

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/elderlyservices 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.



Fall Prevention Guide for Older Adults

**Injury Prevention Program
UC Health Trauma Services**

Senior Fall Facts

Every 15 seconds, an older adult is seen in a hospital emergency department for a fall-related injury.

Older adult falls are the leading cause of death for Ohioans over 65 and the number one cause of fatal and non-fatal injuries. This resource guide provides helpful tips to prevent falls and serious injuries.

Fall Risk Factors

The risk for falling and sustaining an injury increases with age. Some risk factors can be modified to decrease the risk of falling.

- History of Falling
- Poor Vision and Hearing
- Fear of Falling
- Advanced Age
- Physical Inactivity
- Lower Body Weakness
- Home Hazards
- Medications Causing Dizziness
- Difficulties with Gait and Balance
- Chronic Conditions (Arthritis, Diabetes, Stroke)

What To Do After A Fall

Stay calm. Try not to panic. If you are able, crawl to a couch or chair and pull yourself up slowly. If you are alone, crawl or slide to the nearest telephone and call 911.

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.

