



**TRUSTED TIPS**  
By HomeWell Care Services™



**HomeWellcares**  
COMMUNITY EDUCATION INITIATIVE

# Preventing Falls at Home

Are you or a loved one worried about falling at home? Falls are a serious threat to the wellbeing and independence of older adults, as one slip can result in a severe injury and a trip to the emergency room.

Not only can a fall result in injury, but the fear of falling can also affect one's quality of life and mental health. Those at risk may withdraw from doing the things they love or performing everyday tasks, which can ultimately cause social isolation and depression. Fortunately, preventative measures can help safeguard at-risk seniors from falls at home.

## Facts about Falls:



One out of five falls causes serious injury such as broken bones or a head injury.\*



Each year, 3 million older adults are treated in emergency departments for fall injuries.\*



Over 800,000 hospitalizations occur each year due to a fall, often resulting in head or hip injuries.\*



Falls are the most common cause of traumatic brain injuries (TBI).\*



Every 11 seconds, an older adult is seen in an emergency room for a fall related injury.\*



Each year at least 300,000 older people are hospitalized for hip fractures.\*

**Trusted Care. True Compassion.®**

# What Risk Factors Contribute to Falling?

Research has identified many conditions that contribute to falling. These risk factors can be changed or modified to help prevent falls, including:



Physical Inactivity



Home Environment



Poor Vision



Medication Usage



Fear of Falling



Social Isolation



Weakness



Improper Use of Assistive Devices

## 4 Ways to Reduce Your Fall Risk\*

1. **Consult your doctor** about your fear of falling at home; your annual Medicare Wellness Visit should include a fall risk assessment.
2. **Exercise** to increase your strength and flexibility. Improving your balance and coordination greatly reduces your risk of falls.
3. **Schedule a vision screening** each year and update your prescription as needed.
4. **"Fall-proof" your home:**
  - Keep your floors free of clutter.
  - Remove small rugs or secure them to the floor with tape.
  - Place safety rails where needed in the house, such as grab bars in the bathroom or strong handrails on your staircase.
  - Install brighter bulbs in your home to help you see clearly at night.

Source: \*Centers for Disease Control and Prevention



Our SureStep™ Fall Prevention Program offers an in-home risk assessment and a custom care plan tailored to help decrease the risk of falls, with services such as:

- Home safety hazard assessment
- Fall history evaluation
- Light housekeeping & chores
- Meal prep, serving & clean-up
- Grocery shopping & errands
- Transportation to and from appointments

Trusted Tips are provided by HomeWell Care Services as part of HomeWell Cares, our community education initiative. Find out more at [homewellcares.com](https://homewellcares.com).



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