

Stay Healthy and On Your Feet

Six steps to reduce your fall risk

An older adult falls every second of every day and the result can be devastating. More than 95% of hip fractures are caused by a fall. However, there are simple steps you or a loved one can take to reduce your risk. Stay safe with these tips!

- 1 Find a good exercise program to build balance, strength and flexibility.**
If you need help, start by working with a Physical Therapist. To learn more about Tai Chi and fall prevention classes visit: www.providence.org/classes or www.healthoregon.org/fallprevention.
- 2 Talk to your health care provider**
Share your worries about falling or if you have fallen. Ask for an evaluation of your fall risk.
- 3 Regularly review your medications with your doctor or pharmacist**
Certain drug side effects can increase your risk of falling. Even over the counter drugs, like Benadryl or Tylenol PM have been linked to falls. Take any medication only as prescribed.
- 4 Take care of your ears and eyes**
Get your vision and hearing checked every 1-2 years and keep your eyeglass prescription current. Your eyes and ears help keep you balanced.
- 5 Keep your home safe**
Remove tripping hazards, such as throw rugs; increase lighting; make stairs safe; and install grab bars in key areas. You may qualify for a home safety assessment from an Occupational or Physical Therapist.
- 6 Talk to your friends and family members**
Enlist their support in taking simple steps to stay safe. Falls are not just an issue for seniors.