

One-third of people older than 65 who become disabled do so because of fractures sustained during a fall.

Falling is the leading cause of injury — and the leading cause of injury-related death — for men and women 75 and older.

Every week, more than 30,000 Americans older than 65 are seriously injured from falling.

One in three emergency room visits is for falls, and falls represent the most common cause of injuries and hospital admissions for trauma.

In an average year, one in every three older people in the United States falls.

Why We Fear Falling:



SAFETY TIPS TO PREVENT FALLS



Using these strategies at home and in the community will help you avoid a fall. To decrease your risk even further and improve your mobility, consider working with a physical therapist to strengthen your muscles and improve your balance. *For more information about fall prevention, call 573-331-5153.*

SAFETY TIPS TO PREVENT FALLS

AT HOME AND IN THE COMMUNITY

Taking precautions to avoid falling is always smart — and particularly important for older adults. Here are some common safeguards to help keep you safely on your feet and help you maintain your health and independence for many years to come.



In your home

- Remove all throw rugs
- Have adequate lighting, particularly at night
- Arrange your furniture to allow enough room to comfortably move about your home, especially if you use a cane or walker
- NEVER USE THE WALLS OR FURNITURE FOR SUPPORT — use your assistive device if you have one; consider getting one if you do not have one and need support while walking



In the bathroom

If needed:

- Install grab bars in the shower or around the toilet; towel bars are not sturdy enough
- Install a raised toilet seat or armrests on the toilet
- Use a shower seat



In the yard and driveway

- Remember that devices such as wheeled walkers function differently on grass and gravel compared with indoor areas; a different device may be needed for outdoors
- Because of uneven terrain, it is always more difficult to walk in a yard or on a driveway; TAKE YOUR TIME AND ALWAYS USE CAUTION



In the community

- If you use an assistive device, take it with you — people tend to be more courteous to those with canes or walkers
- Stay within your comfort zone; if you are fearful of falling in a crowd, avoid busy stores on a Saturday
- Be aware of weather changes, and avoid going out in rain, snow, ice or high winds; if you must, use extra caution



In the kitchen

- Make sure your floor is dry and not overly waxed
- Place frequently used items within easy reach to avoid stooping or straining overhead
- Have a chair handy to sit on should you become tired



On the stairs

- Have at least one sturdy rail to guide you; install two rails wherever possible
- Keep stairs clear of all items — especially carpet runners, which are easy to slip on

