

# Fall Prevention

Falls are not something that just happen with age! There are proven ways to reduce falls and fall-related injuries that can threaten health and independence. Here are some tips that can help!

## 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.*

## FALL PREVENTION AT HOME

- Maintain good lighting
- Be sure rugs are secure and don't slide
- 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

## YOU CAN REDUCE YOUR RISK!

- **STAY ACTIVE!** *Strength and balance exercises can help prevent falls and are good for Brain Health!*
- **SAFETY CHECK YOUR HOME!** *Keep floors and walkways clear of tripping hazards.*
- **HAVE YOUR EYES CHECKED!** *Get your vision checked regularly.*
- **TALK TO YOUR PROVIDER!** *Tell your doctor right away if you have fallen and work with your health care provider and pharmacist to review medications and discuss any side effects like feeling dizzy or sleepy.*

# Fall Prevention Resources

Resource	Services	Contact/Website
<b>Howard County Health Department</b>	Provides Adult Evaluation & Review Services (AERS) to help County residents to remain safe at home (or in the 'least restrictive environment' suited to their needs) by connecting them with services and supports that can foster their independence and personal well-being.	410-313-1234 (voice/relay) 1-844-627-6465 (844-MAP-LINK) <a href="https://md.getcare.com/">https://md.getcare.com/</a>
<b>Howard County Local Health Improvement Coalition</b>	Provides Access to Care, Behavioral Health, Healthy Aging, Healthy Weight and Physical Activity resources including: <ul style="list-style-type: none"> <li>• Chronic Disease Self-Management Program Resource Directory (<i>Hypertension, Diabetes, Fall Prevention, Chronic Pain Management</i>)</li> <li>• Food Assistance and Nutrition Education Programs Resource Directory</li> </ul>	410-313-6204 <a href="http://www.hclhic.org">www.hclhic.org</a>
<b>Howard County Caregivers Guide and the Resource Guide</b>	Provides information about local, state and federal programs, businesses, and non-profit organizations serving older adults, caregivers, and their families in Howard County.	410-313-1234 (voice/relay) 1-844-627-6465 (844-MAP-LINK) <a href="https://bit.ly/2IFMBwO">https://bit.ly/2IFMBwO</a>
<b>Maryland Access Point</b>	Provides information and assistance for County residents to plan for immediate and future needs. Can assist adults 50 years and older, adults 18 years and older with a disability, family members and other caregivers with: <ul style="list-style-type: none"> <li>• Guidance with assistance and benefits</li> <li>• Referrals to programs and services for individuals, families and caregivers</li> <li>• Home modification and repair</li> <li>• Planning for the future</li> <li>• Educational programs</li> </ul>	410-313-1234 (voice/relay) 1-844-627-6465 (844-MAP-LINK) <a href="https://md.getcare.com/">https://md.getcare.com/</a>