

Stay Safe at Home

Fall Prevention for Aging Adults



Why Falls Happen

Environmental Factors:

- Slippery or wet surfaces
- Poor lighting
- Cluttered walkways
- Poor-fitting footwear

Age-Related Physical Changes:

- Vision related changes
- Decreased balance
- Loss of strength
- Slower reaction time



Did you know?

- Falls are the leading cause of fatal and non-fatal injuries in older adults. ¹
- 1 out of every 5 falls results in a serious injury, like a broken bone or head injury. ²
- 1 in 4 older adults fall each year. ³
- Falls and the fear of falling can significantly affect your quality of life.

Falls are Preventable

Additional Resources

MICHIGAN TRAUMA COALITION

Fall prevention resources and programs.



NCOA

Offers education, tools, and programs to help older adults reduce their fall risk.



MICHIGAN 211

Provides local support services, including fall prevention resources.



NIA

Information on fall prevention, aging in place, and maintaining health and safety at home.





Home Checklist

Floors

- ☐ Keep furniture out of walkways
- ☐ Secure or remove rugs
- ☐ Anchor tall furniture
- ☐ Tape cords/wires against the wall to eliminate a tripping hazard

Stairs

- ☐ Fix uneven steps
- ☐ Brighten stairways
- ☐ Install handrails on both sides
- ☐ Slip-resistant treads
- ☐ Remove items off of stairs
- ☐ Use a bag to carry items and to keep your hands free

Bathroom

- ☐ Non-slip mats/strips in shower
- ☐ Install grab bars (not towel rods)

Bedroom

- ☐ Lamp within arms reach of bed
- ☐ Night lights or motion lighting

Other

- ☐ Use a step stool with a handle
- ☐ Store frequently used items within easy reach



Personal Health

- Complete an annual physical
- Have your pharmacist review your medications annually
- Complete an annual vision check
- Complete an annual hearing check
- Stay physically active
- Ask your doctor for a balance assessment
- Get a checkup if you have fallen two or more times



Emergencies

- Keep large print emergency numbers by your phone
- Consider using an alarm device
- Stay connected with a friend or family member who can check in daily

¹ Centers for Disease Control and Prevention. (2024, May 16). *About older adult fall prevention*. U.S. Department of Health and Human Services. <https://www.cdc.gov/falls/index.html>

² Centers for Disease Control and Prevention. (n.d.). Falls are a major threat to older adults. U.S. Department of Health and Human Services. <https://www.cdc.gov/steady/media/pdfs/STEADI-FactSheet-MajorThreat-508.pdf>

³ Centers for Disease Control and Prevention. (2024, May 16). *Facts about falls*. U.S. Department of Health and Human Services. <https://www.cdc.gov/falls/data-research/facts-stats/index.html>

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