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How to Prevent Falls Among Seniors:

With so much attention on falls among the senior population, it is important to know what can be done to prevent them from occurring or at least minimizing the damage that can result from a fall. Here are some helpful tips for caregivers and their loved ones:

1. **Have open communication**—remind your loved ones how falls can negatively impact them. More often than not, seniors do not see themselves as fall risks. They may not have the same safety awareness as they did when they were younger and more agile.
2. **Work with their healthcare provider**—if you notice that your loved one is experiencing loss of balance or dizziness upon standing, there could be a medical reason for it. Make sure your loved ones receive regular medical treatment.
3. **Check on medication administration and possible side effects**—some seniors do not manage their medication properly and this may have adverse effects on they perform their daily activities. Medications also come with side effects—dizziness and lethargy—and this could also increase a senior's risk for falls.
4. **Encourage participation in exercise program**—seniors can access these programs in many social settings—assisted living communities, adult day health programs, senior centers and through in-home therapy services. Exercising regularly maintains the muscle strength and muscle memory. It is important to keep active, even if it is through performing exercises in a chair or in bed.
5. **Follow up with specialty providers such as Audiology or Optometry**—many seniors suffer from decreased vision and hearing. If the prescription glasses are no longer working or cataracts have developed, it may be time to visit the optometrist again. Same goes for hearing—balance can be affected if there are inner ear problems or wax build up.