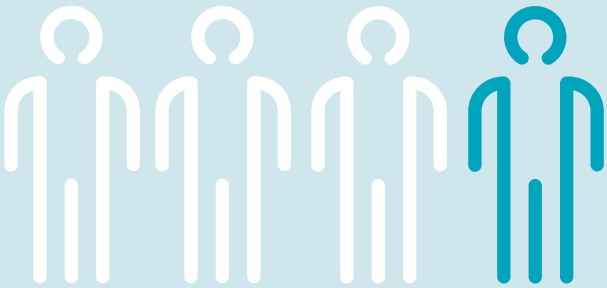
STAY INDEPENDENT: PREVENT FALLS

Get the Facts:

An older adult falls every second of every day. Falls affect us all—whether personally or someone we love or care about.

IN 2014:



1 in 4 older adults reported a fall.

Even though falls are common, most adults who fall don't tell their doctor.

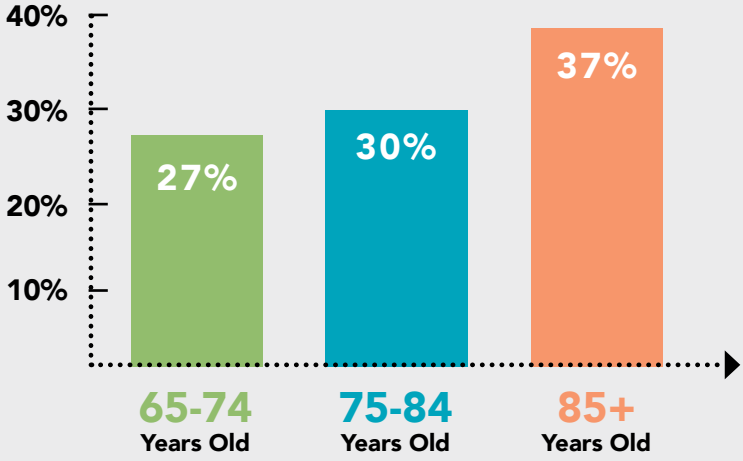
More than 27,000 older adults died as a result of falls —that's 74 older adults every day.

Among older Americans falls are the #1 cause of:

- Death from injury
- Injuries

Falls Increase with Age:

Percent of older adults who reported a fall:



"It's not the broken hip, it's the nursing home I don't want. I need to be independent."

Leonard, 74

"If I were to fall and break a bone, I wouldn't be able to play with my grandkids. So I take a vitamin D pill each day to keep me strong."

Lisa, 74

STEADI Stopping Elderly Accidents, Deaths & Injuries

www.cdc.gov/steadi

Take Action:

Falls aren't just a normal part of getting older—they're preventable and there are simple steps you can take to stay independent longer.

Speak Up.

Talk openly with your doctor about fall risks and prevention.

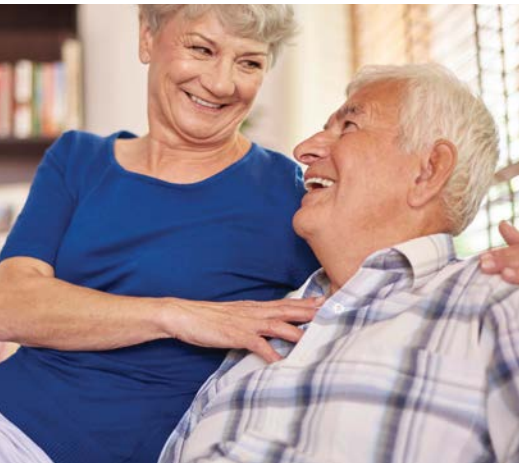
- Tell your doctor right away if you have fallen, or if you're afraid you might fall, or if you feel unsteady.
- Work together and review all of your medications and discuss any side effects like feeling dizzy or sleepy.
- See if taking vitamin D supplements for improved bone, muscle, and nerve health is right for you.

Keep Moving.

Activities that strengthen your legs and help your balance (like Tai Chi) can help you prevent falls.

Check Your Eyes.

Have your vision checked once a year and update your glasses as needed.



Make Your Home Safe.

Most falls happen at home.

- Keep your floors clutter free.
- Remove small rugs or tape down or secure them.
- Add grab bars in the bathroom.
- Have handrails and lights installed on all staircases.
- Make sure your home has lots of light.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

RESOURCES

CDC:
cdc.gov/homeandrecreationalsafety/falls/adultfalls.html

STEADI Initiative:
cdc.gov/steadi

STEADI Patient Materials:
cdc.gov/steadi/patient.html

National Council on Aging Falls Prevention (NCOA):
.ncoa.org/healthy-aging/falls-prevention/