

FALL PREVENTION

Simple Changes Can Help Reduce Your Risk

Falls can be devastating. According to the Centers for Disease Control, they are the leading cause of non-fatal injuries among adults. One out of every five falls causes a serious injury, such as a hip fracture or head injury, often requiring hospitalization. Every year, 3 million older Americans are treated in emergency departments for fall injuries.

Reducing your risk for falls can help you remain independent and safe in your daily life. Talk to your health-care team about what preventions are right for you and simple changes you can make to help reduce your risk.



REDUCE FALLS AT HOME

Making changes around your home can lower your chances of falling. Basic interventions include increased exercise and home modifications such as: handrails in stairwells, increased lighting, grab bars in the bathroom and showers and removal of throw rugs or small area rugs. Follow our guide below to see what you can do in the main rooms in your house.

