STAY INDEPENDENT: PREVENT FALLS

Get the Facts: An older adult falls every second of every day. Falls affect us all—whether personally or someone we love or care about.

IN 2014:

1 in 4 older adults reported a fall.

Even though falls are common, most adults who fall don’t tell their doctor.

More than 27,000 older adults died as a result of falls—that’s 74 older adults every day.

Among older Americans falls are the #1 cause of:
- Death from injury
- Injuries

Falls Increase with Age:

Percent of older adults who reported a fall:

- 27% 65-74 Years Old
- 30% 75-84 Years Old
- 37% 85+ Years Old

It’s not the broken hip, it’s the nursing home I don’t want. I need to be independent.

Leonard, 74

If I were to fall and break a bone, I wouldn’t be able to play with my grandkids. So I take a vitamin D pill each day to keep me strong.

Lisa, 74

www.cdc.gov/steadi
Falls aren’t just a normal part of getting older—they’re preventable and there are simple steps you can take to stay independent longer.

**Speak Up.**

Talk openly with your doctor about fall risks and prevention.
- Tell your doctor right away if you have fallen, or if you’re afraid you might fall, or if you feel unsteady.
- Work together and review all of your medications and discuss any side effects like feeling dizzy or sleepy.
- See if taking vitamin D supplements for improved bone, muscle, and nerve health is right for you.

**Keep Moving.**

Activities that strengthen your legs and help your balance (like Tai Chi) can help you prevent falls.

**Check Your Eyes.**

Have your vision checked once a year and update your glasses as needed.

**Make Your Home Safe.**

Most falls happen at home.
- Keep your floors clutter free.
- Remove small rugs or tape down or secure them.
- Add grab bars in the bathroom.
- Have handrails and lights installed on all staircases.
- Make sure your home has lots of light.

**RESOURCES**

CDC: cdc.gov/homeandrecreationalsafty/falls/adultfalls.html
STEADI Initiative: cdc.gov/steadi
STEADI Patient Materials: cdc.gov/steadi/patient.html