



KEEP MOVING:

- Activities that improve balance and strengthen legs can prevent falls.
- Exercise makes you feel better and gives you more confidence.
- Check with your doctor about the best type of exercise program.
- Some great programs include Tai Chi classes, Silver Sneakers, A Matter of Balance, or Healthy Steps for Older Adults.
- Join a gym or the local YMCA or YWCA.

YORK COUNTY FALLS FREE COALITION PARTNERS

- Drayer Physical Therapy
- Memorial Hospital
- York City Bureau of Health
- Hanover Hospital
- OSS Health
- York College of Pennsylvania
- Hanover Hall Nursing & Rehabilitation Center
- York County Area Agency on Aging
- HealthSouth Rehabilitation Hospital of York
- WellSpan Health
- York County Coroner's Office
- Minnich's Pharmacy

Adapted from:
STEADI (Stopping Elderly Accidents, Deaths and Injuries. CDC. U.S. Department of Health and Human Services, 2016.
Trudeau, S. NCOA Blog, Steps to Fall Proofing Your Home. 11/1/2016

Stay Independent – Prevent Falls

A Guide for Older Adults



Falls Free Coalition of York County

Partnering with the community to increase fall prevention awareness for York County adults.



EVERYDAY FACTS ABOUT FALLS

- An older adult falls every second of every day.
- Falls affect us all—whether personally or someone we love.
- 1 in 4 older adults report a fall.
- Even though falls are common, most adults who fall don't tell their doctor.

Falls aren't just a normal part of getting older—they're preventable! Take these SIMPLE STEPS 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 are afraid you might fall, or if you feel unsteady on your feet.
- Review with your doctor or pharmacist all your drugs, including over-the-counter drugs and supplements. Discuss any side effects like feeling dizzy or sleepy.

HAVE YOUR EYES AND FEET CHECKED:

- Have your eyes checked once a year.
- Replace your glasses as needed.
- Have your doctor check your feet once a year. Discuss proper footwear with your doctor.

MAKE YOUR HOME SAFE: Since most falls happen at home, fall proof your home. Follow these suggestions:

Front Door

- Make sure steps to your home are not broken or uneven. Try to fix steps that are broken as soon as possible.
- Make sure all entryways are well lit so you can see where you are stepping.
- Consider installing a railing at the steps to make the steps safer for you.

Kitchen

- Move your most commonly used items within reach, by placing them on the lowest shelves. This will help you avoid using stepstools and chairs.
- Remove scatter rugs (throw rugs), or replace them with rubber backed rugs.
- Clean up spills immediately.

Stairs

- Keep steps clutter-free.
- Add strips of contrasting color to the edges of your steps, to help visualize your stairs better.
- Try to have lighting at the top and bottom of the stairs.

- Have handrails on both sides to help maintain your balance.

Bedroom

- Make sure the light near the bed is easy to reach.
- Keep the path from your bed to the bathroom clear. Make sure it is also well lit. Use a night light.
- Move the phone within arm's reach of your bed, so you can quickly get help when needed.

Bathroom

- Add safety strips to the bottom of the shower or tub.
- Install grab bars by the toilet and tub.
- Use a shower chair or tub transfer bench.

Hallway

- Check your lighting, but don't change the bulbs yourself. Ask your family or friends to change the light bulb when needed, so you don't have to climb up on a chair or ladder.