Learn More

For information about fall risks and prevention:
cdc.gov/homeandrecreationalsafety/falls/adultfalls.html

Find STEADI brochures for older adults at cdc.gov/steadi/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

Family Caregivers:
Protect Your Loved Ones from Falling

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

For help creating a list of your loved one’s medications, visit AARP.org and print a “Personal Medication Record.”

For information on local fall prevention programs, visit the National Council on Aging at NCOA.org

MaineHealth
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Portland, ME 04101

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Take Action

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.

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.

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.

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.