

# 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.



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More than  
**27,000**

older adults died as a result of falls—that's 74 older adults every day.



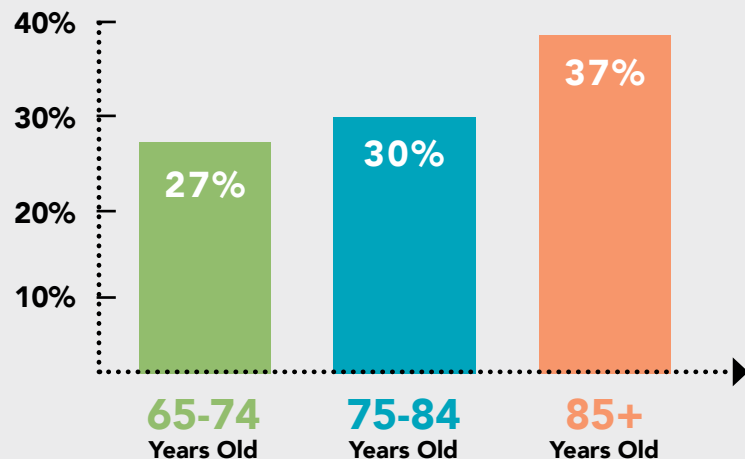
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Among older Americans falls are the #1 cause of:

- Death from injury
- Injuries

## Falls Increase with Age:

Percent of older adults who reported a fall:



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

## Take Action:



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

**STEADI Initiative:**  
[cdc.gov/steady](https://www.cdc.gov/steady)

**STEADI Patient Materials:**  
[cdc.gov/steady/patient.html](https://www.cdc.gov/steady/patient.html)

**National Council on Aging Falls Prevention (NCOA):**  
[.ncoa.org/healthy-aging/falls-prevention/](https://www.ncoa.org/healthy-aging/falls-prevention/)



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