

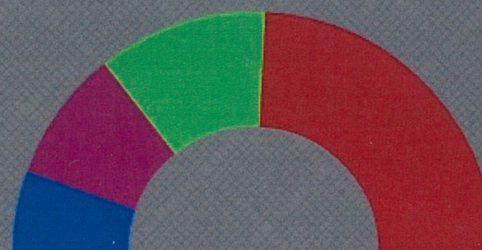
FALL PREVENTION FACTS AND EFFECTIVE STRATEGIES FOR COMMUNICATING WITH YOUR PROVIDER

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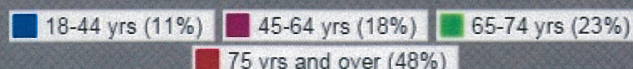
According to the National Health Interview Survey in 2010:

The risk for falls increases significantly with age

- Among older adults, falls are the leading cause of both fatal and nonfatal injuries
- In 2010, 2.3 million nonfatal fall injuries among older adults were treated in emergency departments and more than 662,000 of these patients were hospitalized
- In 2010, the direct medical costs of falls, adjusted for inflation, was \$30 billion



persons 75 years or older are at the Greatest Risk

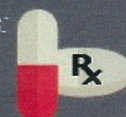


Activities shown to decrease fall related injury



Regular exercise that improves balance such as Tai Chi

Medications can increase the risk for falls: talk with your provider and pharmacist about what precautions are needed



Regular eye check-ups and eyeglass prescriptions

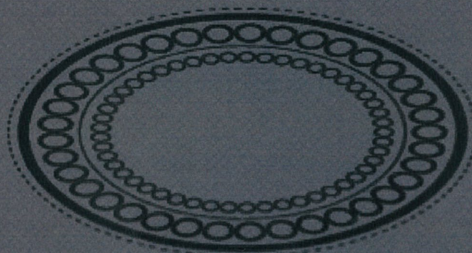


Eliminate common risks within the home:



Poor Lighting

Throw Rugs



Uneven Surfaces



Walking without Use of Assistive Devices



Lack of Grab Bars in the Bathroom

Communicating with your provider

- For older adults living in the community, you can help your provider to understand your risk for falls by providing the answers to 5 questions (see right)
- Based on your answers to these questions, your provider will determine whether more in-depth assessment is needed
- Your provider can work with you to develop a personalized fall prevention plan

1. Have you fallen 2 or more times in the past year?
2. If you have fallen in the past year, did you hurt yourself?
3. Are you afraid that you might fall because of balance or walking problems?
4. Do you have difficulty maintaining your balance when bathing, dressing or getting in and out of a chair?
5. Do you use a cane, walker or other device when walking inside or outside your home?