

**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:**

*Preventing Falls Among Seniors*, National Center for Injury Prevention and Control, Atlanta, GA, via the Internet. *Pennsylvania's Healthy Steps for Older Adults: A Guide to Preventing Falls*, Commonwealth of Pennsylvania and The University of California, Berkeley, 2005.

*Age Page: Preventing Falls and Fractures*, National Institute on Aging, U.S. Department of Health and Human Services, June 2004.

**Falls** are preventable.



# 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.

## STEPS TO AVOID FALLING

### 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.

## 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.

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