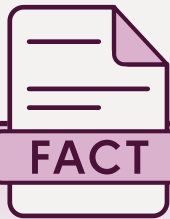


PREVENTING FALLS



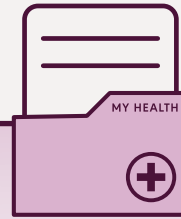
Know the Facts

- 1 in 4 older adults (65+) fall each year in the U.S.
- Falls can cause serious injuries, such as fractures or head trauma.
- Hearing and balance are connected—problems in your ear can increase your fall risk.



Home Safety Checklist

- Keep floors free of cords and clutter.
- Use non-slip mats in the bathroom.
- Add grab bars and handrails to stairways and bathrooms.
- Wear sturdy, supportive shoes.
- Make sure rooms and hallways are well lit.



Manage Your Health

- Talk to your healthcare provider about medications that can affect balance or cause dizziness.
- Stay hydrated and maintain a healthy diet.
- Join an exercise class (e.g. yoga or tai chi) to strengthen your muscles and improve balance.
- Audiologists can test your hearing and balance to help identify and manage your dizziness.
- Schedule regular eye exams and update your glasses prescription as needed.

Audiologists Can Help

Find an ASHA certified audiologist at
www.asha.org/profind