# **Stay** Ealls are the main reason

Western Pennsylvania Sports Medicine & Rehabilitation Clinic Inc.

### Falls are the main reason why older people lose their independence.

#### **Facts About Falls and the Elderly:**

- **1/3** of Americans aged 65 and older fall each year.
- Women are at an increased risk for falls over men [that risk increases with age].
- 2/3 of individuals who fall repeat with another fall in 6 months.
- 1 out of 200 falls result in a hip fracture in those aged 65-69 years old.

1 second

An older adult falls every second of every day.

One in four older adults reported a fall in 2014.

# cause Falls are the #1

Falls are the **#1** cause of hip fractures.

For many older adults, falls or the fear of falling represents a major health problem which results in significant limitations in function and social activities. These limitations lead to a decline in physical and mental health and ultimately to further loss of independence and isolation.

### Things You Can Do to PREVENT FALLS:



... Begin an exercise program to improve your leg strength & balance.

#### Make your home safer by:

- Removing clutter & tripping hazards.
- Putting railings on all stairs & adding grab bars in the bathroom.
- Having good lighting, especially on stairs.



Ask your doctor or pharmacist to review your medicines.



Get annual eye exam & update your glasses.



## **Call us today for a Fall Risk Assessment**

### **Our professional therapists can assess your** risk and develop ways to reduce your risk factors.



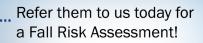
Effective Therapy from Experienced Professionals

#### **Identify & Address Fall Risk Factors:**

- Lower body weakness
- Gait and balance problems
- Side effects of medications
- Postural dizziness
- Poor vision
- Problems with feet and/or shoes
- Home safety



## How can YOU help your patients?



Using this risk assessment, we can set up a custom strength and balance program for your patients based on their individual needs to help minimize the risk of falls!

We will make suggestions to help make the home a safe environment: Add grab bars/ railings, improve lighting, diminish tripping hazards, etc.!



WESTMONT 927 Menoher Blvd. Johnstown, PA 15905 814.255.6814

**EBENSBURG Route 22, College Park Plaza** Ebensburg, PA 15931 814.472.9070

BERLIN 1218 East Main Street Berlin, PA 15530 814.267.4393

RICHLAND 1253 Scalp Ave. Johnstown, PA 15904 814.269.9606

4201 Glades Pike Somerset, PA 15501