

# OSTEOPOROSIS

**1 in 3 PEOPLE 65+ EXPERIENCE A FALL**

## Practical Tips for Preventing Falls

What are you doing to reduce your risk?  
Check all that apply

### 10 TIPS FOR OUTSIDE



- Use a walker/cane
- Wear shoes with good traction
- Grab handrails
- Walk in grass if pavement is slippery
- In winter, keep rock salt nearby in case of slippery roads
- Keep decks and walkways clear
- Turn on front door light before leaving so door will be lit on return
- Wear a hands-free bag
- Stop at curbs and check the height before stepping up/down
- Wear hip protectors/pads

### 10 TIPS FOR INSIDE



- Avoid wet or polished floors
- Keep frequently used items in reach
- Use long-handled grasping devices
- Consider wearing a personal emergency response system (PERS)
- Remove clutter/throw rugs from floors
- Install grab bars on bathroom walls
- Use non-skid rubber bath mat
- Sit in a plastic chair with a back and non-skid legs when showering
- Light stairwells and stick bright tape on top/bottoms steps
- Install handrails on stairs

## MAINTAIN SAFE MOVEMENTS—HOW TO KEEP YOUR BALANCE



Poor vision can affect your ability to avoid obstacles and keep your orientation in space. Keep your home well-lit, have regular eye exams, and wear any prescription glasses.



Changes in hearing can alter judgment of body movements. Consult your doctor if you are having problems with middle-ear function, ringing in your ear, or spinning sensations.



Weak muscles and joints, especially ankles, can affect balance. Adhere to an exercise program that keeps your ankles strong and flexible to help keep you on your feet.

For more tips on preventing falls, visit the National Osteoporosis Foundation website

#### REFERENCES

Preventing Fractures and Falls. National Osteoporosis Foundation. Accessed March 27, 2020.

<https://www.nof.org/patients/fracturesfall-prevention/>

Preventing Fractures and Falls. National Osteoporosis Foundation. Accessed March 27, 2020.

<https://www.nof.org/preventing-fractures/exercise-to-stay-healthy/safe-movement/>

