



### WHY IS FALL PREVENTION IMPORTANT?

Each year, 1 in 3 elderly adults ages 65 or older falls and 2 million are treated in emergency departments for fall-related injuries. There are many long-term health consequences of fall injuries but there are also many things we can do to prevent ourselves from falls. Talk to your healthcare professional and report falls.

### THINGS THAT CAN CAUSE FALLS:

- Lower extremity weakness and/or dysfunction
- Impairments in balance and/or gait
- Getting in or out of the tub or shower
- Poor vision
- Bad footwear
- Walking on uneven ground
- Ice or other slick surfaces
- Incorrectly using assistive devices (canes, walkers)
- Cluttered rooms and throw rugs
- Getting up at night to go to the bathroom
- Poor lighting
- Vitamin D deficiency
- Osteoporosis/Osteopenia
- Medications that can affect your balance



### HEALTH CONSEQUENCES:

- Broken bones (wrist, ankle, and hip fractures)
- Brain injuries
- Decline in functional abilities

### PREVENTION TIPS:

- Exercise (such as tai chi, walking) to increase muscle strength, joint flexibility and to improve balance and posture.
- Address lower extremity dysfunction/weakness with a chiropractor or physical therapist.
- Have your vision and hearing checked annually.
- Take care of your feet: wear shoes that have a low, sturdy heel, fit well, have non-slip textured soles and support your feet.
- Be mindful of medications: some medicines can have side effects such as dizziness or drowsiness. Ask your doctor or pharmacist to review all your medications.



### MAKE YOUR HOME SAFER:

- Remove things you can trip over from stairs and places where you walk.
- Install handrails and lights on all staircases.
- Remove small throw rugs or use double-sided tape to keep rugs from slipping.
- Put grab bars inside and next to the tub or shower and next to your toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Have telephones or a personal emergency alert pendant accessible in case of an emergency.

#### Sources:

- Centers for Disease Control and Prevention
- Stanford University Self-Management Program

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### 為什麼預防跌倒是這麼重要的？

每年，每 3 個 65 歲以上的長者中就有 1 個跌倒，並約有二百萬人因為跌倒受傷而去急診室求助。跌倒受傷可以導致很多長期的健康問題，但同時我們也有很多方法可以幫助自己預防跌倒。你可以向醫護人員報告跌倒的情況。

### 可能會導致跌倒的因素：

- 下肢無力和/或功能障礙
- 平衡障礙和/或步態不穩
- 進入或走出浴缸/淋浴間
- 視力不良
- 鞋子不好
- 在凹凸不平的地面上行走
- 結冰或其他光滑的表面
- 不正確地使用助行設備（如拐杖和助行器）
- 凌亂的房間和隨處堆放的小地毯
- 晚上起床去洗手間
- 光線昏暗
- 缺乏維生素 D
- 骨質疏鬆/骨質減少
- 正在服用會影響平衡能力的藥物



### 預防跌倒的方法：

- 做運動（例如太極、步行）可以增加肌肉力量、關節柔軟度、改善平衡和姿勢。
- 諮詢脊椎神經醫師或物理治療師、改善下肢無力/或功能障礙。
- 每年定期做視力和聽力的檢查。
- 照顧好足部：穿合腳、低跟、有穩固鞋跟、有防滑鞋墊的鞋子來支撐你的雙足。
- 留意藥物：一些藥物可能有頭暈和嗜睡的副作用。你可以讓醫生或藥劑師檢查你的藥物。



### 讓你的家更安全：

- 將樓梯上和你路經的地方上、可以絆倒你的東西移除。
- 在所有樓梯上安裝扶手和燈。
- 移除地上的小地毯，或用雙面膠固定地毯、讓它不會滑動。
- 在浴缸或淋浴間內和旁邊、以及馬桶旁邊裝上扶手。
- 在浴缸裏或淋浴間的地上放防滑墊。
- 把電話或個人緊急警報掛墜放在容易拿到的地方以防緊急情況發生。

### 由跌倒導致的健康問題：

- 骨折（手腕、腳踝和髖關節骨折）
- 腦損傷
- 身體機能逐漸衰退

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