Starting An Exercise Routine
• Seek your doctor’s approval before starting a new exercise routine. Start slow, wear the proper shoes and drink plenty of water.
• If you experience any chest pain/pressure, dizziness or shortness of breath, stop your exercise routine and notify your doctor immediately.
• Consider participating in activities such as walking, light weight lifting, dancing, yard work, Tai Chi and strengthening exercises.

Common Injuries From Falls
Injuries resulting from falls are the leading cause of death for adults over 65 years of age.

Hip fractures and traumatic brain injuries are the most serious fall-related injuries.

Hip Fractures
• 95% of hip fractures are caused by falls.
• Hip fractures normally require hospitalization for up to a week and placement in a rehabilitation or nursing home facility.

Traumatic Brain Injuries
• Falls are the leading cause of traumatic brain injuries among older adults.
• Traumatic brain injuries are caused by any bump or blow to the head interrupting normal function of the brain (ranging from mild to severe).
• Any fall involving your head must be followed up by a doctor immediately.

Additional Resources
Many resources are available for transportation, meals and social services. For other fall prevention resources, please visit ODPS.com and locate the Elderly Fall Prevention Resource Guide in the Resource section under the division of EMS.

Hamilton & Butler County In-Home Modification Consultants
Whole Home Modifications
Certified Aging in Place professionals provide products such as grab bars, aluminum access ramps, and accessible bath, kitchen and other necessary modifications. Call (513) 482-5100 or visit wholehome.org.

Rebuild Independence
Certified Aging in Place specialists identify areas that need improvement to help you to remain safely in your home. Call (513) 276-0515 or visit rebuildindependence.com.

Handypro Cincinnati
Professional handymen focus on all your repair and improvement needs, including home modifications for seniors and disabled individuals. For a free estimate call (513) 258-2490 or visit handypro.com/oh-cincinnati.html.

Butler County Senior Services
Offers minor repairs and safety upgrades. Visit butlercountyohio.org/elderservices or call (513) 868-9281 or 1 (800) 215-5305.

If you need further assistance with locating resources for fall prevention please call the injury prevention coordinator at (513) 584-5382.
Steps To Prevent Falls

1. Improve physical activity.
   • Exercise improves your overall health including your heart, lungs, and circulation. Many activities can reduce your risk of falling by improving strength, balance, coordination, and flexibility.

2. Review medications with your pharmacist or doctor.
   • Some medications may make you feel dizzy or sleepy. Speak with your doctor about different options for medication usage.
   • Due to the increased risk for injury while taking blood thinners, all falls must be evaluated by a doctor immediately.

3. Annual vision and hearing screenings
   • Poor vision and hearing increases your risk for falling.

4. Home safety
   • Simple changes to your home environment can keep you safe and allow you to live independently.

Home Modification Checklist
- Place handrails on both sides of stairwell.
- Place proper lighting throughout home (especially a bedside lamp that is easily accessible)
- Reduce clutter on floor near walking paths.
- Remove throw rugs or attach to floor with no-slip strips.
- Attach grab bars in restroom and shower.
- Use non-skid mats on floor and in bathtub.
- Use nightlights in hallways and bedrooms.
- Keep electrical/phone cords away from walking areas.
- Keep items you use often within reach.
- Do not stand on chairs.
- Position a telephone so that it can be easily reached from the floor.

After a fall, one in five adults will have a serious injury such as head trauma or fracture.