

Family Caregivers:

PROTECT YOUR LOVED ONES FROM FALLING

Learn More:

For information about fall risks and prevention:

CDC

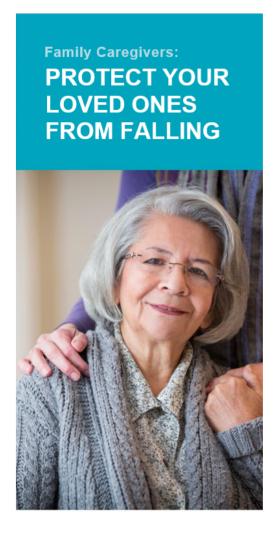
cdc.gov/homeandrecreationalsafety/falls/ adultfalls.html

STEADI brochures for older adults cdc.gov/steadi/patient.html

- Stay Independent
- What You Can Do To Prevent Falls
- Check for Safety: A Fall Prevention Checklist for Older Adults
- Postural Hypotension: What It Is and How To Manage It

For help listing your loved one's medications, visit AARP and print a "Personal Medication Record" <u>aarp.org</u>

For tips for Older Adults and Caregivers to Prevent Falls, visit the **National Council on Aging** ncoa.org/healthy-aging/falls-prevention





Take Action:

Every second of every day an older adult falls.

Many of these falls cause injury, loss of independence, and in some cases, death. Falls can be prevented. As a family caregiver, you can help.



Speak Up

Talk openly with your loved one and their healthcare provider about fall risks and prevention.

- Tell a healthcare provider right away if your loved one has fallen, or if they are worried about falling, or seem unsteady.
- Keep an up-to-date list of your loved one's medications. Show a healthcare provider or pharmacist all of their medications, including over-the-counter medications and supplements. Discuss any side effects like feeling dizzy or sleepy.

• Ask their healthcare provider about taking vitamin D supplements to improve bone, muscle, and nerve health.



Keep Moving

Activities that improve balance and strengthen legs (like Tai Chi) can prevent falls.

- Exercise and movement also make your loved one feel better and more confident.
- Check with their healthcare provider about the best type of exercise program for them

Have Eyes and Feet Checked

Being able to see and walk comfortably can prevent falls.

- Have their eyes checked by an eye doctor at least once a year.
- Replace eyeglasses as needed.
- Have their healthcare provider check their feet once a year.
- Discuss proper footwear, and ask whether seeing a foot specialist is advised.



Make the Home Safe

Most falls happen at home.

- Keep floors clutter free.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Add grab bars in the bathroom—next to and inside the tub, and next to the toilet.
- Have handrails and lights installed on all staircases.
- Make sure the home has lots of light.



Contact your local community or senior center for information on exercise, fall prevention, or options for improving home safety

For additional information on fall preventi visit go.usa.gov/xN9XA



This information is not intended as a substitute for professional medical care.

Always follow your health care provider's instructions.