

FALL PREVENTION

QUESTIONS TO ASK YOURSELF TO REDUCE YOUR RISK OF A FALL



Do you exercise enough to improve strength and balance?



Are your medications affecting your stability?



Have you helped to make your home fall-proof?



Do you get an annual eye exam?



Do you wear sensible shoes with nonskid soles?



Is it time to hire a home health aide?



1 IN 4

Americans aged 65+ fall each year

Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.



SEPTEMBER 22 IS FALL PREVENTION AWARENESS DAY!

Falling is **not** an inevitable part of aging and most falls can be prevented with a little planning.