

How to Prevent Falls

for older adults

The Centers of Disease Control and Prevention (CDC) reports falls as the leading cause of death from unintentional injury among older adults. There are ways to prevent falling. The following eight *Remembering When*™ tips can help keep you and your loved ones safe from falls.



1 Exercise regularly.

- Exercise will help you build strength and improve your balance and coordination.
- Ask your doctor about the best physical exercise for you.

2 Take your time. Get out of chairs slowly.

- Sit a moment before you get out of your bed. Stand and get your balance before you walk.
- Be aware of your surroundings.



3 Keep stairs and walking areas clear.

- Remove electrical cords, shoes, clothing, books, magazines, throw rugs, hallway runners, and other clutter that may be in the way of foot traffic.

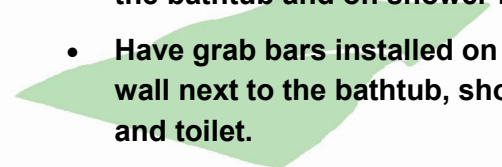
4 Improve the lighting in and outside of your home.

- Use night lights or a flashlight to light the path between your bedroom and the bathroom
- Turn on the lights before using the stairs.
- See an eye specialist once a year—better vision can help prevent falls!



5 Use non-slip mats.

- Non-slip mats increase safety in the bathtub and on shower floors.
- Have grab bars installed on the wall next to the bathtub, shower, and toilet.
- Wipe up spilled liquids immediately.

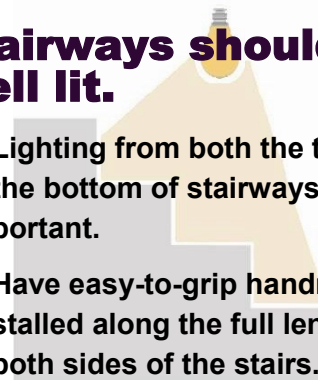


6 Be aware of uneven surfaces.

- Use only throw rugs that have rubber, non-skid backing.
- Consider non-skid pads under rugs.
- Always smooth out wrinkles and folds in carpeting.
- Be aware of uneven sidewalks and pavement outdoors.
- Ask a family member, a friend, or neighbor to clear ice and snow from outdoor stairs and walkways.

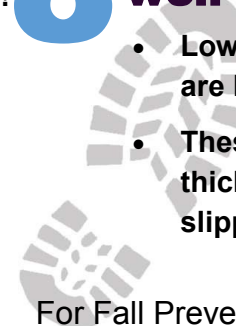
7 Stairways should be well lit.

- Lighting from both the top and the bottom of stairways is important.
- Have easy-to-grip handrails installed along the full length on both sides of the stairs.



8 Wear sturdy, well-fitting shoes.

- Low-heeled shoes with non-slip are best.
- These are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.



For Fall Prevention Programs and Information visit: fallsfreevermont.org

