

# Rehab Update



This is Fall Prevention Month.

**Older Adult Falls: A growing problem that can be prevented.**

Falls—and the injuries and deaths they cause—are increasing. Over 10,000 people in the United States turn 65 every day. The number of falls and fall injuries will increase as the population of older adults grows. Death rates from falls have increased about 30% in the last decade. Healthcare costs are also on the rise. In one year alone, medical costs for falls are about \$50 billion.

**If you're an older adult, there are simple things you can do to keep yourself from falling and stay independent longer.**

- Talk to your healthcare providers
- Tell your doctor if you have fallen, if you feel unsteady when standing or walking, or if you're afraid you might fall.
- Ask your doctor or pharmacist to review your medicines to see if any might increase your risk of falling.
- Ask your doctor about health conditions (like depression or osteoporosis) that can increase your risk for falling. Ask your doctor to check your eyes at least once a year and update lenses as needed.

**Make your home safer**

- Get rid of trip hazards.
- Keep floors clutter free.
- Add grab bars in the bathroom.
- Have handrails and lights installed on all staircases.

Learn more about how to prevent falls at [www.cdc.gov/STEADI](http://www.cdc.gov/STEADI)