

Tips for Preventing Falls in the Elderly

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Can we [prevent falls](#) as we are getting older? There are certain truths we have to face when there is an elderly or senior citizen in our homes. First, women are more likely to fall than men and the risk increases with age. Those who do fall have a greater chance of falling again within the year. Unlike those below 60, falling can be extremely dangerous because of complications like bone injuries.

There is a growing number of death related falls among the elderly, although it may not be directly caused by the fall itself. For instance, if the elderly who fell broke a bone, that person will be forced to stay in bed to recover. People over 60 have a harder time recovering and rehabilitating because they are weaker and have less muscle control.

Here are 5 safety tips to prevent unnecessary falls:

Make Sure There Is Sufficient Supplements in the Diet

One reason for a fall is osteoporosis where the bones are more easily fractured because they are more porous. To prevent this, make sure the elderly person has enough calcium and vitamin D in his or her diet. The calcium strengthens the bone while the vitamin D helps the body absorb the calcium better.

Exercise

Everyone needs to exercise, regardless of age. However, the exercise should correspond to the individual's physical capabilities. Thus, for elderly, walking 15 minutes a day, swimming, stretching, bending, or even Tai Chi or low impact aerobics can help.

Have Regular Eye Check-ups

Two of the more common eye problems among the elderly are glaucoma and cataracts. It changes depth perception, peripheral vision, visual acuity, and even adjustment to glare. Some conditions may be treated with laser eye surgery or an operation. You can even get glasses, and make sure they are cleaned daily.

Know The Medication and Side Effects

Understand what each drug your elderly is taking and the possible side effects. This way you can schedule trips or even meals out properly. Always make sure there is no access to alcohol and that the expiration dates of the drugs are checked regularly.

Decrease Environmental Hazards

Too many elderly fall because there are no safety measures around the home or in public areas. At home, you can control these by installing hand rails or grab bars in the bathroom and stairs; taking out small loose rugs and carpets; improving lighting; putting rubber bath mats in the shower; and checking that the furniture around the house is steady.

When you go outdoors, make sure the elderly is wearing rubber soled or non-slip shoes without the deep treads; check for cracks, debris, stones, and small steps as you walk with them; and help them yourself if they refuse to use an aid for walking.

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