

FOR IMMEDIATE RELEASE

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Preventing Falls as We Age

As we age, staying active and preventing falls become increasingly important for maintaining health, safety, and independence. Falls are the leading cause of injury-related deaths among adults over age 65 and account for 40% of all nursing home admissions. They are also the leading cause of emergency room visits for older adults, a major cause of hip fractures, and are responsible for more than half of fatal head injuries. Nearly half of seniors who experience a fall are unable to return to independent living.

Fortunately, many falls can be prevented with a few simple lifestyle changes. Regular exercise that focuses on balance and strength is one of the most effective ways to reduce fall risk. Staying active several times a week helps improve stability, coordination, and overall physical health.

Making the home safer can also greatly reduce the chance of falling. You can do this by removing loose rugs and clutter from walkways, ensuring rooms and hallways are well lit, and installing grab bars in bathrooms near showers and toilets.

Some prescriptions can cause dizziness or drowsiness, increasing the risk of falls. Talk with your healthcare provider about any side effects and possible alternatives.

A fall can change everything, but prevention can change the outcome. Taking proactive steps today can help seniors remain safe, healthy, and independent for years to come.

For more information, please visit www.cdc.gov, or contact Debbie Steed, Program Assistant, dsteed@ksu.edu, 620-331-2690.

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