Why Do We Fall?

Environmental Factors
- Poor lighting
- Electrical cords in pathways
- Clutter
- Loose area rugs
- Uneven floors, raised thresholds
- Slippery floors
- Wet or icy weather
- Pets

Physical Factors
- Changes in our bodies
- Inactivity
- Slow reflexes
- Problems with balance
- Poor eyesight
- Use of certain medications
- Use of multiple medications
- Poor nutrition or dehydration
- Loose or slippery footwear
- Alcohol Use
- Fear of falling

Chronic health conditions
- Functional limitations
- Hypertension
- Diabetic neuropathy
- Bladder and bowel urgency
- Arthritis
- Obesity

Tips to Avoid Falling

- Do a home safety review and make modifications:
  - improve lighting
  - clear pathways of cords and clutter
  - secure loose area rugs
  - install handrails
  - elevate toilet seat
  - add textured strips to slippery floors, stairs, and bathtub areas

- Do regular, moderate exercise to build strength and balance

- Tell your doctor if you’re having dizziness or balance problems

- Get your vision checked

- Review medications regularly with your health care providers

- Maintain good nutrition and hydration

- Wear sturdy, low-heeled shoes with rubber soles, properly fitted

- Physical or occupational therapy can help you walk more safely and teach you how to get up correctly after a fall

- Consider getting a medical alert service to reduce the fear of falling, and gain fast access to help if you do fall