

## Four Things You Can Do to Prevent Falls:

### ① **Speak up.**

Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.

### ② **Keep moving.**

Begin an exercise program to improve your leg strength and balance.

### ③ **Get an annual eye exam.**

Replace eyeglasses as needed.

### ④ **Make your home safer.**

Remove clutter and tripping hazards.

## Learn More

Contact your local community or senior center for information on exercise, fall prevention programs, and options for improving home safety, or visit:

- [go.usa.gov/xN9XA](http://go.usa.gov/xN9XA)
- [www.stopfalls.org](http://www.stopfalls.org)



# Stay Independent

## Learn more about fall prevention.

1 in 4 people 65 and older falls each year.

For more information, visit [www.cdc.gov/steady](http://www.cdc.gov/steady)

This brochure was produced in collaboration with the following organizations: VA Greater Los Angeles Healthcare System, Geriatric Research Education & Clinical Center (GRECC), and the Fall Prevention Center of Excellence



**Centers for Disease Control and Prevention**  
National Center for Injury Prevention and Control

**STEADY**



EvergreenHealth

## Check Your Risk for Falling

Circle “Yes” or “No” for each statement below			Why it matters
Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
<b>Total</b>		Add up the number of points for each “yes” answer. If you scored 4 points or more, you may be at risk for falling.	



# Family Caregivers:

## Protect Your Loved Ones from Falling



### Learn More

For information about fall risks and prevention:  
[cdc.gov/homeandrecreationalafety/falls/adultfalls.html](https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html)

Find STEADI brochures for older adults at [cdc.gov/steady/patient.html](https://www.cdc.gov/steady/patient.html)

- Stay Independent
- What YOU Can Do to Prevent Falls
- Check for Safety: A Fall Prevention Checklist for Older Adults
- Postural Hypotension: What It Is and How to Manage It

For help creating a list of your loved one's medications,  
visit [AARP.org](https://www.aarp.org) and print a "Personal Medication Record."

For information on local fall prevention programs, visit the  
National Council on Aging at [NCOA.org](https://www.ncoa.org)



**Centers for Disease  
Control and Prevention**  
National Center for Injury  
Prevention and Control

### STEADI

Stopping Elderly Accidents,  
Deaths & Injuries



# Take Action



**Every second  
of every day, an  
older adult falls.**

Many of these falls cause injuries, loss of independence, and in some cases, death. Falls can be prevented. As a family caregiver, you can help.

## Speak Up

**Talk openly with your loved one and their healthcare provider about fall risks and prevention.**

- Tell a healthcare provider right away if your loved one has fallen, or if they are worried about falling, or seem unsteady.
- Keep an updated list of your loved one's medications. Show a healthcare provider or pharmacist all of their medications, including over-the-counter medications, and supplements. Discuss any side effects, like feeling dizzy or sleepy.
- Ask their healthcare provider about taking vitamin D supplements to improve bone, muscle, and nerve health.

## Keep Moving

**Activities that improve balance and strengthen legs (like Tai Chi) can prevent falls.**

- Exercise and movement can also help your loved one feel better and more confident.
- Check with their healthcare provider about the best type of exercise program for them.

## Have Eyes and Feet Checked

**Being able to see and walk comfortably can prevent falls.**

- Have their eyes checked by an eye doctor at least once a year.
- Replace eyeglasses as needed.
- Have their healthcare provider check their feet once a year.
- Discuss proper footwear, and ask whether seeing a foot specialist is advised.

## Make the Home Safe

**Most falls happen at home.**

- Keep floors clutter-free.
- Remove small throw rugs, or use double-sided tape to keep the rugs from slipping.
- Add grab bars in the bathroom—next to and inside the tub, and next to the toilet.
- Have handrails and lights installed on all staircases.
- Make sure the home has lots of light.

