

SENIOR FALL SAFETY

Every year in South Carolina, elderly fall-related injuries cause nearly 7,000 hospitalizations and 25,000 emergency room visits. These falls can cause physical, emotional, and financial burdens on the fall victims and their family/friends.



SC FALL STATISTICS

Falls are common in adults 65 years of age and older. Additionally, 60 percent of falls happen inside the home.

- More than one out of four older people fall each year, but less than half tell their doctor.
- Falling once doubles your chances of falling again.



HIGHER RISK

Seniors 85 and older are at the most significant risk.

Those at risk include anyone who:

- o is not physically active,
- o has fallen in the past,
- o has medical conditions (especially a combination of diseases), and/or
- o has home hazards/dangers (i.e., take medication(s) that cause drowsiness/dizziness.



AN OUNCE OF PREVENTION



- Review your medications for side effects that may increase your risk of falling.
- Stay active to improve balance and flexibility.
- Wear sensible shoes with nonskid soles.
- Reduce home hazards:
 - o Clear walkways of boxes and electrical cords
 - o Secure throw rugs
 - o Repair loose floorboards
 - o Use non-slip mats in the bathtub
 - o Turn on lights before using stairs

- Install assistive devices such as:
 - o grab bars inside and outside of the tub
 - o a bath seat for bathing
 - o railings on both sides of stairs



Falls create a high risk of injury for individuals, especially if they have fallen in the past. By removing the factors that contribute to falling, you can help make a fall-free SC.