

Falls Prevention for Older Adults

- Slips and falls are the No. 1 cause of unintentional injuries among those aged 65+
- 1 in every 4 adults aged 65+ is injured from a fall each year
- The risk of death from a fall-related injury increases with age
- Most falls occur at your home



What Can Cause a Fall?

- Difficulties with walking and balance
- Certain medications that affect balance and cause drowsiness
- Hearing and vision problems
- Foot pain or unsafe footwear (high heels or backless shoes)
- Home hazards or dangers (broken or uneven steps, throw rugs/small area rugs, cords, and clutter)

Tips for Preventing Falls

- Talk with your doctor about medication side effects
- Stay physically active and do strength and balance exercises like walking, yoga, pilates, and tai chi
- Make home modifications like installing night lights, grab bars, and handrails; remove tripping hazards
- Wear low-heel, slip-resistant shoes
- Get your vision and hearing checked regularly

Local Resources

Sanford Center for Aging (medication consults & exercise classes)
1664 N. Virginia St., Reno, NV 89557 — Email: sanford@unr.edu | 775-784-4774

Rebuilding Together N. Nevada (home safety repairs)
P.O. Box 19432, Reno, NV 89511 — Email: rebuilder@rtnnv.org | 775-395-9808

CARE Chest (home safety modifications)
7910 N. Virginia St., Reno, NV 89506 — Email: info@carechest.com | 775-829-2273