

# The Journey of Aging

## Fear of Falling?

It can happen so quickly you don't have time to react. Even if you aren't hurt, a fall can reduce your confidence and begin to rob you of your independence.

Did you know that according to the Centers for Disease Control (CDC) each year 1/3 of adults over 65 have a fall? Of those who fall 20-30% have a fracture! Falls are the most common cause of nonfatal injuries and hospital admissions for older adults.<sup>1</sup>

Common causes of falls include weak muscles, osteoporosis, medication interactions, home safety issues, limited vision and poor balance.

The good news is that you can take steps to **reduce the risk of falls starting today!**

<sup>1</sup><http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html>



### *What can you do to prevent falls?*

- *Exercise to maintain muscle mass*
- *Do balance practice 2-3x weekly*
- *Check for medication interactions*
- *Have a home safety check*
- *Treat osteoporosis*
- *Check vision annually*
- *Increase home lighting*

*CarePath Senior Solutions LLC is a Geriatric Care Management business that can support your family in organizing and managing the care of an elder parent or family member. Our professional and caring Geriatric Care Managers use their experience and knowledge of community resources to help you create an individualized plan that meets your family's needs.*

## Safety Tips for Reducing the Risk of Falls

### Health

- Check with your doctor on medication side effects that could cause dizziness or weakness
- Talk with your doctor or pharmacist about drug interactions, particularly if you take more than 4-5 medications
- Have your vision checked annually for changes
- Be tested for osteoporosis and follow the treatments recommended

### Exercise

- Join an exercise class through a local gym, senior center or aquatics center or start walking.
- Do simple endurance, flexibility and balance exercises at home using some of the resources from the National Institute of Aging.
- Physical therapy can also be useful for improving balance

### Safety

- Pick up throw rugs, move electrical cords out of walkways and remove floor clutter that could pose a tripping hazard.
- Add lighting & increase wattage of bulbs for better visibility
- Add a nightlight for increased safety after dark
- Use adaptive equipment such as a cane or walker if needed for stability.
- Install grab bars in the bathroom and a non-skid surface in the tub or shower.



## RESOURCES

National Institute of Aging Senior Health Exercises  
<http://1.usa.gov/nNlnH0>

National Institute of Aging Publications  
<http://1.usa.gov/f0xGH>

Centers for Disease Control Checklist for Home Safety  
<http://1.usa.gov/qCVfbm>

Home Safety Council  
<http://bit.ly/mRMdIt>

**CarePath**  
 SENIOR SOLUTIONS™

Phone: 928-453-4343

Website: [www.yourcarepath.com](http://www.yourcarepath.com)

P.O. Box 748  
 Lake Havasu City, AZ 86405