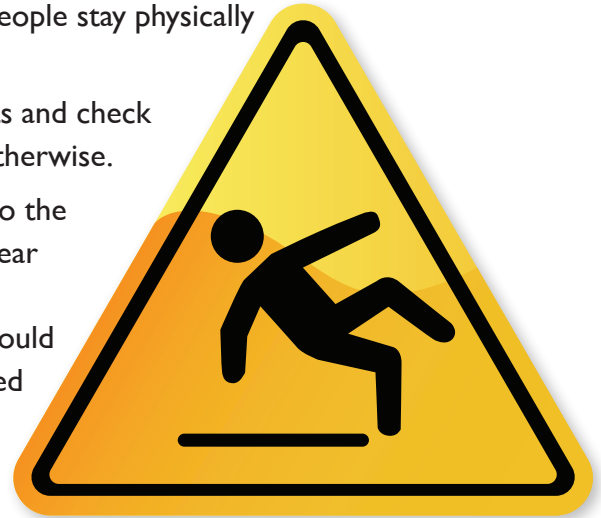


FALL PREVENTION

Falls are the leading cause of injury in people aged 65 and older in the United States. According to the Centers for Disease Control (CDC), about one out of ten of these falls result in a serious injury that requires hospitalization. Often the injured person spends time recovering in a long-term care facility.

FALL PREVENTION STRATEGIES

- Fall prevention programs take into account *physical risks* (weak muscles or balance problems, vision changes and vision loss), *behavioral risks* (inactivity, medications side effects and alcohol) and *environmental risks* (clutter, poor lighting, throw rugs and poorly designed public spaces).
- The National Institute on Aging (NIA) recommends that people stay physically active to maintain strength and balance.
- People also need to undergo regular sight and hearing tests and check the side effects of any medicine they take, prescribed or otherwise.
- A check of the home should make sure carpets are fixed to the floor and pathways through the home and stairways are clear of papers and clutter. Small rugs (aptly named throw rugs) should be removed from hard surface floors. Grab bars should be installed in showers and tubs and slip proof decals placed in tubs and shower stalls.
- Information on evidence-based falls prevention (strength and balance) programs can be found at **866-836-6678**, the statewide number for the nine Area Agencies on Aging and Disability.



(Source: National Institute on Aging)



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Information and Assistance 866-836-6678 | SHIP Medicare Counseling 877-801-0044