

Falls Prevention

*Falls are **NOT** a necessary part of aging.*

According to the National Council on Aging (NCOA), more than 12 million people fall every year in the United States and one older adult is treated in an emergency department every 15 seconds because of a fall. The American Trauma Society, Pennsylvania Division and the NCOA recommend **six easy ways** to prevent falls:

1

Participate in an exercise or balance program. These programs help build balance, strength and flexibility.



2

Talk to your doctor about your risk of falling.



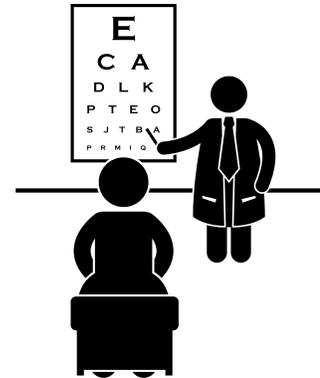
3

Review your medications to make sure potential side effects are not increasing your risk of falling. Different medications, when interacting together, can sometimes cause dizziness.



4

Have your vision and hearing checked annually.



5

Keep your home safe; remove any potential tripping hazards, ensure rooms have adequate lighting, make sure stairs are safe and install grab bars in bathrooms, bedrooms, etc. if needed.



6

Falls prevention is a team effort. Talk to your family and involve them in preventing falls.



For more information, contact your local Office of Aging or the American Trauma Society, Pennsylvania Division at 717-766-1616 or atspa@atspa.org.