

This article is from the website of a personal accident injury lawyer in California (Nadrich & Cohen); however it has some excellent information. It was recommended to us by Eli, per the following email (in part):

“Our youth ministry group wanted to send the Crystal Lake Club HOA a quick note to express our gratitude - a few of our youth members (Joshua, Meg, Hailey, and Elijah) have been meeting virtually to plan wellness newsletters for our congregation- I'm totally amazed by their wonderful efforts! Elijah had the cool idea for our next newsletter to discuss topics on aging since most of our newsletters have discussed youth issues. That's how he discovered your website which gave us a lot of material to include especially your recommendations here- crystallakeclubhoa.com/usefullinks.htm

Many thanks for those! I asked them if they had any other favorites we could share to return the favor. Eli sent us this article on fall prevention that has a bunch of sources for families/caregivers:”

Margaret Bowen of FaithMaps.org

Prevention

Many older people fear falling. That's because a fall can change their lives and destroy their independence. Something as simple as losing footing on a slick floor or tripping over something left on the floor can permanently change someone's mobility. For older people, a fall can easily turn into a hospital stay, lingering injury, or even the start of a long-term disability. Caregivers also fear that an older person they are responsible for could fall and get injured.

Causes of Falls

The first step toward preventing falls is to understand why they happen. Scientists have identified certain risk factors that make a person more likely to have a bad fall.

- Bad eyesight and reflexes can lead to a fall.
- Medical issues can impact balance. These include thyroid problems, diabetes, nerve issues, foot problems, and heart disease.
- Some medications induce sleepiness or dizziness, both of which make falling more likely.
- Footwear can also cause falls. For example, improper fit, high heels, and backless shoes are all likely to contribute to a fall.
- Confusion is a major cause of falls.

Fall Prevention

One important way to prevent falls is to make sure that the overall health and well-being of the older person are looked after.

- Clothing should not drag the floor and should fit properly. Baggy clothes can cause feet to catch

in hemlines or catch on a nail or splinter going through a doorway.

- Regular movement keeps people fit and strong.
- People who need glasses should wear them whenever they are moving around and should have their eyes retested regularly.
- If a medication makes an older person dizzy or abnormally sleepy, their doctor should be notified.
- Drinking alcohol makes a fall more likely. Older people are more likely to fracture a hip if they were drinking before they fell.
- Older people should stand up slowly to help their blood pressure stay steady.
- Anyone who needs an assistive device like a cane or walker should use it when moving around.
- Care should be taken when walking on slippery surfaces.
- Floors and staircases should be free of tripping hazards, including small rugs.

Lessening the Impact of a Fall

One of the best ways to survive a fall is to have strong bones. It's especially important for the elderly to work to maintain good bone density.

- People who are neither underweight nor obese survive falls with few injuries.
- Carpeting is better for older people since it cushions the blow of a fall.
- Grab bars can also help older people catch themselves if they start to fall.
- People who are unsteady on their feet should always be supervised when moving around.

What to Do if Someone Falls

A fall can be terrifying to witness. If someone falls, it's important that those in charge of helping them remain calm. The caregiver should take several deep breaths before proceeding.

- It's vital to help the person who fell to remain calm. Encourage them to stay still on the ground for at least a few minutes.
- See if the person can roll onto their side unassisted.
- If they can roll, encourage them to rest so that their blood pressure can even back out.
- Don't encourage someone to sit or stand up before they are ready. Moving the wrong way can worsen a personal injury sustained in the fall.
- It's important to know when to ask for help getting someone up or if it's better to call 911 because the person may be seriously injured.
- If it's deemed safe for the person to stand back up, have them use a sturdy piece of furniture to brace against as they rise, keeping one foot flat on the floor.

Additional Resources

- [Fall Prevention: Simple Tips to Prevent Falls](#)
- [Prevent Falls and Fractures](#)
- [Older Adult Fall Prevention](#)
- [Ten Ways to Prevent Falling at Home](#)
- [Guidelines for Preventing Falls](#)
- [Preventing Falls in Older Persons](#)

- [Fall Prevention: Balance and Strength Exercises for Older Adults](#)
- [How to Prevent Falls in Older People](#)
- [Fall Prevention: Fall Safety Tips for Seniors](#)
- [Preventing Falls in Older Adults: Multiple Strategies Are Better](#)
- [What's the Best Way to Prevent Falls in Older Adults?](#)
- [Overcoming Obstacles to Policies for Preventing Falls by the Elderly](#)
- [Avoiding a Fall](#)
- [Preventing Falls in Elderly Persons](#)
- [Fall Prevention for Older Adults](#)
- [Why Older People Fall and How to Reduce Fall Risk](#)
- [Prevent Falls](#)
- [Ways to Prevent Falls in the Elderly](#)
- [Be Safe: Prevent Falls](#)
- [Preventing Falls in the Elderly](#)
- [Falls and Injury Prevention](#)
- [Simple Ways to Prevent Falls in Older Adults](#)
- [Older Adult Fall Prevention](#)
- [Five Ways Caregivers Can Prevent Falls in Older Adults](#)
- [Falls in Older Adults](#)
- [Older Adult Fall Prevention](#)
- [Tips for Avoiding Nighttime Falls](#)
- [Fall Prevention Tips for Seniors](#)
- [Fall Prevention and Management](#)
- [Preventing Falls in Older Persons](#)
- [Causes of Falls](#)