

Preventing Falls

Falls can happen at any time during the year for older adults, age 65 and older. However, winter weather tends to make falling during the winter months more prevalent. These falls, unfortunately, can become serious. According to the CDC, these are some simple steps you can take to help prevent falling.

- Check Your Eyes
 - Schedule an appointment to have your eyes checked. It is important to have your eyes checked annually and update your eyewear if the prescription changes.
- Exercise
 - Specifically focus on exercises that improve balance and strengthen your legs.
- Home Modifications
 - Increase the safety in your home with some home modifications such as:
 - Installing grab bars in your bathroom (e.g. next to the toilet and inside or outside of the shower/tub)
 - Utilize non-slip mats in the bathroom (e.g. shower floor or bathtub)
 - Do you have enough light in your home? Assess the amount of light in your home and increase it by adding lights or utilizing brighter bulbs
 - Remove items that you could trip over
 - Install railings along staircases
 - Store commonly used items in easy to reach places, so you can avoid using a step stool
- Schedule a Doctor's Appointment
 - Ask your physician to assess your risk of falling and how you may address your risk.
 - Review your medications (both prescription and over-the-counter) with your physician since some medication side effects can cause dizziness or sleepiness.

Take the time to help prevent falls by preparing yourself and home. For more information regarding falls and preventing falls check out <https://www.cdc.gov/falls/facts.html>.

If you have any questions or would like more information please reach out to Jordan Schuette, Adult Development and Aging Agent at 785-325-2121.