

## Fall Prevention

*"Many caregivers may not realize that one in four adults over the age of 65 falls every year, causing serious injuries." — National Alliance for Caregiving*



### Assess the Environment

Regularly checking and maintaining a safe environment helps prevent falls. **Evaluate the living space** for potential hazards. **Remove clutter**, **secure loose rugs**, and **install proper lighting** in all areas.

### Encourage Physical Activity

Physical fitness plays a crucial role in reducing the risk of falls. Promote **regular physical activity** to improve your loved one's strength and balance. Activities such as **walking**, **stretching**, and **tai chi** can be beneficial.

### Assistance Devices

Install helpful fall prevention devices like **grab bars**, **handrails**, and **non-slip mats**. These tools offer extra support and stability. Make sure they're properly installed and **check them regularly** to keep everything safe.

### Monitor Medications

Review your loved one's medications with a pharmacist or medical professional to identify any **side effects that might cause dizziness or imbalance**. The doctor might need to make changes to the medications or dosages to help reduce the risk of falls.

### Innovative Fall Prevention Strategies

Keeping your loved one safe at home can be easier with the right tools.

- **Balance and strength training** programs like tai chi and yoga improve stability.
- **Smart home technology** like motion-sensor lighting and smart flooring can detect falls.
- **Wearable devices** with fall detection and emergency call features add another layer of security.