

A Personal Story

"I was traveling when it happened," said Ruth. "I sustained a fracture and had to wear a neck brace for three months." Ruth experienced the fall in 2009.

"I felt so helpless"

An active, independent 86-year-old woman, who lives alone, Ruth now knows the danger of falls for older adults. The neck brace made life difficult for Ruth. "I had to rely on my daughter to drive me to appointments and take me shopping," she said. Now I move slower and am more careful," she said. "I still have to do my exercises to keep myself strong."

"Now I exercise four times a week at a gym. And I definitely don't want to fall again!"



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References

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Debunking the Myths of Older Adult Falls. National Council on Aging (NCOA). Retrieved from <https://www.ncoa.org/resources/debunking-the-myths-of-older-adult-falls/> Accessed July 20, 2016.

What Can You Do to Prevent Falls. Centers for Disease Control and Prevention (CDC). Retrieved from https://www.cdc.gov/steady/pdf/what_you_can_do_brochure-a.pdf Accessed July 20, 2016.

The following photos were retrieved from www.wix.com on July 20, 2016:

Doctors
Vitamins and Pills
Eye Glasses
Power Walk
Checklist
Happy Family



Preventing Falls



Stopping falls...one step at a time:
fall prevention tips for older adults

Myth vs. Reality

Myth:

If I lower my activity level, I will not fall.

Reality:

Physical activity will help you increase strength.

Home Safety Checklist

- ✓ Remove items and objects on the floor or staircase that you can trip over.
- ✓ Install lights and handrails on staircases.
- ✓ Remove throw rugs.
- ✓ Place grab bars in the tub and next to the toilet.
- ✓ Use non-slip mats in the tub or shower.
- ✓ Keep your home well lit.
- ✓ Place items you use daily in easy to reach cabinets. Avoid step-stools.

Available Resources

✓ **Maryland Access Point (MAP):**
1-844-627-5465 or 410-396-2273
www.marylandaccesspoint.info

✓ **National Council on Aging (NCOA):**
571-527-3900
www.ncoa.org/healthy-aging/falls-prevention/



Talk to your healthcare team about your fall risks



Some medicines may affect your risk of falling. Review your medicines with your pharmacist



Get your vision and hearing checked yearly

1 in 3 older Americans fall each year...
Things YOU can do to prevent falls



Participate in an exercise program that focuses on balance, walking, & flexibility



Use the "Home Safety Checklist" to reduce home hazards



Identify a support team to help you reduce your risk of falls, including family, neighbors and friends