



# Fall Prevention for Seniors - Stay Safe, Stay Independent

As we age, one of the greatest threats to our independence is the risk of falls. Did you know that one in four seniors over the age of 65 experiences a fall each year? Falls are not only common but can also lead to serious, life-altering consequences.

Stay safe, stay independent  
- fall prevention starts with you!



Falls are the leading cause of both fatal and nonfatal injuries among older adults. They can result in broken bones, hip fractures, and head injuries, which often require long-term medical care and rehabilitation. The recovery process can be lengthy and challenging, potentially leading to a loss of independence and mobility. Additionally, the fear of falling again often leads seniors to limit their activities, resulting in decreased physical fitness and social isolation.

## Prevention is Key

The good news is that many falls are preventable. Here are some effective strategies:



### Exercise Regularly

Strength and balance exercises, like tai chi or yoga, can improve coordination and muscle strength.



### Health Check-ups

Regular vision and hearing exams can help detect issues that might increase fall risk. Review medications with your doctor to avoid side effects such as dizziness.



### Home Safety Modifications

Remove tripping hazards, install grab bars in bathrooms, and ensure adequate lighting throughout the home.



### Stay Active and Engaged

Staying socially active and engaged in the community can help maintain physical and mental health.

Preventing falls is essential for maintaining the health, independence, and quality of life of our senior community members. By taking proactive steps, we can help ensure that our loved ones stay safe and active for years to come.



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