

Fall-Proofing for Aging Adults



Did you know that falls are the leading cause of hospitalization and ambulance calls for aging adults?



One in three adults age 65 and older falls each year. Falls can lead to severe injuries and hospitalization and even early death.

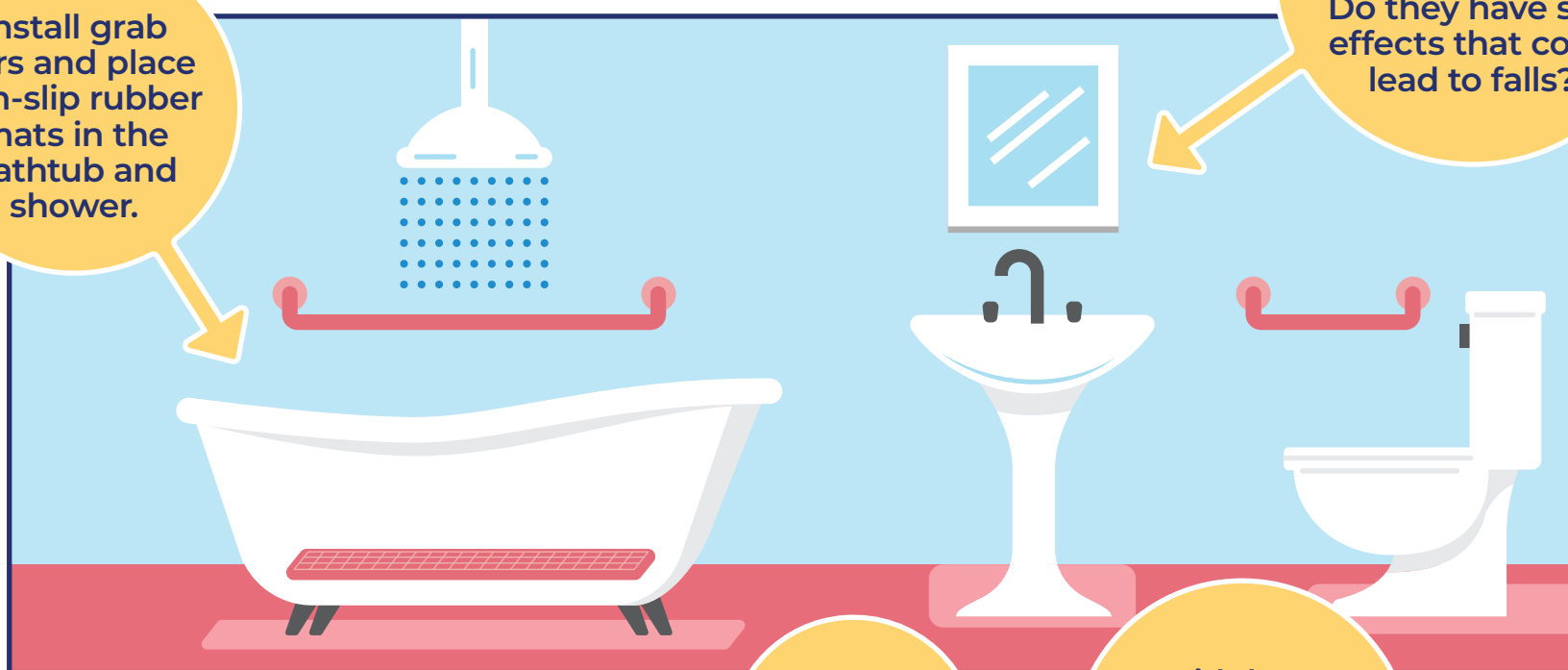


Among older adults, falls are the leading cause of injury death and are the most common cause of traumatic brain injury.

These tips can help reduce the risk of falls and promote healthier, more independent lives for older adults.

Install grab bars and place non-slip rubber mats in the bathtub and shower.

Understand the side effects of your loved one's medications. Do they have side effects that could lead to falls?



Immediately clean up any spills.

Install nightlights.

Avoid the use of scatter rugs, and clear the floor of clutter and cords.

