

THE TRUTH ABOUT FALLING

Myth: If I stay seated all the time, I reduce my risk of falling.

Truth: Inactivity may lead to muscle and joint weakness, which increases your risk of falling.

Myth: My medications do not increase my risk of falling.

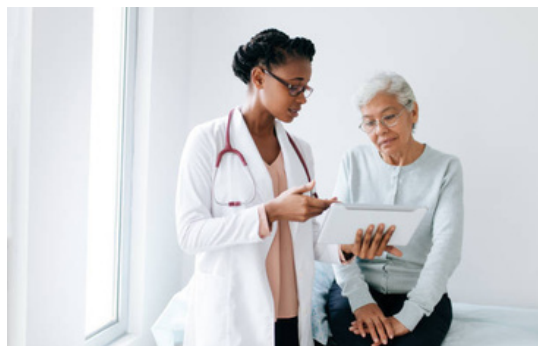
Truth: Taking any medication may increase your risk of falling. That risk is only increased when you are taking more than one at the same time. Be careful with medications—especially when you are given a new medication—until you know how it may affect your body.

Myth: An assistive device, such as a walker or wheelchair, will make me more dependent.

Truth: An assistive device may actually increase your independence, allowing you to be more active and still do the things that you enjoy.

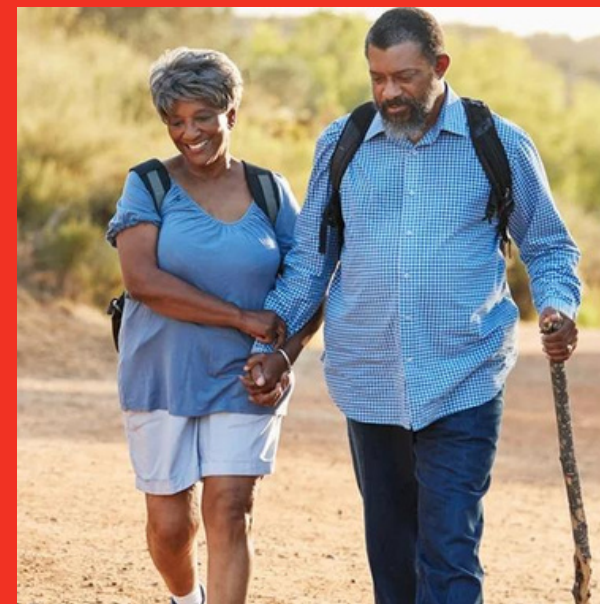
Myth: I am safe from falls in my own home.

Truth: While you may be at reduced risk in your own home, things like clutter around your feet, electric cords that are unsecured, and loose carpeting or rugs may increase your risk of falling. . . even in your own home.



For more information contact
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Senior Fall Prevention



Bathroom

- Grab rails
- Non-skid rugs and bath mats
- Hand-held shower extension

Bedroom

- Night light
- Bed rails
- Bedside commode or urinal



Kitchen

- Non-skid flooring
- Lower cabinet and storage space
- Step-ladder with safety rails for reaching high

Living Room

- Clear walking paths
- Tape down loose cords
- Raise height of furniture for easy sitting/standing

Doorways & Stairs

- Reflective tape for stairways
- Secure flooring in doorways with thresholds

North Marin Community Services

Mental & physical health, advocacy,
food pantry & more

(415)-892-1643

info@northmarincs.org

HHS, Marin County

Marin Aging & Adult Information and

Assistance Line:

Monday – Friday, 8:30am – 4:30pm

(415) 473-INFO | (415-473-4636)



Margaret Todd Seniore Center

Offers exercise classes, clubs & more

(415) 899-8290

A fall may be caused by many different things. Listed below are some things that can increase your risk of falling.



Vision

- Macular Degeneration
- Glaucoma
- Not wearing your glasses or wearing a bad prescription

Environment

- Cluttered walking area
- Low lighting
- Slippery floors

Medications

- Blood pressure medications
- Sedatives
- Muscle relaxers



Habits

- Lack of exercise
- Standing on chairs or stools to reach high items

Assistive Devices

- Shoes that don't fit properly
- Not using an assistive device such as a cane, walker, or wheelchair