

The ABCs of Fall Prevention



There's no doubt that some people may dismiss falls as inconsequential. Others view falls as an unavoidable part of aging. However, according to fallprevention.org, "falls are more common than strokes" and the consequences can be just as harmful and permanent. Many of the root issues that lead to falling are preventable. Here are some easy tips that may save you from an injurious fall.

A^{ssistance} if Needed

Assistant devices can help keep you steady in areas or situations conducive to falling. Be sure to include assistance devices in the home as this is where most falls occur.

Assistance devices include:

- hand rails
- nonslip treads
- armrests and raised toilet seats
- grab bars and/or plastic seating for the shower or tub

B^{eware} of Hazards

Make sure to clear your home of all potential hazards.

- store commonly used items (clothing, food, etc) within easy reach
- clean and clear away any spills or dropped items immediately
- remove any low sitting or "easy to miss" furniture and/or decor from high-traffic areas
- secure loose rugs, floor boards, cords, and other obstacles

C^{heck} with a Professional

Always speak with a medical professional if:

- you are taking medications. There are several medications that may increase your chances of falling. Some meds may interact strangely with others.

- you have a health condition that cause you to fall. Trouble with balance, nausea, vision, and many other issues can contribute to falling
- you have fallen before

Dress for Success

Preventing falls may sometimes be as simple as wearing sensible clothing and shoes. Binding, oversized clothing or improper shoes can be a hazard. Do wear:

- non-binding, comfortable clothing
- lace-up shoes instead of slip-ons
- nonskid soles and avoid extra thick soles

Exercise Regularly

Regular physical activity, with an OK from your doctor, can be a major part of fall prevention. If regular walking is too much of a strain, gentle exercises like water workouts and even chair exercises can help strengthen joints and muscles.

Finally...

Even if you do take preventative measures, falls can happen and should be taken seriously. For senior citizens especially, falls can lead to hip and bone injuries, head injuries, or even death. Taking the time to properly recover from an injurious fall can prevent deteriorating health and greatly reduce the risk of falling again. For more information on fall prevention or recovery from a fall, be sure to visit [Human function online](#).

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