

There is a sense of urgency to minimize injuries from falls, fires and other in-home accidents, which disproportionately affect older persons. For those 65 or older, falls are the leading cause of death from unintentional injury in the home.

Four key components of Fall Prevention:

1. **Regular Exercise** – exercise tends to improve balance and coordination, maintains strength and flexibility to safeguard against the risk of falls.
2. **Safeguard your home** – by reducing clutter, keeping pathways open and lighting stairways from top to bottom. Use only throw rugs with rubber non-skid backing. Make bathrooms safe by installing grab bars and non-skid mats in bath tubs.
3. **Have your vision checked** – see an eye doctor once a year. Poor vision is a prime culprit in many falls.
4. **Have your healthcare provider review medications** – research shows that older adults taking four or more medications have a higher risk of falls. Some medications, or combinations of medications can cause an older adult to feel lightheaded, dizzy, or drowsy, which can precipitate a fall.