



Learn More

For information about fall risks and prevention:

[cdc.gov/homeandrecreationalafety/falls/adultfalls.html](https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html)

Find STEADI brochures for older adults at [cdc.gov/steady/patient.html](https://www.cdc.gov/steady/patient.html)

- Stay Independent
- What YOU Can Do to Prevent Falls
- Check for Safety: A Fall Prevention Checklist for Older Adults
- Postural Hypotension: What It Is and How to Manage It



**Centers for Disease
Control and Prevention**
National Center for Injury
Prevention and Control

For help creating a list of your loved one's medications,
visit [AARP.org](https://www.aarp.org) and print a "Personal Medication Record."

For information on local fall prevention programs, visit the
National Council on Aging at [NCOA.org](https://www.ncoa.org)



In Place with Grace
704-727-6096
www.inplacewithgrace.org

Family Caregivers:

Protect Your Loved Ones from Falling



STEADI

Stopping Elderly Accidents,
Deaths & Injuries

Take Action



Every second of every day, an older adult falls.

Many of these falls cause injuries, loss of independence, and in some cases, death. Falls can be prevented. As a family caregiver, you can help.

Speak Up

Talk openly with your loved one and their healthcare provider about fall risks and prevention.

- Tell a healthcare provider right away if your loved one has fallen, or if they are worried about falling, or seem unsteady.
- Keep an updated list of your loved one's medications. Show a healthcare provider or pharmacist all of their medications, including over-the-counter medications, and supplements. Discuss any side effects, like feeling dizzy or sleepy.
- Ask their healthcare provider about taking vitamin D supplements to improve bone, muscle, and nerve health.

Keep Moving

Activities that improve balance and strengthen legs (like Tai Chi) can prevent falls.

- Exercise and movement can also help your loved one feel better and more confident.
- Check with their healthcare provider about the best type of exercise program for them.

Have Eyes and Feet Checked

Being able to see and walk comfortably can prevent falls.

- Have their eyes checked by an eye doctor at least once a year.
- Replace eyeglasses as needed.
- Have their healthcare provider check their feet once a year.
- Discuss proper footwear, and ask whether seeing a foot specialist is advised.

Make the Home Safe

Most falls happen at home.

- Keep floors clutter-free.
- Remove small throw rugs, or use double-sided tape to keep the rugs from slipping.
- Add grab bars in the bathroom—next to and inside the tub, and next to the toilet.
- Have handrails and lights installed on all staircases.
- Make sure the home has lots of light.

