



Freedom from Falls

One in four people over the age of 65 fall every year. Falls is the number one injury seen in our local emergency departments. Falls cause many injuries, including torn muscles, broken bones, a lengthy stay at a nursing home, or even death. Please review the six ways you can assess and lower your risk of falls. Share your concerns with your primary doctor.

1. Stay Strong and Stable

Simple strength and balance exercises are proven to reduce falls. They can be done in the convenience of your own home or in a group setting.

2. Review your Medications

Talk to your primary doctor and or pharmacist about any medication you are taking. Some medications are known to increase your risk of falling, and many cause fatigue, dizziness, or slowed reaction time. Even over-the-counter medications such as Tylenol Pm and Advil Pm place you at a greater risk.

3. Get Your Eyes Checked

Get your vision checked yearly or with any change in your vision. Bifocals or trifocals can alter your depth perception and make it easier to lose your balance.

4. Make Your Home Environment Safer

About half of all falls happen at home. Eliminate the risk by remove throw rugs, cords, furniture, and other tripping hazards from walkways, repair loose handrails and torn carpet, keep indoor and outdoor pathways lit, install grab bars where needed, place non-skid material on the shower floor, wear shoes inside and outside for better stability, and store items on waist-level shelves.

5. Limit Alcohol Consumption

The combination of alcohol and medications can create a false confidence in strength and balance.

6. Recognize the Patterns

When did you fall, loose your balance, or nearly fall? Record your experiences in order to identify a pattern that may exist. Identifying these patterns can help you and your doctor understand what caused the experience and how you can stop it from happening again.

Aging and Disability Resource Center (ADRC) of Brown County helps you find services so you can live how you want to live, where you want to live. The ADRC is your no cost, unbiased source for answers and solutions. Call them today at (920) 448-4300.

If you fall and call a local emergency service provider for assistance, they may ask you if you would like to be referred to the ADRC. Say "YES" to participate in their fall prevention program. The ADRC is here to help you remain independent and safe.

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