

Three tips for reducing fall risk for older adults

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Falling represents one of the most pressing health concerns facing older adults.

As people consider ways to prevent falling, either in themselves or a loved one, it can seem daunting – with so many risk factors, how can we prevent them all?

It doesn't have to be overwhelming – here are three ways you or a loved one can take action:

#1: Start or expand a workout routine

We begin losing muscle mass in our 30s, and that deterioration increases the risk of a fall as we age.

To counteract that, a regular fitness routine can help maintain and even build muscle mass and improve balance, lowering the risk of a fall. The CDC recommends 150 minutes of activity per week, which breaks down to 30 minutes, five times a week.

#2: Go room-by-room

Scan your home for fall risks, and as you do, here are a few things to consider:

- Remove loose cords and wires or fasten them to baseboards or the floor where possible.

- Remove unnecessary clutter like piles of newspapers, magazines, laundry, etc.
- Install non-slip mats or pads in the shower or tub.
- Install weight-bearing grab bars or railings for assistance getting up and down in the bathroom.
- Check that all light bulbs work, and have replacements on hand.

#3: See your doctor

A doctor can perform tests to gauge balance and walking gait, two important factors in fall safety for older adults. Tests for eyesight and hearing are vital as well.

Free Fall Safety Webinar from Prestige Senior

Living Five Rivers

At Prestige Senior Living Five Rivers, we're hosting a free webinar with physical therapist Mike Studer, who will discuss the importance of balance and walking gait. In addition, he will present on the fear and anxiety many older adults feel surrounding fall risk.

The webinar will take place on Friday, March 22 at 10 a.m. You can register at prestigecanhelp.com.