

According to the CDC, every year one in four older adults aged 65+ falls. For older Americans, falls are the number one cause of fatal and nonfatal injuries. Falls are both economically and personally costly, and they can seriously jeopardize the independence and safety of older adults.

Falls and the fear of falling cause many older adults to limit their engagement in meaningful daily and social activities. Such limitations lead to further physical decline, social isolation, feelings of helplessness, and depression. However, falls are not an inevitable part of aging, and measures can be taken to prevent falls for older adults.

Fall prevention sounds complicated and clinical, but with the right help and resources everyone can take steps towards preventing falls. In truth, the key to preventing falls is becoming more aware of your risk of falling and making practical changes to your life and home that will make you safer and more independent. You can do this, and at Assured Allies, we can help guide you!

However, it is confusing to know where to start. So along with the steps recommended by the CDC, we have included some resources that can help you get started on your journey to fall prevention and successful aging.

To start, here are the four steps recommended by the CDC:

1. "Talk to your healthcare providers about fall risks & prevention."
2. "Exercise to improve your balance and strength."
3. "Have your eyes and feet checked."
4. "Make your home safer."

On the next page, you will find more information about each step, and resources that can help you get started.



**1 in 4** older adults reported falling— this equals about **36 million** falls, but less than half tell their doctor.



Falling once **doubles** your chances of falling again.

### Step 1: "Talk with your healthcare providers about fall risks & prevention."

Talk openly with your doctor about any recent falls and your risk of falling. Review your medications with doctors and pharmacists for side effects that might increase your risk of falling. Being aware of what puts you at risk for falling is the first step in preventing falls. Use the "Stay Independent Self Assessment from the CDC" ([go.assured.care/CDCStayIndependent](https://go.assured.care/CDCStayIndependent)) to assess your risk of falling and the Guide to Talking with Doctors about Falls & Prevention from Assured Allies to talk to your doctor about falls and fall prevention.

### Step 2: "Exercise to improve your balance and strength."

It is important to find a good balance and exercise program. Programs that build balance, strength, and flexibility can decrease the risk of falling. Before you start any exercise program, talk with your doctor about what type of exercise program is best for you. Want more information about fall prevention programs? Ask your Ally at Assured Allies about getting connected with a fall prevention program in your area.

### Step 3: "Have your eyes and feet checked"

Your vision and feet are essential to preventing falls. Have your vision checked regularly and keep your glasses updated. Additionally, talk with your doctor about proper footwear and have your feet checked annually. Not sure what questions to ask about your vision and/or feet? Use the Guide to Talking with Doctors about Falls & Prevention from Assured Allies to start a conversation with your doctor about falls and fall prevention.

### Step 4: "Make your home safer."

Making your home safe is important for preventing falls. Removing tripping hazards, increasing lighting, making stairs safe, and installing grab bars can increase your safety and prevent you from falling while you are in your home. Use the CDC Check for Safety: A Home Fall Prevention Checklist for Older Adults ([go.assured.care/CDCHomeChecklist](https://go.assured.care/CDCHomeChecklist)) to make your home more safe.

Falls are preventable, and with these steps you can reduce your risk of falling. Assured Allies is here to help you on your journey to fall prevention and successful aging. If you have questions about this material or would like more resources related to fall prevention, please call Assured Allies at (866) 882-2559 and an Ally will be happy to help!

Visit us: [www.assured.care](https://www.assured.care)

Source: Centers for Disease Control and Prevention



Receiving just a **single fall intervention** could prevent falls