



Aging parents & falls: simple prevention tips

Because people are living longer than ever, many people have senior parents in their lives. One of the biggest health issues facing older adults is falls. In fact, the CDC reports that nearly 3 million older adults are treated in the emergency room each year for a fall-related injury.

Whether your older parent lives with you or just visits occasionally, there are some simple steps you can take to keep your older parent safe from falls at home.

- Place handrails on both sides of all stairways.
- Carpets and rugs should be tacked to the floor. Do not use loose rugs.
- Make sure you have good lighting throughout the home, especially at the top and bottom of the stairs. Use nightlights in bathrooms, next to the bed, and in hallways.
- Keep the floor clean and free of clutter. Avoid having cords or wires on the floor.
- Place grab bars near toilets and on the inside and outside of your tub or shower.
- Use non-skid mats or carpet on floors that get wet.

KNOW MOM'S MEDICINES

Certain medicines make an older adult more likely to fall. These include tranquilizers, sedatives or antidepressants. Ask the doctor or pharmacist about any increased fall risk with medicines your parent is taking.

THE LINK BETWEEN SHOES AND FALLS

Although many people wear slippers or socks around the house, they may not always be the best option. People at risk for falls should wear non-skid, rubber-soled, low-heeled shoes. The soles should not be too thin or too thick. Avoid socks and smooth-soled shoes and slippers.