

Strong Today, Falls Free Tomorrow

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury.

To reduce injury and save lives, the **Health Care District's Trauma Agency** plays an important role educating the community about fall prevention. Help reverse the annual trend that 1 out of 4 older Americans suffers a fall.



Courtesy of **ncoa**
National Council on Aging



6 Steps to Prevent a Fall

- ☐ **Find a good balance and exercise program**
Look to build balance, strength, and flexibility. Find a program you like and take a friend.
- ☐ **Talk to your health care provider**
Ask for an assessment of your risk of falling. Share your history of recent falls.
- ☐ **Regularly review your medications with your doctor or pharmacist**
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
- ☐ **Get your vision and hearing checked annually and update your eyeglasses**
Your eyes and ears are key to keeping you on your feet.
- ☐ **Keep your home safe**
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
- ☐ **Talk to your family members**
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.