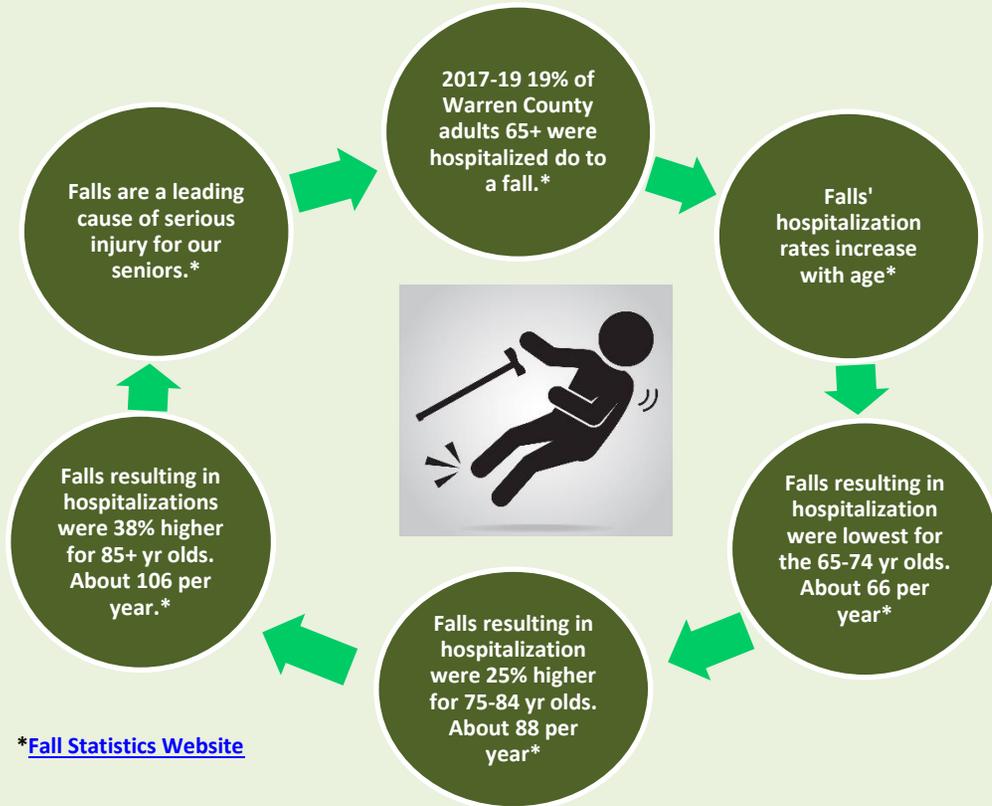


# Warren County Seniors & Facts About Falls



## Impact from Falls<sup>^</sup>

95% of hip fractures are caused by falling, usually by falling sideways<sup>^</sup>

Falling once doubles your chances of falling again.<sup>^</sup>

Falls are the most common cause of traumatic brain injuries (TBI).<sup>^</sup>

Falls are a leading cause for the loss of independence for seniors.<sup>^</sup>



## CONDITIONS THAT INCREASE YOUR RISK FOR FALLS

- Lower body weakness
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants. Some over-the-counter medicines can affect balance and how steady you are on your feet.
- Vision problems
- Foot pain or poor footwear
- Home hazards or dangers (e.g. throw rugs, cords, clutter)

## What You Can Do to Prevent Falls

Talk with Your Doctor about Fall Risks and Review Meds

Do Strength and Balance Exercises (yoga, Tai Chi are good examples)

Have Your Eyes Checked at Least Once a Year

Make your Home Safer. Remove clutter, add grab bars and railings where they are needed

