

Falls Among Older Adults

Did you know...

- More than one third of adults 65 and older fall each year in the United States.
- Most fractures among older adult are caused by falls.
- Among older adults, falls are the most common cause of non-fatal injuries and hospital admissions for trauma, and are the leading cause of injury deaths.
- Injuries from falls make it difficult for individuals to remain independent and perform activities of daily living. More serious falls increase a person's risk of sudden and early death.
- People who fall often develop a fear of falling, leading to reduced mobility, activity and physical fitness, which actually increases their risk of falling.
- Rates of fall-related fractures among older adults are more than twice as high for women as men.
- Serious injury from falls increases with age.

Preventing falls

- Exercise regularly. (Tai Chi is especially effective for increasing strength and improving balance.)
- Ask your physician or pharmacist to review your prescription medicines and over-the-counter medicines to reduce side effects and interactions.
- See a doctor for annual eye examinations.
- Improve lighting in your home.
- Reduce hazards in your home that can lead to falls. (Eliminate or limit throw rugs and excess clutter.)

Reprinted from the Center for Disease Control (CDC) website.
For more information, please visit www.cdc.gov.

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Highlands Ranch Senior Outreach Services

A partnership with Douglas County Adult & Aging Services
& the Highlands Ranch Metro District