

# Falls Prevention for Older Adults

- Slips and falls are the No. 1 cause of unintentional injuries among those aged 65+
- 1 in every 4 adults aged 65+ is injured from a fall each year
- The risk of death from a fall-related injury increases with age
- Most falls occur at your home



## What Can Cause a Fall?

- Difficulties with walking and balance
- Certain medications that affect balance and cause drowsiness
- Hearing and vision problems
- Foot pain or unsafe footwear (high heels or backless shoes)
- Home hazards or dangers (broken or uneven steps, throw rugs/small area rugs, cords, and clutter)

## Tips for Preventing Falls

- Talk with your doctor about medication side effects
- Stay physically active and do strength and balance exercises like walking, yoga, pilates, and tai chi
- Make home modifications like installing night lights, grab bars, and handrails; remove tripping hazards
- Wear low-heel, slip-resistant shoes
- Get your vision and hearing checked regularly

## Local Resources

**Sanford Center for Aging** (medication consults & exercise classes)  
1664 N. Virginia St., Reno, NV 89557 — Email: [wellness.sca@unr.edu](mailto:wellness.sca@unr.edu) | 775-784-4774

**Rebuilding Together N. Nevada** (home safety repairs)  
P.O. Box 19432, Reno, NV 89511 — Email: [home@rtnnv.org](mailto:home@rtnnv.org) | 775-395-9808

**CARE Chest** (home safety modifications)  
7910 N. Virginia St., Reno, NV 89506 — Email: [info@carechest.com](mailto:info@carechest.com) | 775-829-2273