

MOVE OFTEN. MOVE SAFELY. STOP FALLS. STOP FRACTURES.

Fast Facts About Falls:

1 IN 10 FALLS in older adults result in serious injury, such as a broken bone.

Falls and broken bones DO NOT have to be a normal part of aging.



Steps for Fall Prevention



Be active, move more, and practice balance exercises such as Tai Chi or yoga.



If your medicine makes you dizzy or sleepy, speak to your healthcare provider/pharmacist.



Use assistive devices such as a cane, walking stick, grabber, and/or walker, if needed.



Get regular vision and hearing checks.



Slow down and stay alert in public places.



Inspect your home and make changes for safety: anchor rugs, remove clutter, and use night lights.



Wear shoes with non-slip soles and good support.



Hold railings on stairs and grab bars in bathrooms.

NEW YORK STATE OSTEOPOROSIS
NYSOPEP
PREVENTION & EDUCATION PROGRAM

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