

Ways to Avoid Taking the Fall



Each year, injuries from falling afflict many adults—the majority of whom are senior citizens—causing painful fractures and leaving them with severe mobility problems. **Changes related to aging**, such as decreases in visual capacity, hearing and strength, **can contribute to the likelihood of a tumble.**

Whether you are a senior or you have an elderly parent, it is important to **develop a program** that will help **protect you or your loved one from falling** by improving areas of the body that leave a person more susceptible to falls, including

- **strengthening the lower body;**
- **adjusting balance and coordination;**
- **developing correct posture;** and
- **encouraging regular physical activity.**

Home and lifestyle changes can also make a difference in fall prevention. Consider some of the following:

- **Have your vision and hearing checked regularly;**
- **Keep your home free of clutter;**
- **Ensure you have adequate lighting;**
- **Be aware of medications affecting mobility;**
- **Avoid dehydration;**
- **Have handrails installed where necessary;** and
- **Keep electrical cords and wires out of main areas.**

Injuries related to falls can affect a person's ability to lead an independent and active life. We can **begin a process for you or your loved one that can help ensure many years of healthy, injury-free living.** Take the first step toward an effective fall prevention program before your first stumble occurs.