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Staying Steady: Reducing Fall Risk Through Prevention, Planning & Innovation

PREVENTION STARTS BEFORE A FALL

Falls are the leading cause of both nonfatal and fatal injuries for adults 65+. The good news: many risk factors can be addressed with simple changes, professional guidance, and thoughtful planning.

1 KNOW FALL RISKS

Six leading causes of falls include:

1. Home hazards: clutter, loose rugs, poor lighting, and other environmental risks.
2. Poor vision: Vision changes can make hazards harder to see.
3. Medications: Some medications can contribute to dizziness or instability.
4. Poor balance or weakness: Changes in strength and balance can increase risk.
5. Medical conditions: Underlying conditions may affect mobility or stability.
6. Vitamin D deficiency: Addressing nutritional factors can be part of prevention.

2 START TODAY

Make simple, low-cost changes: remove throw rugs; add night lights; use a shower seat or shower grip stickers; consider a raised toilet seat or grab bars; keep daily items within easy reach; organize medications; choose safe shoes and clothing; and use a cane, walker or rollator when appropriate.

3 PLAN FOR TOMORROW

For gradual or higher-tech improvements, consider bathroom modifications, installed grab bars, a walk-in shower, ramps and railings, wearable fall-detection sensors, smart-home lighting, and automatic medication dispensers.

COMMUNITY RESOURCES

Prevention works best when the right professionals are involved.

- AGING LIFE CARE MANAGERS- Assess the household and recommend vetted resources in your community.
- PHYSICIANS- Help patients understand that the time is now and refer them for therapy.
- OCCUPATIONAL, PHYSICAL & SPEECH THERAPISTS- Build an individualized, client-centered plan and the rapport to keep it going.

LEARN MORE



Humpty Dumpty Never Saw It Coming: How to talk to your parents about fall safety
- Ethan Blumen, Editor
My Aging Parents

STAY CONNECTED

If you have questions or need support making care decisions, we're here to help. bQuest connects you to vetted care professionals, like Aging Life Care Managers, with personalized guidance right when you need it most.

Reach out to your financial advisor or visit *app.thebQuest.com*

Need help now? *Your advisor can connect you directly with bQuest's white-glove Care Concierge team.*