

## YOU can reduce your fall risk

If you have fallen or are worried about falling, talk to your healthcare provider about a fall risk screening.

Many types of dizziness and balance problems are treatable by individualized physical therapy and an exercise program.

Fall prevention programs are effective and work to improve balance and muscle strength.

Fall prevention programs may be provided on an individual basis or through classes at your local physical therapist, senior center, or gym.

## Hearing and Balance Research Program at Mountain Home

The Hearing and Balance Research Program seeks to enhance the quality of life for Veterans with hearing and balance disorders. Our aims are to:

- Advance the knowledge of hearing and balance disorders
- Improve best clinic practices for the assessment and rehabilitation of hearing and balance function in Veterans.



## Balance and Fall Prevention

*James H. Quillen VA Medical Center*

### Interested in participating?

Call 423.926.1171 extension **7554**

To contact the Hearing and Balance Research Program



This brochure was developed by the Hearing and Balance Research Program at James H. Quillen VA Medical Center.

## Understanding falls

10,000 Americans turn 65 each day, and by 2030, 1 in 5 Americans will be 65 years and older.

Every second in the U.S. an older adult falls, and every 20 minutes an older adult dies from a fall.

More than half of falls occur at home.

Medications to help with sleep and improve mood have side effects that may increase fall risk.

Falls often result in brain injury, hip fracture, and loss of independence.

Falling is not an inevitable part of aging.

Many falls are preventable!



## Risk factors of falls

Dizziness and unsteadiness while standing or walking increase your fall risk of falling.

Dizziness and imbalance are not a normal part of aging and are symptoms of another problem.

Medications to help with sleep and improve mood have side effects that may increase fall risk.

Leg weakness, such as having trouble standing up from a chair, is a risk factor.

Impaired vision, such as cataracts, old prescription lenses, macular degeneration, is a fall risk that may be treatable by your eye doctor.

## Preventing falls

Wear well-fitting, supportive shoes.

Have your vision checked every year.

Have your healthcare provider check your medications.

Perform a home safety check and make changes as needed, so your home is safe.

Be sure that rooms are well lit and it is easy for you to see as you move around your home.

Remove or secure any trip hazards, such as throw rugs.

Add grab bars in the bathroom or tub.

**Keep moving!** Do activities that you enjoy to make your legs stronger and improve your balance.