

# FALL PREVENTION



## Statistics

36,000,000 falls reported among older adults each year.

32,000 of the falls result in death.

300,000 older adults are hospitalized for hip fractures.

1 in 5 falls causes injury.



## Home Modifications



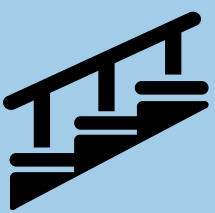
Remove any fall hazards, such as clutter and rugs.



Improve lighting.



Wear appropriate footwear.



Use handrails.

## Prevention

Routinely check eyes and ears.



Regularly test blood pressure.



Stay physically active.



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# FALL PREVENTION

Falls are one of the most common issues in older adults and can result in serious injury as well as an increased feeling of isolation and fear of falling. As a healthcare provider, you must assess intrinsic and extrinsic causes. Examine their physical state and how their basic and instrumental activities of daily living are impaired, making sure to tailor questions in a way that addresses such areas.

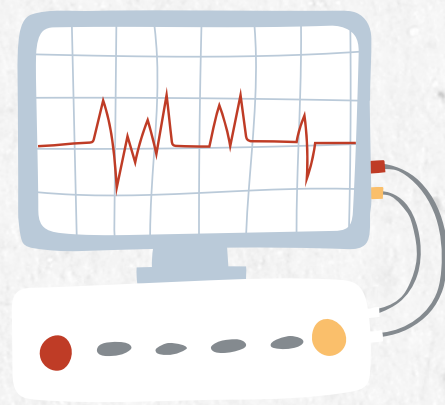
## THOSE AT RISK



Groups at risk include those above the age of 65, those who use four or more medications such as benzodiazepines, individuals who live alone, have medical conditions, impaired vision, and have poor nutrition.

## PREVENTION

As a healthcare provider, urge the patient to have their eyes and ears tested regularly, as well as their blood pressure. Support them in staying physically active in a way that does not risk injury. Vitamin D supplements can also improve muscle strength and balance.



## HOME ASSESSMENT



Home modifications are useful in assisting patients at risk with their ADLs and IADLs. Install handrails, improve lighting, reduce clutter, remove or secure rugs, and place items on shelves at eye-level.

## FEAR OF FALLING

In addition to assessing the physical aspect and practical needs to perform ADLs, also address their fear of falling. Of the 70% of individuals who report fear of falling, 50% may limit social or physical activity, only increasing their fall risk.

