

# Preventing Falls

One

Step

at a

Time

While everyone takes a fall occasionally by tripping over an object or walking on a wet surface, the severity of injuries for older adults can result in hip fracture, loss of mobility, permanent reduction in physical ability, or traumatic brain injury. In fact, falls are the leading cause of injury-related deaths, especially among the elderly, according to the Centers for Disease Control and Prevention. The CDC reports in a recent survey that nearly 85% of deaths resulting from falls were among people aged 75 and older. A number of factors can be linked to falls among older adults, and in combination, increase the risk significantly. These include physical and/or cognitive deficits, medication side effects, and potentially unsafe home environments, hearing, vision and balance.

## Making Your Home "Falls Free"

Seventy-five percent of all falls occur in the home. With a few changes, you can decrease your risk of falling at home. These tips can help keep you safe.

- Remove things you can trip over from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.

- Move electrical or phone cords so they are not lying on the floor in walking areas.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to your toilet and in the tub or shower.
- Use non-slip mats in the tub and on shower floors.
- Consider using a seat while showering.
- Improve the lighting in your home. Use nightlights.
- Install handrails on both sides of stairwells.
- Wear shoes that give good support and have thin non-slip soles.

## Other ways to reduce your fall risk:

- Begin a regular exercise program. It makes you stronger and helps you feel better.
- Have your health care provider review your medicines (including non-prescription ones). Some medicines, or combinations, can make you drowsy or light-headed which can lead to a fall.
- Have your vision checked. Poor vision can increase your chances of falling.



A Heritage of Compassion, A Lifetime of Care

We all want to age in comfort and with dignity. That's why Salem Towne, a Continuing Care Retirement Community, offers an engaging environment for older adults seeking healthy, active and independent lives. By providing graceful, maintenance-free living for older adults, we honor the vision shared by our founders. As that vision and our community have grown, we continue to uphold the same basic values today of respect, integrity, and caring. At Salem Towne, compassion is our heritage.

Contact us today to discover a vibrant community that shines through the lives of its residents.



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