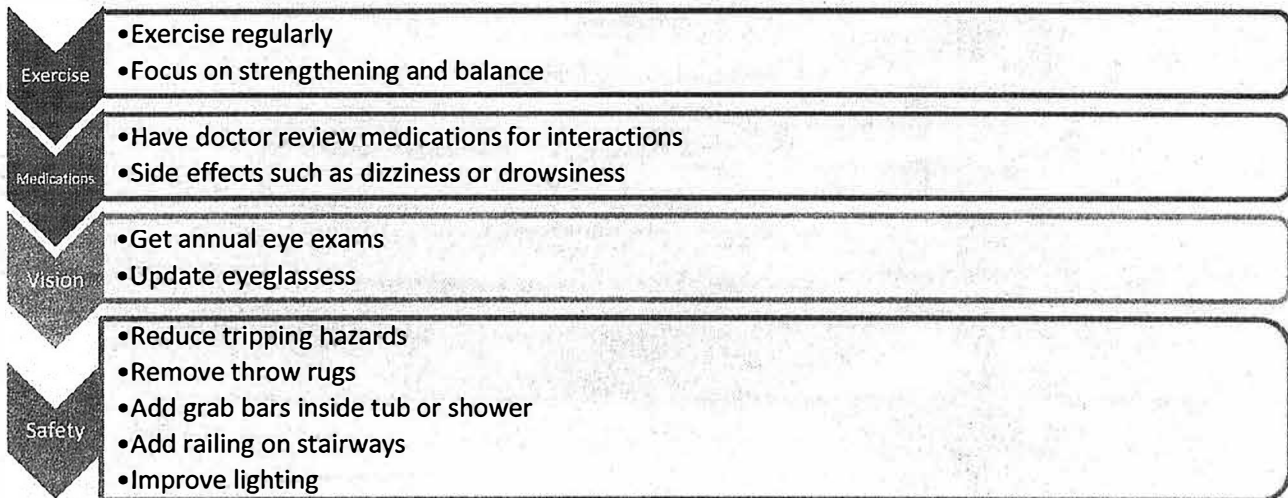


## Fall Prevention MU Patient Education Series

Each year, one in every three adults age 65 and older falls. Falls can cause moderate to severe injuries, such as hip fractures, head injuries, and can increase the risk of early death. Your safety is important. Falls can be prevented and you have the ability to reduce your risk.

### HOW CAN OLDER ADULTS PREVENT FALLS?



### FALL REDUCTION TIPS:

- Remove things you can trip over
- Install handrails and lights on all staircases
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping
- Keep items you use often within easy reach
- Avoid using a step stool
- Use non-slip mats in the bathtub and on shower floors
- Improve the lighting in your home



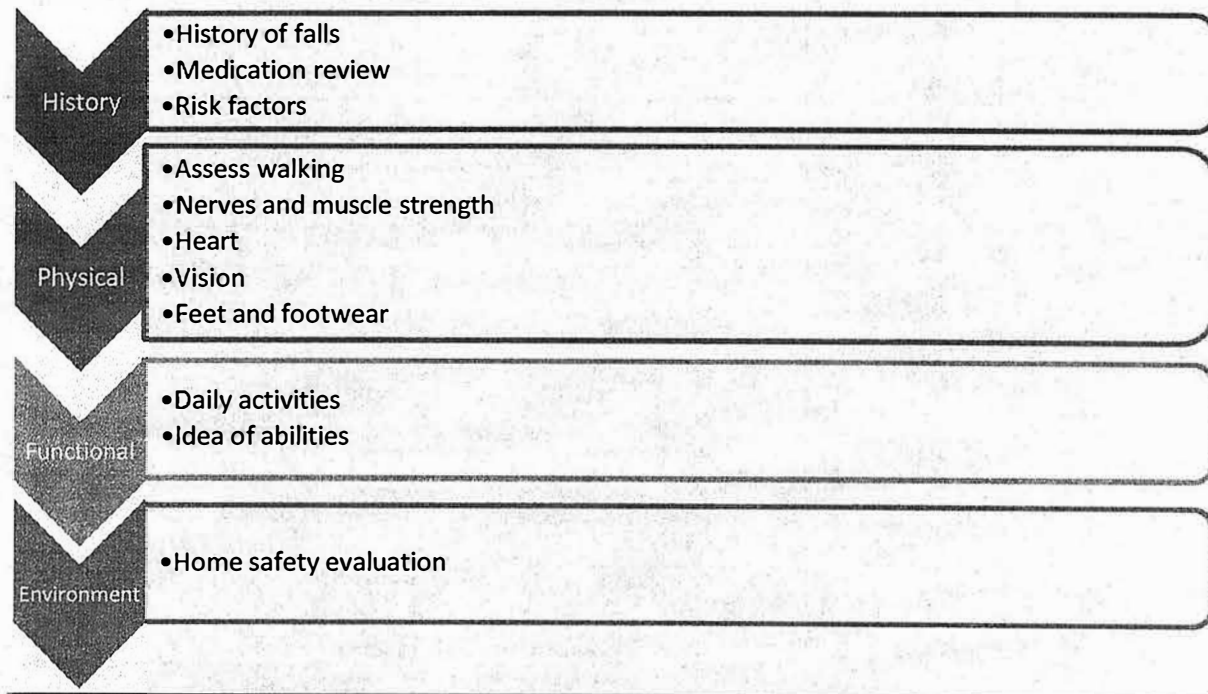
# Fall Prevention

## MU Patient Education Series

- Hang light-weight curtains or shades to reduce glare
- Wear shoes both inside and outside the house
- Avoid going barefoot or wearing slippers

Check these to prevent falls.

### SCREENING & ASSESSMENT:



### References:

Center for Disease Control & Prevention. What you can do to prevent falls.

[http://www.cdc.gov/HomeandRecreationalSafety/pubs/English/brochure\\_Eng\\_desktop-a.pdf](http://www.cdc.gov/HomeandRecreationalSafety/pubs/English/brochure_Eng_desktop-a.pdf)

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