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.
- Use assistive devices such as a cane, walking stick, grabber, and/or walker, if needed.
- Slow down and stay alert in public places.
- Wear shoes with non-slip soles and good support.
- If your medicine makes you dizzy or sleepy, speak to your healthcare provider/pharmacist.
- Get regular vision and hearing checks.
- Inspect your home and make changes for safety: anchor rugs, remove clutter, and use night lights.
- Hold railings on stairs and grab bars in bathrooms.

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