

Fall Prevention for Older Adults

Live Life, Eat Healthy, Be Active

As we age, our risk for falls may increase. Approximately one in three older adults (38%) will suffer a fall this year. Northern Ontario has the highest number of fall related injuries in adults over 65 years of age compared to other regions in Ontario. The important thing to remember is that falls are the most predictable and preventable health risk faced by older adults.

There are many factors that may contribute to a fall. Factors such as; lack of muscular strength or cardiovascular endurance, poor posture, walking stride, improper footwear, reduced eyesight, illnesses and prescription medications.

There are many things one can do to reduce the risk of a fall. First, improve overall health by; eating well, keeping fit, monitoring sight and hearing, knowing prescribed medications and dropping off expired, unlabeled or leftover medications to a pharmacist. Second, it is important to have a safe home by eliminating tripping hazards, having tub rails and handrails, keeping items in reach, and wiping up spills immediately. Finally, do not forget to ask for assistance when needed, especially with heavy work.

