



Preventing Falls and Fractures

An injury from falling can limit a person's ability to lead an active, independent life. This is especially true for older people. Each year thousands of older men and women are disabled, sometimes permanently, by falls that result in broken bones. Yet many of these injuries could be prevented by making simple changes in the home. Your elders can take the following steps to make their homes safer and reduce the likelihood of falling:

- Use caution when getting up too quickly after eating, lying down, or resting.
- Wear supportive rubber-soled or low-heeled shoes.
- Talk to their doctor or pharmacist about the side effects of the medicines they are taking and whether they affect their coordination or balance.

Tips for a Safe Home

- Stairways, hallways, and pathways should have good lighting and be free of clutter.
- Bedrooms should have nightlights or light switches within reach of the bed.
- Bathrooms should have grab bars located in and out of tubs and showers and near toilets.
- Living areas should have couches and chairs at proper height to get into and out of easily.