

Fall Prevention Guide For Seniors

A Comprehensive Guide To Safety, Strength, And Wellbeing



! Statistics- Every 12 seconds, a senior endures a fall. 34% Fall related hospitalizations lead to a hip fracture. 89% Of injury related hospitalizations for adults are due to accidental falls.

Balance & Strength Exercises



Common Causes Of Accidental Falls

Arthritis

Extreme joint pain leads to instability and weakness.



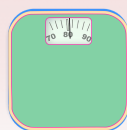
Hypertension

Sudden postural changes cause blood pressure drops and dizziness.



Obesity

Affects body balance and accelerates joint and muscle breakdown.



Side Effects

Polypharmacy or interacting prescriptions (like sleeping pills) often cause dizziness and imbalance.



Sideways Walking



Safely improves lateral balance.

One-Leg Stand



Strengthens core stability and ankle muscles.



The Fall Prevention Checklist

Follow this checklist to reduce your risk of falls and injuries.

Footwear: Wear well-fitting, closed shoes with non-slip soles indoors and outdoors. Avoid worn-out or loose slippers.

Vision: Undergo a comprehensive eye exam at least once every 6 months to address issues like cataracts or glaucoma.

Professional Guidance: Enroll in a specialized fall prevention program to learn customized exercises and receive medical assessments.

Emergency Readiness: Always keep emergency contacts within immediate reach, saved on speed dial, or posted near landlines.

Tai Chi



Increase flexibility and mind-body connection.

The content provided in this guide is for informational and educational purposes only. Always consult with a healthcare provider or geriatrician before beginning any new physical activity or making changes to a medical routine.