

# Family Caregivers:

Protect Your Loved Ones from Falling

### **Learn More**

For information about fall risks and prevention:

cdc.gov/falls

Find STEADI brochures for older adults at cdc.gov/steadi/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

For help creating a list of your loved one's medications, visit AARP.org and print a "Personal Medication Record."

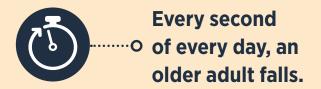
For information on local fall prevention programs, visit the National Council on Aging at NCOA.org



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



# Take Action



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.



### 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.



# 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.



## 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.

