

Fall Prevention

Fall Prevention in Your Home:

- ◆ Maintain good lighting
- ◆ Ensure rugs are fastened to the floor
- ◆ Install handrails in the bathroom
- ◆ Wear footwear with firm, non-skid soles
- ◆ Secure electrical cords
- ◆ Keep kitchen items within reach, avoid stepstools
- ◆ Always use handrails on stairs

The Loan Closet of Howard County

The Loan Closet provides donated medical equipment such as walkers and shower chairs and is free of charge to all Howard County residents.

410-313-0363

www.theloanclaset.org

Why is fall prevention important?

According to the Centers for Disease Control (CDC), falls are a threat to the health of older adults and can reduce their ability to remain independent. However, falls aren't something that just happen with age, there are proven ways to reduce falls. Here are some tips to help prevent falls and fall-related injuries.

Are you at risk for falls?

1. Have you fallen in the past year?
2. Do you feel unsteady when standing or walking or worry about falling?
3. Do you need to push with your hands to stand up from a chair?
4. Do you need to steady yourself by holding onto furniture when walking at home?
5. Do you take medicine that sometimes makes you feel light-headed or more tired than usual?



If you answered "yes" to any of these screening questions, you may be at an increased risk of falling. Discuss these questions with your health care provider.

You can reduce your risk of falling!

- **STAY ACTIVE!**
Doing strength and balance exercises can help prevent falls. Plus, exercise is good for Brain Health too!
- **MAKE YOUR HOME SAFER!**
Keeping floors clear and taking steps to reduce hazards can help prevent falls.
- **HAVE YOUR EYES CHECKED!**
Having your vision checked once a year and updating your glasses as needed can help prevent falls.
- **TALK TO YOUR HEALTH CARE PROVIDER!**
Tell your doctor right away if you have fallen. Work with your health care provider and pharmacist to review medications and discuss any side effects like feeling dizzy or sleepy. Open and honest communication with health care providers can help prevent falls.

Fall Prevention Resources

Howard County Resources

Maryland Access Point (MAP)

Maryland Access Point of Howard County (MAP) is a trusted source of information and assistance for Howard County residents who need or want to plan for their immediate and future needs. MAP serves adults 50 years and older, adults 18 years and older with a disability, family members and other caregivers, and health or business professionals. MAP can assist with:

- Guidance with assistance and benefits
- Referrals to programs and services for individuals, families and caregivers
- Home modification and repair
- Planning for the future
- Educational programs including *Stepping On* (a falls prevention program), *Living Well: Take Charge of Your Health* (for those living with chronic disease), and a variety of classes and programs to help build and maintain strength, promote health and prevent falls.

For more information contact:
410-313-1234 (voice/relay)
map@howardcountymd.gov
www.howardcountymd.gov/MAP

Howard County Local Health Improvement Coalition (HCLHIC)

The HCLHIC works to achieve health equity in Howard County and to identify and reduce health disparities. Important resources for Healthy Aging in Howard County can be found at: <http://www.hclhic.org/resources/healthy-aging-resources>

Maryland Resources

Maryland Department of Health

For information about fall prevention initiatives in Maryland visit: <https://health.maryland.gov/dhmfh-blog/Pages/Preventing-Falls-A-New-Protocol.aspx>

National Resources

National Council on Aging

For information about fall prevention and keeping older adults safe and active visit: <https://www.ncoa.org/healthy-aging/falls-prevention/>

CDC- STEADI Stop Elderly Accidents, Deaths and Injuries

For information and educational materials to improve fall prevention visit: <https://www.cdc.gov/steady/patient.html>



If you need this document in an alternate format, please contact the HCLHIC.

The Howard County Local Health Improvement Coalition (HCLHIC) is a partnership of more than 60 organizations working to achieve health equity and to identify and reduce health disparities in our community. The HCLHIC is funded and managed by the Howard County Health Department.

Howard County LHIC

Local Health Improvement Coalition

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410-313-6204