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Library Blog- Seniors

Falls can be a worrying topic for older adults, especially considering that falls are the number one cause of injuries for people over sixty-five (National Council on Aging [NCOA], 2020). However, there are steps you can take to prevent falls for yourself and for your loved ones. One important measure is removing hazards from the home; ensure that rugs lie flat and are secure, move wires and shoes away from the center of the floor, and add non-slip mats to the bathroom (Mayo Clinic Staff, 2020). It is also a good idea to add extra lighting to your home, especially near the stairs, and to ensure that you have your vision checked every year (NCOA, 2020). Side effects from medications, such as dizziness and lightheadedness, can also lead to falls, so make sure to speak with your doctor about any concerns you may be having regarding your prescriptions. Finally, utilize assistive devices if necessary. When used properly, canes, walkers, and safety bars can be very effective (Mayo Clinic Staff, 2020). Falls are dangerous, but many can also be prevented with education, intervention, and diligence.

References:

- 6 Steps for Preventing Falls Among Your Older Loved Ones. (2020). *National Council on Aging*. Retrieved from <https://www.ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/6-steps-to-protect-your-older-loved-one-from-a-fall/>
- Mayo Clinic Staff. (2020). Fall prevention: Simple tips to prevent falls. *Mayo Clinic*. Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358>