



Most common reasons seniors fall

- Diminished vision. Falls are often due to not seeing clearly.
- Hips and legs can become weaker making it harder to walk.
- Poor posture due to tight muscles and tendons.
- Spinal degeneration making it harder to stand erect.
- Pain in any area of the body limits it's use, such as a painful neck.
- Our ability to lift our feet decreases which can make us stumble.
- Longer reaction times can cause us to fall if something is in our way.
- Drugs interact causing dizziness or decreased balance.
- Low blood pressure can lead to light-headedness increasing our risk of falls.

Minimize the risks by:

- * Take additional time to look where you walk and use handrails.
- * Keep pathways clear. (move furniture, electrical cords, etc. to make it easy to walk around)
- * Engage in a daily exercise program that includes stretches for flexibility, muscle strengthening, and cardio fitness.
- * Maintain good lighting inside and outside your home. (especially on stairways & do not take chances trying to hang Christmas lights)
- * Be aware that water can make walking areas slippery.
- * Pets can be dangerous if they pull on their leash or get tangled between your legs. Use extra caution when walking them.
- * Always inform your doctor about all your current medications and write down questions for your doctor ahead of time so you get all the answers you need.