A Personal Story

“I was traveling when it happened,” said Ruth. “I sustained a fracture and had to wear a neck brace for three months.” Ruth experienced the fall in 2009.

“I felt so helpless”

An active, independent 86-year-old woman, who lives alone, Ruth now knows the danger of falls for older adults. The neck brace made life difficult for Ruth. “I had to rely on my daughter to drive me to appointments and take me shopping,” she said. Now I move slower and am more careful,” she said. “I still have to do my exercises to keep myself strong.”

“Now I exercise four times a week at a gym. And I definitely don’t want to fall again!”

Preventing Falls

References


The following photos were retrieved from www.wix.com on July 20, 2016: Doctors Vitamins and Pills Eye Glasses Power Walk Checklist Happy Family
Myth vs. Reality

**Myth:**
If I lower my activity level, I will not fall.

**Reality:**
Physical activity will help you increase strength.

Talk to your healthcare team about your fall risks

Some medicines may affect your risk of falling. Review your medicines with your pharmacist

Get your vision and hearing checked yearly

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### Home Safety Checklist

- Remove items and objects on the floor or staircase that you can trip over.
- Install lights and handrails on staircases.
- Remove throw rugs.
- Place grab bars in the tub and next to the toilet.
- Use non-slip mats in the tub or shower.
- Keep your home well lit.
- Place items you use daily in easy to reach cabinets. Avoid step-stools.

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**1 in 3** older Americans fall each year...

Things YOU can do to prevent falls

- Participate in an exercise program that focuses on balance, walking, & flexibility
- Use the “Home Safety Checklist” to reduce home hazards
- Identify a support team to help you reduce your risk of falls, including family, neighbors, and friends

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**Available Resources**

- **Maryland Access Point (MAP):**
  1-844-627-5465 or 410-396-2273
  [www.marylandaccesspoint.info](http://www.marylandaccesspoint.info)

- **National Council on Aging (NCOA):**
  571-527-3900