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You Can Prevent Falls

This program is about how to prevent falls and stay healthy and active. You will learn how things you may be doing already can help prevent falls. And you will learn new tips that will fit easily into your daily routine.



Keeping Active at Home

Tom and Maxine love gardening. And it helps them stay fit.

Fall Facts

- Falls are the most common cause of injury for older adults.
- One out of 3 people over age 65 fall at least once each year.
- Half of the people who break a hip do not recover fully.
- Almost half of the people who enter nursing homes do so because of a fall. After the fall, they cannot stay at home on their own.
- Most falls occur in people's own homes, as they do their regular daily activities.

things you can do

Ways to Prevent Falls

Research shows that these methods can help prevent falls.

- Get regular health screening and follow-up care.
- Make small, low-cost changes in your home—such as removing clutter and putting in grab bars.
- Exercise regularly. Research shows that people who exercise regularly are less likely to fall. In addition, if you do fall, you are less likely to be hurt, and you are better able to get up again.

Notes:

It's Never Too Late to Start

Studies of older men and women show that they can improve their strength and balance with just 2 days a week of strength training.

If You Worry About Falling

Studies show that fear of falling can make people more likely to fall. This is because they become less active and then their muscles get weaker. However, there is a lot you can do to prevent falls. That's what this program is all about!



Courtesy of the
PA Department of Aging

Home Safety

You can make your home safer with simple changes. Many changes are easy and low cost—or free. You may have made some changes already. This part of the guide tells you about other things you can do.



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Leona's Story

"I took my old bulbs to a hardware store and got bulbs that give me more light for the same cost. Now I can enjoy doing jigsaw puzzles in my bright kitchen."

Lighting

As we age we need more light to see well. Make sure you have bright lighting indoors and out. And try to get yearly eye exams.

- Open curtains during the day.
- Use frosted bulbs and lampshades to reduce glare.
- Make sure you can turn the lights on as you enter a dark room, or use motion-sensitive lights that turn on automatically.
- Use lighted wall switches, or put a piece of reflective tape on the switch, so you can see it at night.
- Use nightlights that turn on automatically when it gets dark.
- Put lamps on timers so they turn on at dusk.