



Family Caregivers:

Protect Your Loved Ones from Falling



Learn More

For information about fall risks and prevention:

cdc.gov/falls/

Find STEADI brochures for older adults at cdc.gov/steady/patient-resources/index.html

- Stay Independent
- What YOU Can Do to Prevent Falls
- Check for Safety: A Fall Prevention Checklist for Older Adults
- Postural Hypotension: What It Is and How to Manage It

For help creating a list of your loved one's medications, visit AARP.org and print a "Personal Medication Record."

For information on local fall prevention programs, visit the National Council on Aging at NCOA.org



**Centers for Disease
Control and Prevention**
National Center for Injury
Prevention and Control

STEADI

Stopping Elderly Accidents,
Deaths & Injuries

Take Action



**Every second
of every day, an
older adult falls.**

Many of these falls cause injuries, loss of independence, and in some cases, death. Falls can be prevented. As a family caregiver, you can help.

Speak Up

Talk openly with your loved one and their healthcare provider about fall risks and prevention.

- Tell a healthcare provider right away if your loved one has fallen, or if they are worried about falling, or seem unsteady.
- Keep an updated list of your loved one's medications. Show a healthcare provider or pharmacist all of their medications, including over-the-counter medications, and supplements. Discuss any side effects, like feeling dizzy or sleepy.
- Ask their healthcare provider about taking vitamin D supplements to improve bone, muscle, and nerve health.

Keep Moving

Activities that improve balance and strengthen legs (like Tai Chi) can prevent falls.

- Exercise and movement can also help your loved one feel better and more confident.
- Check with their healthcare provider about the best type of exercise program for them.

Have Eyes and Feet Checked

Being able to see and walk comfortably can prevent falls.

- Have their eyes checked by an eye doctor at least once a year.
- Replace eyeglasses as needed.
- Have their healthcare provider check their feet once a year.
- Discuss proper footwear, and ask whether seeing a foot specialist is advised.

Make the Home Safe

Most falls happen at home.

- Keep floors clutter-free.
- Remove small throw rugs, or use double-sided tape to keep the rugs from slipping.
- Add grab bars in the bathroom—next to and inside the tub, and next to the toilet.
- Have handrails and lights installed on all staircases.
- Make sure the home has lots of light.

