

PREVENTING FALLS

Simple Steps to Stay Safe, Active, and Independent

Falls are not a normal part of aging, and most falls can be prevented. There are simple steps you can take to reduce your risk and stay active and independent.



1 in 4 adults 65 and older fall each year.

Good news: most falls can be prevented.

5 STEPS TO PREVENT FALLS



KEEP MOVING

Build strength and balance every day. Activities like walking, Tai Chi, chair yoga, or strength training can help prevent falls.



REVIEW YOUR MEDICATIONS

Some medicines can make you dizzy or sleepy. Ask your doctor or pharmacist if any medicines could increase your fall risk.



CHECK YOUR EYES & FEET

Get your eyes checked every year. Talk with your healthcare provider about foot pain, numbness, or other changes.



WEAR SUPPORTIVE SHOES

Wear sturdy, well-fitting shoes with good support and non-slip soles inside and outside your home.



MAKE YOUR HOME SAFER

Improve lighting, remove clutter and loose rugs, add grab bars where needed, and keep items you use often within reach.

Everyday Ways to Build Strength & Balance



SIT TO STAND

Slowly stand up from a sturdy chair, then slowly sit back down. Use your hands for support if needed.



MARCH IN PLACE

March in place while holding a sturdy counter or chair for support. Lift one knee at a time.



HEEL-TO-TOE WALK

Walk in a straight line, placing the heel of one foot directly in front of the toes of the other. Stay near a counter or wall for support.



STAND ON ONE LEG

Stand on one leg while holding a sturdy counter or chair for support. Switch legs and repeat.

Safety: Use a sturdy surface for support. Ask your healthcare provider or physical therapist if these exercises are safe for you.

KNOW YOUR FALL RISK

Your risk may be higher if you:



Have fallen before



Have vision changes



Worry about falling



Have foot pain or numbness



Feel dizzy or unsteady



Have difficulty getting out of a chair



Take multiple medications



Have chronic health conditions

TALK TO YOUR DOCTOR IF YOU:

- ☐ Have fallen in the past year
- ☐ Worry about falling
- ☐ Feel dizzy or unsteady on your feet
- ☐ Notice any changes in vision or balance.
- ☐ Have numbness or tingling in your feet
- ☐ Have difficulty getting out of a chair
- ☐ Have any other concerns



Talking with your healthcare provider is an important step in preventing future falls.

TAKE THE NEXT STEP

FOR MORE INFORMATION, VISIT:

UT Extension | fcs.tennessee.edu

Area Agency on Aging | tn.gov/disability-and-aging/resource-directory/aaad.html

CDC Falls | cdc.gov/falls/about/index.html

NCOA Falls Prevention | ncoa.org/older-adults/health/prevention/falls-prevention/

**YOU PLAY AN IMPORTANT
ROLE IN YOUR
FALL PREVENTION.**

References

<https://www.cdc.gov/falls/data-research/>

Healthy People 2030, Objective IVP-08, Reduce fall-related deaths among older adults. Data source: National Vital Statistics System—Mortality (NVSS-M) and population estimates.