

**Many older adults think that falls are just a part of aging and that there is nothing that they can do to prevent them. Falls are not a normal part of aging!**

Older adults will sometimes say the following:

- ❖ “I did not tell my doctor because I was not hurt.”
- ❖ “I would probably not tell my family if I fell. I feel it is my fault and I am usually embarrassed.”
- ❖ “I do not want to tell my doctor or family because I am afraid that they would send me to a nursing home.”

Often, older adults do not even think that they have fallen because they do not get hurt or they catch themselves before they hit the floor. These are still falls or “near falls” that you should report to your doctor, nurse or physical therapist.

**Falls may cause injuries, disabilities, fear of falling, limitation of activities and even death. A hip fracture is the most common injury from a fall.**



**The best way to stay in your home—independent and safe—is to tell your doctor about your falls.**

Many treatments are now available, including:

- Treatment of balance problems
- Muscle strengthening and flexibility
- Gait (walking) re-training
- Home safety changes
- Treatment of low vision problems
- Medication review and change
- Exercise programs such as walking and Tai Chi
- Incontinence (leaking of urine) treatment
- Management of lightheadedness upon rising
- Inner ear/dizziness treatments

## **PREVENTING FALLS MAY SAVE YOUR LIFE AND MAKE IT BETTER**

Even if you've had only **one** fall or “near fall” in the last year, be sure to tell your doctor and ask about treatments on the list above.

**Remember, YOU can take the following actions to prevent falls:**

- Begin a regular exercise program after checking with your doctor.
- Have your doctor or pharmacist review all of your medicines, including your “over the counter” meds.
- Have your vision and hearing checked every year.
- Make your home safer with simple changes such as removing or securing rugs, improving lighting and installing grab bars in key places.

## Contact Information

Michigan Department of Community Health  
Injury and Violence Prevention Section  
PO Box 30195  
Lansing Michigan 48909  
Phone: (517) 335-9517  
Fax: (517) 335-8269  
Website: [www.michigan.gov/injuryprevention](http://www.michigan.gov/injuryprevention)

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# WHY YOU NEED TO TALK TO YOUR DOCTOR ABOUT FALLING



**FALLS ARE NOT A  
NORMAL PART  
OF AGING**