



Santa Rita Fire District

FALL PREVENTION MONTH

One out of four older adults fall each year - but less than half tell their doctor. Having one fall doubles your chances of falling again. Each year, more than 319,000 older adults are hospitalized for hip fractures. Falls are the most common cause of traumatic brain injuries.

What Can Increase Your Risk?

- Lower body weakness
- Difficulty with walking or balance
- Vision or hearing problems
- Foot pain or improper footwear
- Vitamin D deficiency
- Broken or uneven steps
- Loose rugs, cords, or clutter in walkways
- Poor lighting inside or outside the home
- Prescription or over-the-counter medications that affect alertness, blood pressure, balance, or cause drowsiness

Make Your Home Safer

- Install grab bars near toilets, bathtubs, and showers
- Use non-slip mats inside tubs and showers
- Keep frequently-used items within easy reach
- Remove clutter from hallways, stairways, and walking paths
- Secure or remove loose throw rugs
- Make sure rooms, hallways, entrances, and stairways are well-lit
- Install handrails on both sides of staircases whenever possible

- Keep electrical cords away from all walking areas
- Watch for uneven sidewalks, pavement, curbs, and steps
- Always use handrails
- Make sure exterior entrances and walkways are well-lit

Remember, Falls Are Preventable

- Talk with your healthcare provider about your personal fall risk, especially if you've fallen before
- Ask your healthcare provider to review your medications, including over-the-counter medicine, since some medications cause dizziness, drowsiness, or balance problems
- Always wear supportive, properly-fitting shoes with low heels and non-slip soles

Local Resources

- Contact Valley Assistance Services regarding the SHIM program (Safety and Health In Motion). A nurse from VAS will screen for any medical conditions that can contribute to fall risk and a Fire Corps member will perform a risk assessment of your home. Call 520-625-5966 for more information.
- Pima Council on Aging Falls Free Pima program offers local fall prevention programs, education, and resources. Call 520-790-7262 for more information.
- Pima Council on Aging also offers healthy living classes that include balance, strength, flexibility, and healthy aging. Contact PCOA for more information.

"Taking steps to reduce your falling risk can help you stay active, independent, and safe. Address potential fall hazards before an emergency happens."