

STAY ON YOUR FEET

Facts and statistics you should know about falls among older adults and ways to reduce the risk of having one.



Each year, 3 million older people are treated in emergency departments for fall injuries.*

*Centers for Disease Control and Prevention

Every second of every day, an older adult, age 65+ suffers a fall in the U.S.*

*Centers for Disease Control and Prevention

Risk factors for falls in the elderly include increasing age, medication use, cognitive impairment and sensory deficits.*

*American Academy of Family Physicians

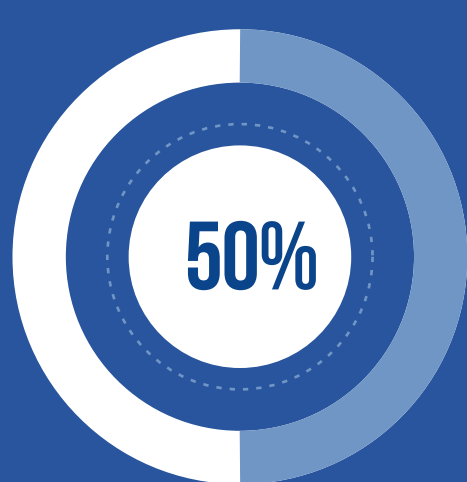
AMONG OLDER ADULTS, BETWEEN 30% TO 50% OF FALLS ARE DUE TO ENVIRONMENTAL CAUSES (E.G., POOR LIGHTING, SLIPPERY FLOORS, AND UNEVEN SURFACES).*



*The U.S. National Library of Medicine

Falls take a psychological toll: Up to 50% of those who fear falling limit or exclude social or physical activities because of this fear.*

*AGING.COM



Approximately **1 million** Americans are injured annually as the result of falling on ice and snow. Tragically, these injuries are fatal for about **17,000** people every year.*

*Centers for Disease Control and Prevention



HOW TO REDUCE THE RISK OF A FALL

Falls can happen at any age. As people grow older, they become more likely to experience a fall or know someone who has. Here are some suggestions from Aging.com that you can take to actively reduce your chances of falling:

GET PROPER NUTRITION

Eating properly improves the nervous system, gives energy to the body's muscle systems, and encourages heightened brain function allowing you to engage more thoroughly with your environment.

IMPROVE PHYSICAL FITNESS

Benefits of a daily exercise regimen include stronger muscles, bones, and connective tissue, an increased awareness of the environment, more energy for greater balance and a stronger gait, and a higher resistance.

IMPROVE HOME'S LIGHTING

Your home should be neither too bright nor too dark. A dark home hides hazards, and a home that is too bright can be just as dangerous.

MODIFY THE ENVIRONMENT

Reduce the number of hazards in your home and make modifications such as walk-in showers and wider door frames.

ADDRESS ANY MEDICAL CONDITIONS

Get regular medical checkups. Your health is the most important aspect of fall protection.

VISIT OUR YOUTUBE CHANNEL TO LEARN MORE ON TOPICS SUCH AS "HOW TO GET UP AFTER A FALL" AND "BALANCE AND FALL RISK REDUCTION."

Friends Life Care is here to help you age in place while maximizing your health and wellness by reducing the risk of things such as falls. Our skilled Wellness and Care Coordinators act as your personal healthcare advocates. They anticipate your needs and address any concerns that may come up as you age. We invite you to receive a FREE retirement planning consultation from one of our knowledgeable Plan Counselors.