



Farewell to Falls, a program of the Trauma Center at Stanford University Medical Center, is working with older adults to help reduce falls. For further information on programs and resources, call 650-724-9369.

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HAVE YOU FALLEN RECENTLY?

Say Farewell to Falls!



Cover

Falls can be prevented by:

Exercise:

Participate in balance, mobility and strength training programs geared specifically at preventing falls.

Medication Review:

Some side effects or drug interactions can increase falls.

Home Modifications:

Even minor changes in your home may prevent the next fall from occurring.



Gate

More than 1 million older adults in California fall each year, with 200,000 of those falls resulting in injury. Nearly 188 Californians, age 55 and over, are hospitalized every day from slips, trips and falls. Research now shows that there are things that you can do to prevent falls and help you to maintain your independence.

Falls can be prevented by:
Exercise
Medication Review
Home Modifications

Evaluate your health, your activity level and your home environment. There are changes you can make today to prevent you from falling again tomorrow.

The Center for Disease Control states that older adults who have fallen previously or who stumble frequently are two to three times more likely to fall within the next year.



Take action to help prevent another fall.

If you felt dizzy or weak...

- Make an appointment with your doctor. Your blood pressure or medications could be contributing to your feelings of dizziness.
- The number, type and combination of medications you take can increase your risk of falling. Don't make changes on your own. Talk to your doctor.
- Begin an activity program. With your doctor's permission, regular walks or participation in an exercise program can increase your strength and mobility.
- Take your time getting up after sitting, lying down or resting.

If you tripped or slipped...

- Check your home for hazards. Throw rugs should be removed or adhered to the floor with double-sided tape or special carpet pads.
- Electrical cords and other hazards should be removed.
- Pick up clutter off the floor.
- Don't lean on towel bars or furniture for support. Consider installing grab bars in the bathtub and by the toilet.
- Use handrails on all stairs.
- Wear non-skid shoes or slippers.
- Make sure there are non-skid surfaces in the shower or tub.
- Check your patio and yard for uneven pavement and other hazards.

If you lost your balance...

- Your balance may not be as good as it was when you were younger. Compromise by carrying a smaller load.
- Rearrange your cabinets and closets so that your items are closer to reach.

If you had a hard time seeing...

- Have your vision checked regularly.
- Improve lighting throughout your house and use nightlights.

