

## Fall Prevention Steps to Aid in Independent Living



According to the Centers for Disease Control and Prevention, falls are the leading cause of injury deaths and the most common cause of nonfatal injuries and hospital admissions for trauma among people age 65 years and older. Many senior adults lack the knowledge needed to prevent falls. The steps below can aid in preventing falls and, if followed, will help lead to a longer independent living lifestyle.

- Exercise on a regular basis. Programs that increase strength and improve balance aid in preventing falls.
- Have a doctor or pharmacist review medications to determine side effects that might affect coordination or balance.
- Schedule eye exams at least once a year to check any change in vision.
- Eliminate fall hazards in the home and improve lighting.

### Home Safety Tips

Many unintentional falls can be prevented in the home if simple adjustments are made to remedy them before accidents occur. All senior citizens want to live independently as long as possible if their health warrants an independent living arrangement. The U. S. Consumer Product Safety Commission offers the following tips to help prevent falls in the home.

1. When using stairs, always grip the handrails. Keep stairs well lit.
2. Keep floors cleared and slip resistant. Remove loose carpets, cords, and other items you could trip over. Be sure all rugs, mats, and other surfaces are non-skid.
3. Install grab bars and slip-resistant surfaces in your bathroom.
4. Use only stable step stools with a top handrail. Don't climb alone - have someone nearby to help you.
5. Stand up slowly from a sitting or lying down position.
6. Be sure your telephones and emergency numbers are easily accessible - so you can get help if you fall.

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Sources: "Falls Among Older Adults: An Overview"  
[www.cdc.gov/ncipc/duip/preventadultfalls.htm](http://www.cdc.gov/ncipc/duip/preventadultfalls.htm)  
"What You Can Do To Prevent Falls"  
[www.cdc.gov/ncipc/pub-res/toolkit/Falls\\_Toolkit/DesktopPDF/  
English/brochure\\_Eng\\_desktop.pdf](http://www.cdc.gov/ncipc/pub-res/toolkit/Falls_Toolkit/DesktopPDF/English/brochure_Eng_desktop.pdf)

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