1 of every 3 adults 65 years or older in the United States falls each year.

IF YOU FALL – STAY CALM

If you can get up . . .

• Roll to your side.
• Roll to your hands and knees.
• Crawl to something stable to help you get up.
• Tell a friend or family member you fell.

If you can’t get up . . .

• Slide/crawl to the telephone or front door.
• Call 911.
• Stay comfortable until help arrives.
• Tell your doctor you fell.

If you have fallen before, consider these actions . . .

• Ask for a fall risk assessment from your healthcare provider.
• Consider getting a personal alarm.
• Have a cell phone clipped to your belt with preprogrammed numbers.
• Have a key at your neighbor’s home.

WWW.AZSTOPFALLS.ORG

LIST OF CONTACTS:

Emergency: Dial 911
Area Agency on Aging: 602-267-HELP
This publication can be provided in an alternate format upon request.
Call 602-262-6862 (voice) or 602-262-6713 (TTY).

SELECTED INFORMATION SOURCES:

Falls don’t have to be a part of getting older... Your Balance is in Your Hands.

RISK FACTORS FOR FALLING
- Being physically inactive.
- Difficulty with balance.
- Poor muscle strength.
- Taking multiple medications and supplements.
- Hazards in your home and community.
- Poor vision.

9,758 hospital admissions in Arizona in 2004 were related to an injury after a fall.

HEALTH CARE
- Get Regular Check-ups. Schedule regular check-ups with your healthcare provider and ask for a fall risk assessment.
- Check Medications and Supplements. Review all your medications and supplements, which can work against each other.

SAFE HOME
- Remove throw rugs and clutter on the floor.
- Install carpet or non-slip tile.
- Light throughout including switches in reach and nightlights.
- Install handrails on steps.
- Install grab bars and slip-resistant mats in bathrooms.
- Put items within easy reach.
- Avoid ladders and standing on chairs.
- Wear non-slip, well-fitting shoes.

SAFE YARD
- Light steps and paths.
- Remove clutter.
- Install non-slip material on steps.
- Ensure there’s no grease/oil on garage floor.

PHYSICAL ACTIVITY
- Get Moving. First, check with your healthcare provider. Then, GET MOVING!
- Start Slowly. Then build up to 30 minutes per day, five days a week.
- Feel Better! Physical activity ...
  - Increases strength and flexibility.
  - Improves balance.
  - Improves sleep.
  - Helps maintain energy.
  - Helps maintain a positive mood.
- Make it Fun!
  - Play with the grandkids.
  - Walk the dog.
  - Stretch and do strength training.
  - Try Tai Chi, dance ... Be creative. They all qualify!

EYE CARE
- Have annual eye exams.
- Correct your glasses or other conditions.
- Keep glasses in easy reach.

NUTRITION
- Eat a well-balanced diet.
- Drink six 8-ounce glasses of water daily, especially in warm weather.
- Limit alcohol.

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