

# Stay INDEPENDENT!

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.

**1**  **in 4**

One in four older adults reported a fall in 2014.

**#1**  **cause**

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:**

1.

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

2.

Ask your doctor or pharmacist to review your medicines.

3.

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.

4.

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.



## 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?



Refer them to us today for a Fall Risk Assessment!



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.!



U.S. Department of Health and Human Services  
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