



Family Caregivers:

PROTECT YOUR LOVED ONES FROM FALLING

Learn More:

For information about fall risks and prevention:

CDC

[cdc.gov/homeandrecreationalafety/falls/adultfalls.html](https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html)

STEADI brochures for older adults

[cdc.gov/steady/patient.html](https://www.cdc.gov/steady/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" [aarp.org](https://www.aarp.org)

For tips for Older Adults and Caregivers to Prevent Falls, visit the **National Council on Aging** [ncoa.org/healthy-aging/falls-prevention](https://www.ncoa.org/healthy-aging/falls-prevention)

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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.

STEAD Stopping Elderly
Accidents, Deaths & Injuries

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

For additional information on fall prevention visit go.usa.gov/vN3XA



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

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

Always follow your health care provider's instructions.