

Fall Prevention Among the Elderly

Falls and fall-related injuries impact the independence and quality of life of elderly.
Falls are linked to higher morbidity, mortality, and healthcare costs.



65% of falls result in injuries



Females are at a higher risk of falls.

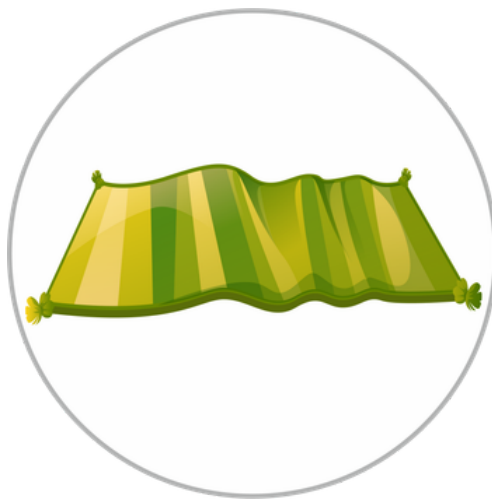


Major factors associated with falls are aging, visual impairment, depression, and gait problem.

Steps to create a safe living environment for elderly

Across the house

Look out for tripping hazards



Loose mats/rugs



Cluttered hallways

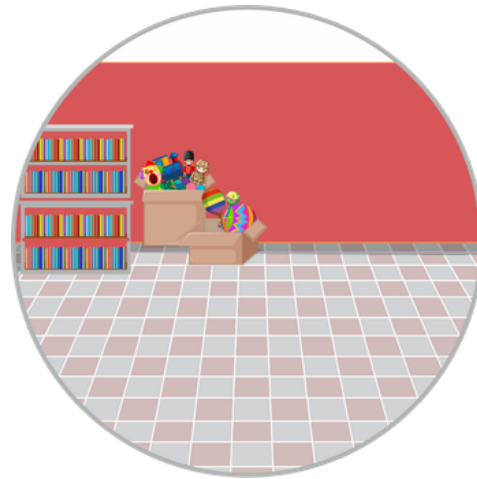


Low-lighting areas



Repair all frayed carpets and secure loose edges or remove them

Remove clutter



Keep spaces free of obstructions like books, shoes, children's toys.



Store frequently used items on lower shelves

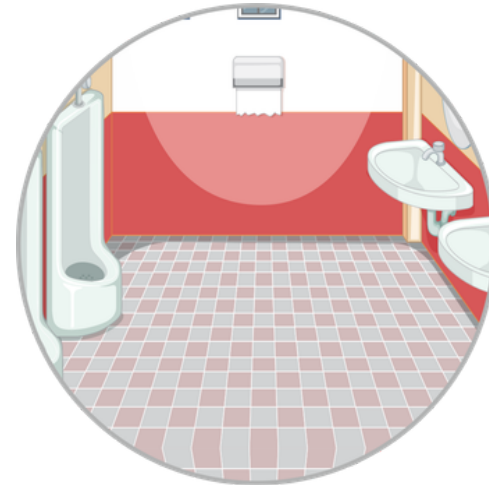


Install handrails or grab bars



Use a step stool with a handle for support to reach higher shelves, never a chair.

In the bathroom



Ensure they are dry



Use antiskid tiles and grab bars

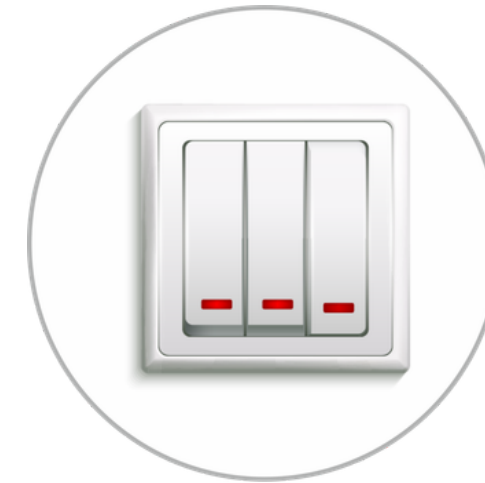


Use a bathing chair/platform

In the bedroom



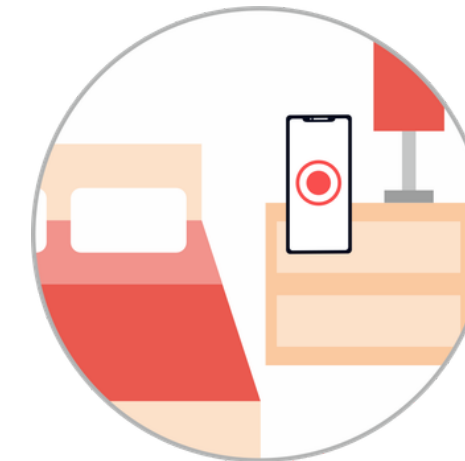
Use sturdy bed rails to prevent falls and assist with getting up.



Install accessible light switches that glow in the dark.



Consider motion-detecting lights



Have a phone/alarm within reach

Elderly should



Incorporate regular exercise and movement.



Do not be shy to use cane/walker for support



Use non-slip footwear (slippers with rubber soles or well-fitted flat shoes).



Get eyes and ears examined annually and change glasses if required.



Some medicines may make you feel dizzy. Review your medication with your doctor.



To get off the bed, roll over to one side before sitting up.



Avoid sudden movements. Sit for a few moments, find your balance and then get up



Do not miss medication. Set up a system to remind you of medication schedules.



Maintain open communication with caregivers and discuss concerns to find solutions