

## **Fall Prevention**

About 40% of people over the age of 65 fall each year. Broken bones or fractures are the most common serious injury caused by these falls. Other injuries may include: head injuries, joint dislocations, and soft-tissue wounds such as cuts and bruises.

Some reasons for the large number of falls are: poor vision, walking and balance problems, heart and/or lung disease, depression and/or confusion, arthritis and other bone/joint diseases that affect walking and can lead to fractures, and even bladder conditions that lead to falls at night on the way to or from the bathroom. Medications can also be a cause of dizziness or problems related to falls.

To prevent falls:

- exercise, such as walking, will improve strength and balance
- eliminate throw rugs
- tuck away electrical and telephone cords
- install “grab” bars on bathroom and tub walls
- use night lights
- keep the house or apartment free of clutter