

# Falls Myths vs. Facts

**Myth:** A fall won't happen to me.

**FACT:** Every second an older adult fall. Over 1 in 4 older adults fall each year.

**Myth:** I won't get hurt if I fall.

**FACT:** Falls are responsible for 95% of all hip fractures and are the #1 cause of injury-death in older adults.

## 4 Things YOU Can Do to Prevent Falls



### Talk To Your Doctor

Hearing, posture, vision, medications, and some medical conditions impact balance. Tell your doctor if you feel unsteady or have fallen.



### Have Eyes Checked

Check with your eye doctor and update eyeglasses every year, if needed.



### Keep Moving

Strength and balance exercises can help promote brain health, build muscle strength, and prevent falls.



### Make Your Home Safe

Keep floors and walkways clear of tripping hazards like rugs and electrical cords. Always use handrails on stairs.

**THE HEALTH  
DEPARTMENT AND  
YOU**

 **HOWARD COUNTY  
HEALTH DEPARTMENT**

**Howard County LHIC**  
Local Health Improvement Coalition

410.313.6204 | [hclhic.org](http://hclhic.org)

# Local Fall Prevention Resources

| Services   | Contact/Website  |
|--|--|
| <b>Howard County Health Department</b>   |  |
| <ul style="list-style-type: none"><li>Helps you enroll into quality healthcare.</li><li>Provides services to help you navigate the Medicaid system.</li></ul>  | 410-313-5845<br><a href="http://www.hchealth.org">www.hchealth.org</a>   |
| <b>Howard County Local Health Improvement Coalition</b>  |  |
| <ul style="list-style-type: none"><li>Provides educational materials for fall prevention.</li><li>Connects you to organizations offering fall prevention resources, classes, and more.</li></ul>                                       | 410-313-6204<br><a href="http://www.hclhic.org">www.hclhic.org</a>   |
| <b>Howard County Office on Aging and Independence</b>  |  |
| <ul style="list-style-type: none"><li>Host Living Well, Balance, and fall prevention classes at the 50+ Centers throughout Howard County.</li><li>Provides you home modifications and home safety consultations.</li></ul>             | 410-313-1234<br><a href="http://www.howardcountymd.gov/aging-independence">www.howardcountymd.gov/aging-independence</a> |
| <b>Accessible Resources for Independence</b>   |  |
| <ul style="list-style-type: none"><li>Provides information and resources to empower people with disabilities to live independently. Consider asking about “Living Well in the Community” or “Assistive Technology” programs.</li></ul> | 410-636-2274<br><a href="http://www.arinow.org/">www.arinow.org/</a>   |
| <b>Columbia Association</b>  |  |
| <ul style="list-style-type: none"><li>Offers exercise and education program for individuals living with specific health conditions including cardiovascular, arthritis, diabetes, cancer and immunity and reconditioning.</li></ul>    | 410-715-3000<br><a href="http://www.Columbiaassociation.org">www.Columbiaassociation.org</a>                             |

Fall Prevention Resources (classes, screening tool, and more):  
<https://www.hclhic.org/healthy/older-adult>