



OHIOHEALTH TRAUMA
Injury Prevention

How you can prevent falls

1 in 4 older adults will fall this year.

Are you at risk?

A simple fall can change your life. The good news is that falls are preventable, and the OhioHealth Injury Prevention program can help. You'll learn how to decrease your risk of falling so you can live a full and active life.

Risk assessment

Circle "yes" or "no" for each statement below			Why it matters
Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total score:			Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk of falling. Discuss this brochure with your doctor.

FIND A DOCTOR!

Do you need a primary care provider? Visit [OhioHealth.com/FindADoctor](https://www.ohiohealth.com/FindADoctor) or call (614) 4-HEALTH (443-2584) to find a physician.



Preventing falls

Establish relationships with trusted healthcare partners

- + Talk to your doctor if you have trouble doing daily activities or worry about falling or feel unsteady.
- + Review your medications with your doctor.
 - Maintain a current list.
 - Ask which medications increase your risk of falling.
 - Talk about any side effects, like sleepiness or dizziness.
 - Ask if taking vitamin D supplements with calcium could improve your bone, muscle and nerve health.
- + Get yearly eye examinations
 - Tell your provider about any vision changes.
 - Make certain your eyewear is up to date.

Stay active

Staying active, and focusing on activities that strengthen your legs and improve your balance, are among the best things you can do to prevent falls. Our program includes many opportunities for you to build strength, balance, flexibility and coordination — and classes are always evolving to meet your needs. We offer:

- + Fall prevention workshops
- + Tai Chi
- + Yoga
- + Water workouts

Go to OhioHealth.com/Locations/Health-and-Fitness to find a location, sign up for a class and more.

Home safety

Falls often happen because of hazards that are easy to overlook, but easy to fix. The following checklist can help make your home safer:

FLOORS

- Remove rugs, or use double-sided tape or nonskid backing.
- Pick up things on the floor to avoid tripping.
- Arrange furniture so there is a clear path for walking.
- Coil or tape wires next to the wall.

STAIRS AND HALLWAYS

- Fix loose or uneven steps.
- Fix loose handrails or put in new ones. Make sure handrails are on both sides of stairs.
- Install lighting and switches at the top and bottom of stairs.
- Keep stair and hallways clear of objects.

BEDROOM

- Lighting is important! Place a lamp close to your bed within easy reach.
- Install night lights to help you see the path you are walking.
- Keep items off the floor to ensure a clear path.

KITCHEN

- Keep items you use often on lower shelves.
- If you need a step stool, use one with a bar to hold onto. Never use a chair to stand on, since they can slide or tip.

BATHROOM

- Put a nonslip, rubber mat or self-stick strips on the floor of the tub or shower.
- Install grab bars for support getting in and out of the shower, or up from the toilet.
- Consider a shower chair or elevated toilet seats.

Take your time

Rushing through tasks or hurrying to get somewhere can greatly increase your chances of falling.

Be Prepared

Whether you wear a safety alert device or plan to use your cell phone, be prepared and know how you would get help in case you fall and can't get up.



Community resources

OhioHealth and all our community partners in Ohio want to help you live your best life and stay independent. These local resources can provide you with assistance. Call or visit their websites for additional information.

The following partners also offer exercise classes promoting an active lifestyle:

- + SilverSneakers.com
- + SilverAndFit.com
- + Community Centers
- + Senior centers
- + YMCA
- + NCOA.org
- + OhioAging.org
- + Local fall prevention workshops

LEARN MORE

Go to OhioHealth.com/Locations/Health-and-Fitness to find a location, sign up for a class and learn more.

Content sources:

CDC: [CDC.gov/HomeAndRecreationalSafety/Falls/AdultFalls.html](https://www.cdc.gov/HomeAndRecreationalSafety/Falls/AdultFalls.html)

STEADI Initiative: [CDC.gov/STEADI](https://www.cdc.gov/STEADI/)

STEADI Patient Materials: [CDC.gov/STEADI/Patient.html](https://www.cdc.gov/STEADI/Patient.html)

National Council on Aging Falls Prevention:

[NCOA.org/Healthy-Aging/Falls-Prevention/](https://www.ncoa.org/Healthy-Aging/Falls-Prevention/)

