



Senior Safety Handout

Some Possible Risk Factors for Balance Impairments:



Physical Factors

- Muscle Weakness
- Joint Stiffness
- Inactivity
- Aging
- Certain Medications

Medical Conditions:

- Muscle Weakness
- Parkinson's Disease
- Brain Injury
- Multiple Sclerosis
- Arthritis
- Spinal Cord Injury

How to Prevent Falls

- Get yearly eye exams
- Wear your prescribed eyeglasses
- Be aware of small children/pets
- Remove clutter
- Wear non-skid shoes
- Stand up slowly to avoid dizziness
- Carry small (light) loads
- See a Physical Therapist if you feel unsteady
- Begin a regular exercise program

✓ **1/3 of People over 65 will fall this year**

✓ **1/2 of people over 80 will fall this year**

✓ **75% of Americans over the age of 70 are diagnosed with having "abnormal" balance**

How to Make Your Home Safer

- Remove throw rugs
- Provide adequate lighting in your home
- Use nightlights
- Have grabbars next to your toilet/shower
- Use cane/walker if recommended by health care professional
- Use railing when climbing stairs

