

### **Learn More**

For information about fall risks and prevention:

cdc.gov/homeandrecreationalsafety/falls/adultfalls.html

Find STEADI brochures for older adults at cdc.gov/steadi/patient.html

- Stay Independent
- What YOU Can Do to Prevent Falls
- Check for Safety: A Fall Prevention Checklist for Older Adults
- Postural Hypotension: What It Is and How to Manage It



For help creating a list of your loved one's medications, visit AARP.org and print a "Personal Medication Record."

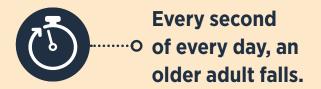
For information on local fall prevention programs, visit the National Council on Aging at NCOA.org

# Family Caregivers:

Protect Your Loved Ones from Falling



## Take Action



Many of these falls cause injuries, loss of independence, and in some cases, death. Falls can be prevented. As a family caregiver, you can help.



#### Talk openly with your loved one and their healthcare provider about fall risks and prevention.

- Tell a healthcare provider right away if your loved one has fallen, or if they are worried about falling, or seem unsteady.
- Keep an updated list of your loved one's medications. Show a healthcare provider or pharmacist all of their medications, including over-the-counter medications, and supplements. Discuss any side effects, like feeling dizzy or sleepy.
- Ask their healthcare provider about taking vitamin D supplements to improve bone, muscle, and nerve health.



### **Keep Moving**

# Activities that improve balance and strengthen legs (like Tai Chi) can prevent falls.

- Exercise and movement can also help your loved one feel better and more confident.
- Check with their healthcare provider about the best type of exercise program for them.



# Have Eyes and Feet Checked

### Being able to see and walk comfortably can prevent falls.

- Have their eyes checked by an eye doctor at least once a year.
- · Replace eyeglasses as needed.
- Have their healthcare provider check their feet once a year.
- Discuss proper footwear, and ask whether seeing a foot specialist is advised.



### **Make the Home Safe**

#### Most falls happen at home.

- · Keep floors clutter-free.
- Remove small throw rugs, or use doublesided tape to keep the rugs from slipping.
- Add grab bars in the bathroom—next to and inside the tub, and next to the toilet.
- Have handrails and lights installed on all staircases.
- Make sure the home has lots of light.

