Feeling like Falling?

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Neither do most older adults. (Let’s be honest – most people, regardless of their age, don’t imagine themselves falling down on a regular basis.) In fact, the idea that “falls happen to other people,” and its close cousin, “falls happen to other people’s loved ones,” is a dangerous delusion.

More than 1 in 3 older adults experiences a fall each year. That’s roughly 12 million people. Falls are the leading cause of fatal injury among older adults, and the most common cause of non-fatal hospital admissions for older adults. In other words, falls are very bad news for the health of older adults.

However, don’t resign yourself to an inevitable tumble! Falls are not a normal part of aging. In fact, many precautions can be taken to reduce the risk of falls – even if the person in question is frail. Basic examples of fall prevention techniques include removing any trip hazards in the home, such as scatter rugs, clutter, and cords from main walkways. You should also talk to your doctor or pharmacist. Many medications, or interactions between medications, can cause dizziness and contribute to your chance of a fall. Your medical team may be able to help you avoid or lessen dizziness by changing your medications or medication schedule. Additionally, medical conditions such as diminishing eyesight or hearing can also affect your balance two things that your doctor can help you with.

Finally, don’t let a fear of falling restrict you or a loved one’s enjoyment of life. Many falls are preventable, and it is very possible to reduce your fall risk! Let’s listen to Connie Francis sing about an entirely different – and much more appealing – type of falling, and take a look at the fall prevention resources and statistics that we’ve linked below.