



# WATERCREST

SENIOR LIVING

welcomes you to:

## WATERCREST SHARES

*If it's important to you, it matters to us!*



## FALL RISK?

### Know what to look for - and what you can do

While falls are common in adults 65 and older, falling is NOT a normal part of aging. Factors that increase fall risk include mobility issues, chronic illnesses and vision impairment. According to the U.S. Centers for Disease Control and Prevention:

- One in four Americans aged 65+ falls each year
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.

There are steps you can take to reduce your risk.

## AM I AT RISK FOR FALLS?

### If so, what can I do?

#### Ask yourself:

Have I fallen in the past year? (People who have fallen once are likely to fall again)

Am I unsteady when I walk? (This is a sign of poor balance)

Do I hold on to furniture or railings when I walk? (This is also a sign of poor balance)

Has anyone advised that I get a walker? (They may have observed your poor balance)

Do I have problems climbing stairs, or even stepping on or off a curb? (Weak muscles can lead to falls)

Do I have difficulty getting up from a chair? (This may also indicate weak leg muscles)

Does my medication cause me to be dizzy or light-headed? (Medication side effects can also lead to poor balance and resulting mobility issues)

Do I sometimes feel that I need to rush to a bathroom, or do I wake in the middle of the night for bathroom needs? (Walking quickly, especially in the dark, can lead to falls)

#### Consider these tips to help reduce your fall risk:

- Wear comfortable, well fitted shoes with non-slip soles
- Consider a smart, safe exercise program to strengthen muscles (Ask about our Live Exhilarated™ Program for ideas)
- Ask your doctor about potential side effects of medications you take
- Have your vision and hearing checked regularly
- Install handrails and grab bars in bathrooms and along stairways
- Remove any loose throw rugs and assure that all rooms have adequate lighting
- Get enough sleep each night
- Be careful regarding alcohol consumption
- If you have a cane or walker, have it checked periodically for safety

If you have questions or feel you require assessment, talk to your doctor.