

Take Control of Your Health: 6 Steps to Prevent a Fall

Every 20 minutes, an older adult dies from a fall, and many more are injured, according to the Centers for Disease Control. Most falls are preventable. Stay safe with these tips!



1. Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



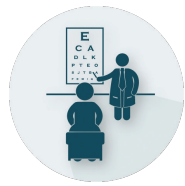
2. Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



3. Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4. Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5. Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6. Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not a normal part of aging.

Be Proactive to Prevent Falls

Call or visit our website to find balance and exercise classes or for more information on fall prevention.



This fall prevention brochure is available in English, Spanish, and Chinese on our website: www.smcfallprevention.org

Development and distribution of the *Falls are Preventable* brochure resulted from a collaboration between San Mateo County Fall Prevention Coalition and Dignity Health Sequoia Hospital



Toll Free: 1-844-NO FALLS (1-844-663-2557)
www.smcfallprevention.org
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Falls are Preventable



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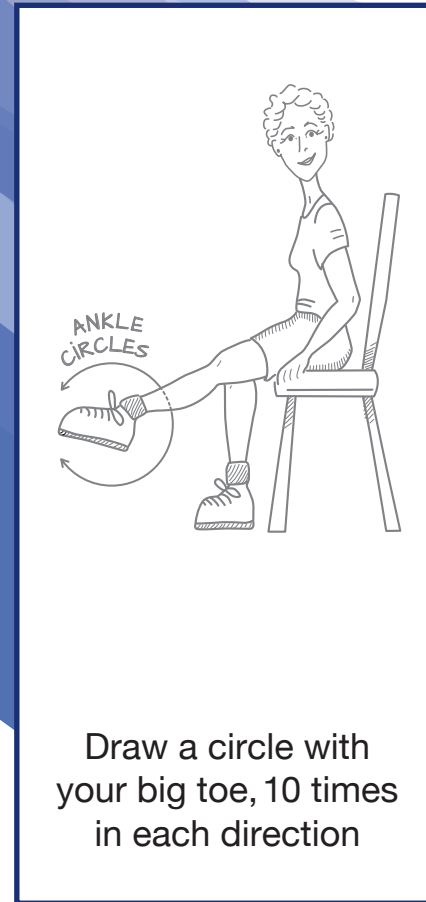
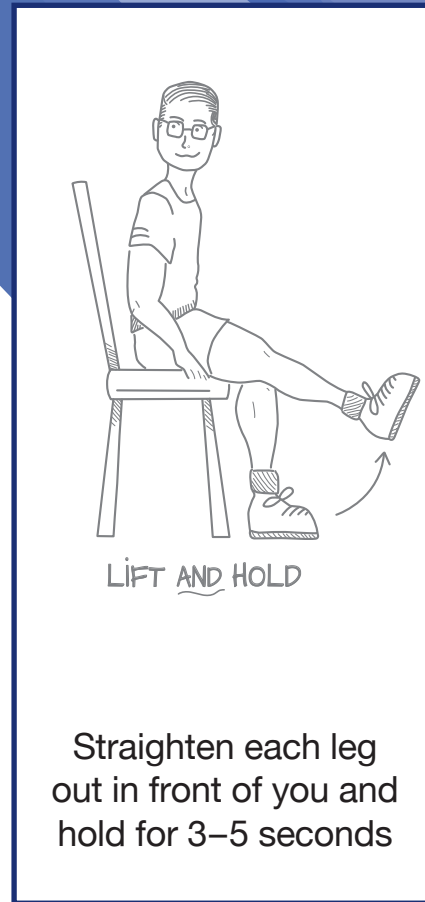
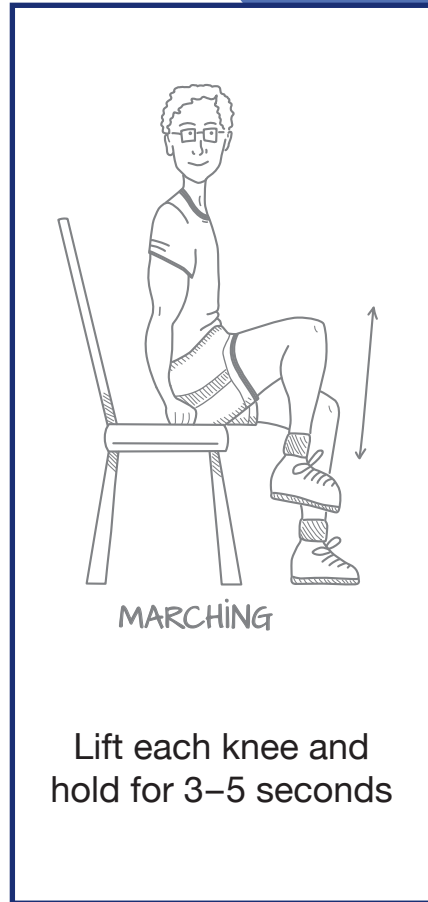
To learn more, visit ncoa.org/FallsPrevention

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Exercise at Home

Getting Up From a Fall



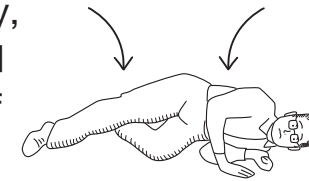
Strength, Balance, and Flexibility Help to Reduce Falls

Consult with your doctor before starting any new exercises. Sit up tall in a sturdy chair. Repeat each exercise with each leg 10 times, twice a day. Increase your repetitions as you feel you are able. If you feel short of breath or dizzy — STOP and contact your doctor.

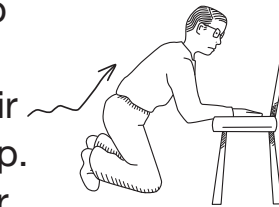
If you have fallen, take several deep breaths before trying to stand up. Assess the situation and determine if you are hurt. If you believe you are injured, don't attempt to get up. Instead, call 911.

If you feel strong enough to get up, follow these steps:

1. Roll over naturally, turning your head in the direction of the roll.



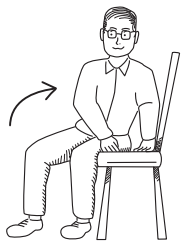
2. If you can, crawl to strong, stable furniture like a chair and pull yourself up. Approach the chair from the front and put both hands on the seat of the chair.



3. Slowly begin to rise. Bend whichever knee is stronger and keep your other knee on the floor.



4. Slowly twist around and sit in the chair.



If you have difficulty getting up from the floor or have had a fall, consider getting an **Emergency Alert System**. Most have waterproof bracelets/pendants that are meant to be worn at all times – even in the shower and to bed at night. Also, there are alert systems with GPS tracking that can pinpoint your exact location should you need help outside your home.

For more information, visit www.smcfallprevention.org