Let’s Talk About It
Fall Prevention and Older Adults

Falls — or the fear of falling — are common as we age. It’s important to know that falling isn’t a normal part of aging. There are things you can do to help prevent falls.

Why Fall Prevention Matters*

Did You Know?
Falls are the #1 reason older adults are admitted for care at Sutter Roseville Trauma Center.

FALL RISK
Falling once doubles your chance of falling again.

1 in 4 adults age 65+ fall each year.

Your fall risk increases if you have health conditions, such as arthritis, Parkinson’s disease, low blood pressure, or brain disorders like Alzheimer’s disease.

Changes in vision, balance, or the use of certain medications can increase fall risk.

How to Prevent Falls

Talk to your doctor if you’ve had a fall.

Make safety improvements in your home.

EXERCISE to improve balance and strength.

Review all medications and supplements you take.

Have your vision checked and wear prescription glasses or contacts.

Interested in a Fall Prevention Workshop or Resources in Placer County?
Email: injuryprevention@sutterhealth.org
Call: 916-878-2416

Online Fall Prevention Resources
- cdc.gov/steadi
- cdc.gov/falls
- ncoa.org

Forgetfulness is common with age, but memory loss that disrupts daily life is not normal. A brain disorder such as Alzheimer’s disease or a related dementia slowly damage memory.

**Brain Disorders Can Increase Your Fall Risk**

**Did You Know?**

1 in 9 adults age 65+ has Alzheimer’s disease or a related dementia.

Adults living with dementia fall at least 4x per year — twice as often as adults without dementia — and are 5x more likely to need professional care after a fall.

**Early warning signs** can include:
- Difficulty completing familiar tasks or finding their way around.
- Experiencing personality or behavior changes.
- Withdrawing from social activities.

**How To Reduce Fall Risk**

Create a safe environment at home to help prevent falls:

- Keep **pathways** clear of clutter.
- Use **nonslip rugs** in the hallways and bathrooms.
- Install **grab bars** in the bathroom.
- **REDUCE** noise level and distractions.
- **Invest in** bright lighting and nightlights.

**Community Resources**

Placer County offers many supportive Alzheimer’s programs. To learn more, visit Placer County Healthy Brain Initiative: placer.ca.gov/7199/Placer-County-Healthy-Brain-Initiative

Call: 211 or 530-889-7143

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* Elenore Bayen, M.D., PhD, et al. *Reduction in Fall Rate in Dementia Managed Care Through Video Incident Review: Pilot Study*. Journal of Internet Medical Research, October 2017 (published online October 17, 2017). ncbi.nlm.nih.gov/pmc/articles/PMC5663952