

Preventing Falls in Older Adults

One second from now, an older adult will have a fall.

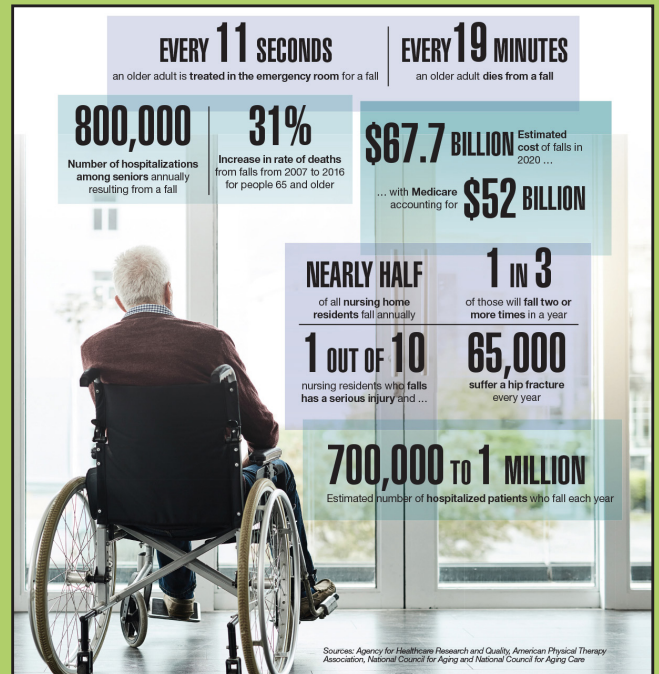
Across the United States, that is 60 falls per minute, 3,600 falls per day, and close to 36 million falls per year!

According to the National Council on Aging, **1 in 4 older Americans aged 65+ falls every year**, and falls are the leading cause of fatal and non-fatal injuries for American older adults. Falls are costly — in dollars and in quality of life — but there are simple things that you can do to prevent them.

- Get Some Exercise:** Lack of exercise weakens legs, which increases the chance of falling. Exercise programs like Tai Chi increases strength and improves balance, making falls less likely for aging adults.
- Be Mindful of Medications:** Some medicines — or combinations of medicines — can have side effects like dizziness or drowsiness. This can make falls more likely. Have a doctor or pharmacist review all your medications to help reduce the chance of risky side effects.
- Keep Your Vision Sharp:** Poor vision makes it harder to get around safely. To insure you're seeing clearly, have your eyes checked every year and wear glasses or contact lenses with the right prescription strength.
- Remove Hazards at Home:** About half of all falls happen at home. A home safety check helps identify fall hazards, like clutter and poor lighting that should be removed or changed. And be mindful of wet and slippery surfaces in the kitchen and bathroom, which is where most falls occur in the home.
- Take a Falls Prevention Class:** AGE of Central Texas offers free classes that reduce the fear of falling and increase activity levels. Find a free class at:



www.CaregiverUcentx.org

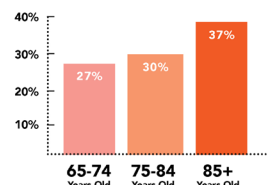


OLDER ADULT FALLS: A GROWING DANGER

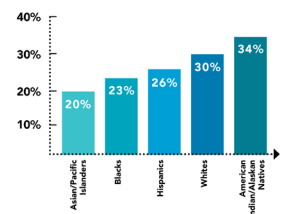
Who is at Risk?

While the percent of older adults who fall varies by location and demographics, **all older adults are at risk for a fall.**

Falls Increase with Age:*



Falls Vary by Race and Ethnicity:*



* Percent of older adults who reported a fall

A Growing Burden:

Over 10,000 people in the U.S. turn 65 every day and Americans are living longer than ever.

Falls and fall injuries are increasing in the U.S. Annual medical expenses for older adult falls cost over \$31 billion, these costs will surge unless preventive measures are adopted.

