

FOR IMMEDIATE RELEASE

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## Fall Prevention

Falls are a major health concern for older adults, often leading to serious injuries and loss of independence. Fortunately, many falls can be prevented by taking a few proactive measures.

1. Ensure a Safe Home Environment-Remove tripping hazards like loose rugs and clutter. Install grab bars in bathrooms and handrails on stairs. Improve lighting, especially in hallways and staircases.
2. Stay Physically Active- Regular exercise strengthens muscles and improves balance. Activities like walking, tai chi, and gentle strength training can reduce fall risk.
3. Check Vision and Hearing-Poor eyesight and hearing can affect balance and awareness. Schedule regular checkups and update prescriptions as needed.
4. Review Medications-Some medications cause dizziness or drowsiness. Consult a doctor to adjust dosages or switch medications if necessary.
5. Wear Proper Footwear-Choose non-slip, supportive shoes over loose slippers or high heels. By taking these precautions, older adults can reduce their risk of falls and maintain their independence safely.

Always tell your doctor if you have fallen since your last check-up, even if you did not feel pain when you fell. A fall can alert your doctor to a new medical problem or issues with your medications or eyesight that can be corrected. Your doctor may suggest physical therapy, a walking aid, or other steps to help prevent future falls.

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