

Family Caregivers: PROTECT YOUR LOVED ONES FROM FALLING



Learn More:

For information about fall risks
and prevention:

CDC

cdc.gov/homeandrecreational/safety/falls/adultfalls.html

STEADI brochures for older adults

cdc.gov/steady/patient.html

- Stay Independent
- What You Can Do To Prevent Falls
- Check for Safety: A Fall Prevention Checklist for Older Adults
- Postural Hypotension: What It Is and How To Manage It

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For help listing your loved one's medications, visit
AARP and print a "Personal Medication Record"
aarp.org

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For tips for Older Adults and Caregivers to
Prevent Falls, visit the **National Council on Aging**
ncoa.org/healthy-aging/falls-prevention



Take Action:



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Every second of every day an older adult falls.

Many of these falls cause injury, loss of independence, and in some cases, death. Falls can be prevented. As a family caregiver, you can help.



Speak Up

Talk openly with your loved one and their healthcare provider about fall risks and prevention.

- Tell a healthcare provider right away if your loved one has fallen, or if they are worried about falling, or seem unsteady.
- Keep an up-to-date list of your loved one's medications. Show a healthcare provider or pharmacist all of their medications, including over-the-counter medications and supplements. Discuss any side effects like feeling dizzy or sleepy.
- Ask their healthcare provider about taking vitamin D supplements to improve bone, muscle, and nerve health.



Have Eyes and Feet Checked

Being able to see and walk comfortably can prevent falls.

- Have their eyes checked by an eye doctor at least once a year.
- Replace eyeglasses as needed.
- Have their healthcare provider check their feet once a year.
- Discuss proper footwear, and ask whether seeing a foot specialist is advised.



Make the Home Safe

Most falls happen at home.

- Keep floors clutter free.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Add grab bars in the bathroom—next to and inside the tub, and next to the toilet.
- Have handrails and lights installed on all staircases.
- Make sure the home has lots of light.



Keep Moving

Activities that improve balance and strengthen legs (like Tai Chi) can prevent falls.

- Exercise and movement also make your loved one feel better and more confident.
- Check with their healthcare provider about the best type of exercise program for them.