



Health Tribune

Thinking about your health in Portage County
Provided by the Portage County Health Department

Falls Prevention
STEP UP TO STOP FALLS

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November is...

Senior Fall Prevention Month

Every year 1 in every 3 adults ages 65 and older falls. Nearly 2 million are then treated in emergency rooms for related injuries. Falls can cause long term issues such as hip fractures and traumatic brain injuries. However, with the right precautions most falls are preventable.

Prevention Tips

- **Eliminate Hazards:** Most falls happen in the home, by checking your home for potential hazards that need to be changed or removed will reduce risk. Ex: tripping hazards, clutter, or bad lighting.
- **Keep vision sharp:** Having poor vision can make it hard to get around safely. Seniors should have their eyes checked every year and wear the correct prescription glasses or contacts to make sure they are seeing properly.
- **Be mindful of medications:** Some medications can have side effects of dizziness or drowsiness which may increase risk of falling. Talk to a doctor about what to do to help reduce these types of side effects.
- **Exercise:** Programs that can help increase strength and improve balance are helpful in reducing the risk of falls.



Keep in mind...

A Checklist that can help older adults reduce their risk of falling at home:



- Remove all items you can trip over from the stairs or places where you walk. (Ex: shoes, clothes, books, etc.).
- Remove throw rugs or use tape to keep the rugs from slipping.
- Use non-slip mats in the bathtub and shower.
- Wear shoes inside and outside of the house and avoid going barefoot or wearing slippers.
- Install handrails and lights in all staircases.
- Install grab bars next to the tub, shower and toilet.
- Improve lighting throughout the home.

For more information on senior fall prevention visit:
<http://www.nsc.org/learn/safety-knowledge/Pages/safety-at-home-falls.aspx>

Questions or Comments?

Contact Us!

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