



Better care for your aging parents.

notes

Preventing Falls

Ensuring an older person is in the best possible physical condition goes a long way toward making sure falls never happen.

- Get all physical systems checked.** According to the American Academy of Orthopedic Surgeons, there are lots of medical problems that lead to falls, including:
 - a. Impaired musculoskeletal function, gait abnormality, osteoporosis
 - b. Irregular heartbeat, blood pressure fluctuation
 - c. Depression, Alzheimer's disease and senility
 - d. Arthritis, hip weakness or imbalance
 - e. Neurological conditions such as stroke, Parkinson's disease, multiple sclerosis
 - f. Urinary and bladder dysfunction
 - g. Vision or hearing loss
 - h. Cancer that affects bones

- How you move matters.** Consider discussing the following fall-prevention techniques with your parent:
 - a. Take your time getting up.
 - b. Push up don't pull.
 - c. Use a walker in the house, not just outside.
 - d. Reach smarter using a "reach stick".
 - e. Grab on to handrails.
 - f. Learn how to fall.

For more information on these questions and what to expect, access the Parentgiving Learning Center.