

**A Plan For Senior Care’s Guide On**

 **Fall Prevention**

Senior loved ones are precious and fragile. As one gets older, the risk of falling increases. Whether it be symptoms leading up to a fall or safety prevention, use our guide to learn more about falls and how to help prevent them.



**Fall Findings:**

* One out of three older adults fall each year, but less than 50% will discuss it with their physicians.
* 20-30% of individuals that fall suffer moderate to severe injuries.
* Falls are the leading cause of both fatal and non-fatal injuries in seniors.
* 35% of brain injuries are caused by falls.
* 50% of seniors who fall have trouble getting up without help.

**Fall Symptoms:**

* General weakness, dizziness or lightheadedness.

**Fall Prevention Strategies:**

* Have a regular exercise program.
* Have routine eye exams.
* Check medications on a regular basis to make sure your loved one is not overmedicated or having drowsiness or dizziness.
* Create a safe home environment with proper day and night lighting, sturdy railings, removal of throw rugs and other trip hazards.

**When A Fall Happens:**

* Contact your loved one's physician and have an assessment to help determine the cause of the fall.
* Give the physician accurate information regarding the fall incident and current medications.
* Discuss with the physician if the fall could be related to other health issues.
* Ask the physician if physical therapy is an option for your loved one.
* Have a family meeting to discuss a care plan to help keep your loved one safe.

***If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. We will be happy to create a personalized care plan for your loved one.***

[**www.APlanForSeniorCare.com**](http://www.APlanForSeniorCare.com) **Call Us Today (866) 657-0026 info@aplanforseniorcare.com**