



# Fall Prevention

Falls are the main reason why many older adults lose their independence. Reducing the risks of a fall begins at home. Through education and self-examination, we can eliminate the likelihood of falls.

In addition to causing a physical injury, falls can impact a person emotionally and socially. Bottom line, a fall can significantly change a person's quality of life.

Unfortunately, the fear of falling often causes older adults to avoid leaving the house, decline social invitations, and miss important family functions. This behavior can lead to feelings of anxiety, loneliness, social isolation, sadness and depression.

## Falls Don't Just Happen!

Falls are usually caused by one or more risk factors. A risk factor is something that increases a person's chances of falling. Risk factors may be linked to a physical condition, a medical problem, or the home environment. Arthritis, poor eyesight, taking multiple medications, dehydration, and lack of grab bars in the bath tub are a few examples of risk of falling. By identifying and addressing risk factors promptly, many falls can be prevented.

Fall and injury prevention continues to be a considerable challenge to seniors, especially those who don't use a cane or walker.

## Steps to Fall Prevention

Understanding risk factors and implementing fall prevention strategies are key to avoiding falls. Ask for advice on senior fall prevention from your doctor or a home care agency. We can implement a senior fall prevention program to help reduce risk factors based on an individual's health condition and needs.

Our commitment to invest in educating older adults, their families, caregivers, and service providers about ways to reduce falls is crucial for the ongoing quality of life of our client's.

