

Let's Talk About It

Fall Prevention and Older Adults

Falls — or the fear of falling — are common as we age. It's important to know that falling isn't a normal part of aging. There are things you can do to help prevent falls.

Why Fall Prevention Matters*

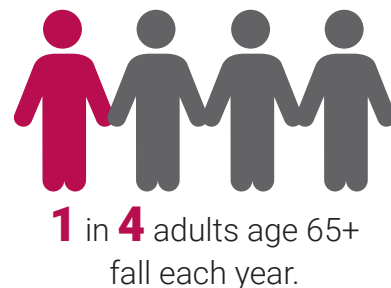
Did You Know?



Falls are the **#1 reason** older adults are admitted for care at Sutter Roseville Trauma Center.

FALL RISK

Falling once doubles your chance of falling again.



Your fall risk increases if you have health conditions, such as arthritis, Parkinson's disease, low blood pressure, or brain disorders like Alzheimer's disease.

Changes in vision, balance, or the use of certain medications can **increase fall risk.**



How to Prevent Falls

Talk to your doctor

if you've had a fall.



EXERCISE

to improve balance and strength.



Review all medications and supplements you take.



Make safety improvements in your home.

Have your vision checked and wear prescription glasses or contacts.



Interested in a Fall Prevention Workshop or Resources in Placer County?

Email:

injuryprevention@sutterhealth.org

Call: **916-878-2416**

Online Fall Prevention Resources

- cdc.gov/steadi
- cdc.gov/falls
- ncoa.org



Sutter Health
Sutter Roseville
Medical Center

Trauma Services

One Medical Plaza Drive
Roseville, CA 95661
sutterhealth.org/srmc

* *Facts About Falls*. Centers for Disease Control and Prevention. (February 10, 2017). cdc.gov/falls/facts.html. (Accessed July 23, 2021)

Let's Talk About It

Alzheimer's Disease and Fall Prevention

Forgetfulness is common with age, but memory loss that disrupts daily life is not normal. A brain disorder such as Alzheimer's disease or a related dementia slowly damage memory.

Brain Disorders Can Increase Your Fall Risk*

Did You Know?



1 in **9** adults age 65+ has Alzheimer's disease or a related dementia.

Adults living with **dementia** fall at least 4x per year — twice as often as adults without dementia — and are 5x more likely to need professional care after a fall.



Early warning signs



can include:

- Difficulty completing familiar tasks or finding their way around.
- Experiencing personality or behavior changes.
- Withdrawing from social activities.

How To Reduce Fall Risk

Create a safe environment at home to help prevent falls:

Invest in **bright lighting** and nightlights.



REDUCE
noise level
and distractions.



- Keep **pathways** clear of clutter.
- Use **nonslip rugs** in the hallways and bathrooms.
- Install **grab bars** in the bathroom.

Community Resources

Placer County offers many supportive Alzheimer's programs. To learn more, visit Placer County Healthy Brain Initiative:

placer.ca.gov/7199/Placer-County-Healthy-Brain-Initiative

Call: **211** or **530-889-7143**



Public Health Division

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* Elenore Bayen, M.D., PhD, et al. *Reduction in Fall Rate in Dementia Managed Care Through Video Incident Review: Pilot Study*. Journal of Internet Medical Research, October 2017 (published online October 17, 2017). [ncbi.nlm.nih.gov/pmc/articles/PMC5663952](https://pubmed.ncbi.nlm.nih.gov/35663952/)