

HEALTH AND WELLNESS

As we get older, a simple accident like tripping on a rug or slipping on a wet floor can change our life. A broken bone can be the start of more serious health problems and can lead to long-term disability.



More than **one in four** people **age 65 years or older** fall each year.

Statistic's on Falls:

- Each year, there are about 1 million fall-related hospitalizations among older adults.
- Each year, nearly 319,000 older adults are hospitalized for hip fractures.
- Falls are the most common causes of traumatic brain injuries (TBI)
- Each year, there are about 3 million emergency department visits due to older adult falls.

Many falls can be prevented. For example, exercising, managing your medications, having your vision checked, and making your home safer are all steps you can take to prevent falling.

Consider these strategies.

- Ensure living spaces are well-lit to reduce trip hazards.
- Remove clutter and obstacles from walkways and stairs.
- Install grab bars in bathrooms and near stairs for support.
- Use non-slip mats in the bathroom and kitchen to enhance traction.
- Encourage regular vision and hearing check-ups to address sensory impairments.
- Promote strength and balance exercises to improve stability.
- Make an appointment with your health care provider to assess your risk for falls and prevention strategies.
- Wear properly fitting, sturdy, flat shoes with nonskid soles.
- Place nightlights in your bedroom, bathroom, and hallways.
- Store clothing, dishes, food, and other necessities within easy reach.
- Use assistive devices when needed to keep you steady.

Medical alert systems have become essential lifelines for many older adults. They provide a sense of security for the wearer and their loved ones. With a direct line to trained professionals, you can go about your day without worrying about what might happen during an emergency.