medicines** to see if any might make you dizzy or sleepy.
- Ask your doctor or healthcare provider about taking **vitamin D** supplements.

Make Your Home Safer

- Get rid of things you could **trip over**.
- Add grab bars inside and outside your tub or shower and next to the toilet.
- Put railings on **both sides** of stairs.
- Make sure your home has **lots of light** by adding more or brighter light bulbs.

Content adapted from the Disease Control and Prevention.
<https://www.cdc.gov/homeandrecreational safeyc/falls/adultfalls.html>



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Hip Fractures Among Older Adults

One of the most serious fall injuries is a broken hip. It is hard to recover from a hip fracture and afterward many people are not able to live on their own. As the U.S. population gets older, the number of hip fractures is likely to go up.

- Each year over 300,000 older people age 65 and older are hospitalized for hip fractures.
- More than 95% of hip fractures are caused by falling, usually by falling sideways.
- Women experience three-quarters of all hip fractures.
- Women fall more often than men.
- Women more often have osteoporosis, a disease that weakens bones and makes them more likely to break.
- The chances of breaking your hip go up as you get older.

So, What Can You Do to Prevent Hip Fractures?

Flip this placemat over to see how you can prevent falling which can lead to hip fractures.

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FALLS PREVENTION UNSCRAMBLE

1. FLAL _____
2. PISLNON CKSSO _____
3. JIIUSREN _____
4. YOWLEE _____
5. HPEL _____
6. CLTURET _____
7. AINP _____
8. RSGU _____
9. BARG RBAS _____
10. AEBACLN _____

Word Bank

Clutter	Yellow	Grab Bars	Nonslip socks
Injuries	Balance	Pain	Rugs
Fall	Help		



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Get your copy of **Check for Safety, A Home Fall Prevention Checklist for Older Adults** by going online to:

cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf

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