



Fall Prevention Tips for Seniors

Falls are the leading cause of fatal injuries among adults, ages 65 and older, resulting in 800,000 hospitalizations and more than 27,000 deaths each year. According to the Center for Disease Control (CDC), an older adult is admitted to an emergency department every 11 seconds for fall-related injuries. Some of these injuries, such as head trauma or broken bones, can permanently impact your independence and quality of life. Fortunately, there's a lot you can do to keep standing on your own two feet.

Source: (STATS from <https://www.ncoa.org/news/resources-for-reporters/get-the-facts/falls-prevention-facts>)

What Can You Do to Prevent Falls?

SEE YOUR DOCTOR

Fall prevention is just another reason doctor visits are so important for seniors. Age related issues, such as vision problems or impaired joints, could increase your risk of falling. Balance disorders are another risk factor. People with osteoporosis have a higher risk of fractures and broken bones. Ask your doctor or pharmacist to review all your medications, including those you buy over the counter. Drug interactions can make you sleepy or dizzy—blood pressure medicine is a common culprit. Have your vision and hearing checked at least once a year. Talk to your doctor about beginning a regular exercise program, such as yoga, that includes strength and balance exercises.

A Matter of Balance: Managing Concerns about Falls

Learn Fall Prevention Tips!

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MAKE YOUR HOME SAFER

The majority of falls happen at home. Here are a few things you can do to make home a safer space:

1. Remove trip-hazards such as small throw rugs.
2. Reduce clutter in walking areas.
3. Organize your cabinets so you don't need a step stool to reach items you use often.
4. Have grab bars installed next to your toilet and in the tub or shower. Use non-slip mats in the tub and on the floor of your shower.
5. Make sure your home is well lit, inside and out, especially in the bathroom, and at the top and bottom of stairs.
6. Have handrails on all staircases, inside and outside, and use them!
7. Wear non-skid shoes and keep floors dry.
8. Replace any chairs with wheels on them.

Find Your Balance

A balance disorder is a problem of the inner ear, which regulates balance. You may be unsteady on your feet, feel like the room is spinning around you, or have the sensation that you are moving when you are standing still. If you have any of these symptoms or lose your balance often, see your health care provider.

BALANCE EXERCISES FOR SENIORS (USING A CHAIR)

Standing on One Foot

Improve your balance by standing on one foot.

1. Stand on one foot behind a sturdy chair, holding for balance.
2. Hold position for up to 10 seconds.
3. Repeat 10–15 times with each leg.

Back Leg Raises

Strengthen your buttocks and lower back with back leg raises.

1. Stand behind a sturdy chair, holding on to the chair for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg straight back without bending the knee or pointing the toes. Try not to lean forward. The leg that is being used to stand on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10–15 times with each leg.

Side Leg Raises

Strengthen your hips, thighs, and buttocks with side leg raises.

1. Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10–15 times with each leg.



FALL PREVENTION

Our partnerships with various organizations throughout Marin County, we're happy to direct you to a variety of fall prevention resources for seniors:



Caregivers &
In-Home Support



Classes & Events



Fall Monitoring
Devices



Fall Resources
& Research



Home Repairs &
Modifications



In-Home
Risk Assessments



Medical Supplies
& Equipment



Nutrition



Transportation

To learn more, visit
www.mymarinhealth.org/fallprevention