STEADI: Fall Prevention Basics

The Centers for Disease Control and Prevention says falls are common and costly, especially among Americans age 65 and older.

The CDC’s STEADI initiative or Stopping Elderly Accidents, Deaths and Injuries initiative shares things you or a loved one can do to prevent falls.

Talk Openly Health Care Providers

Falling in your home isn’t something you should keep to yourself. There is nothing you should be embarrassed about if an accident happens. The CDC’s STEADI initiative says to tell a provider right away if you fall, worry about falling or feel unsteady.

Your doctor may review all the medicines you take as overtime some medicines can change and create different effects in your body.

Exercise Daily

Exercising is a great way to help prevent yourself from falling over time. Keeping your body healthy and moving decreases the chances of falling as you continue to get older. Look into exercises that will improve your balance and make your legs stronger. Stretching daily is another way to do minimal exercise that will benefit you in the long run.

Check Eyes and Feet

Getting your eyes checked at least one year is important to prevent damage or catch damage such as cataracts or glaucoma in its early stages. The CDC’s STEADI initiative says along with getting your eyes fixed, you should also have your feet checked once a year, discuss proper footwear and ask whether seeing a foot specialist is advised.

Make Your Home Safer

Making your home safer for yourself is probably the most important way you can prevent falls. Remove items that may trip you over such as shoes, clothes, cords or any other items that may lie on the floor.

Use double-sided tape to stick small rugs and carpets to the ground.

Lastly, adding handrails on all staircases and in your restroom next in your shower and next to the toilet are good prevention methods that may save your body and life in the future.