

# Pennsylvania's Healthy Steps for Older Adults



## A Guide to Preventing Falls

# Index

Blue page numbers have the most information on a topic

<b>A</b> lcohol	22–23, 55	<b>K</b> egel exercises	19
Area Agencies on Aging (AAA)	9, 23, 27, 54	kitchen safety	12–13
arm, wrist and hand exercises	40–41, 48	<b>L</b> eg exercises	41, 46–47, 51
<b>B</b> alance, exercises to improve	42–43	lifting and carrying safely	29
bathroom safety	8–9	lighting	6–7, 10, 11, 14
bed, getting out of	28	<b>M</b> edical alarms	30, 31
bedroom, safety tips	7	medical conditions and exercise	34, 35
blood pressure, high or low	19	medicine safety	20–21, 23, 56
<b>C</b> anes and walkers	29	mental health care	22, 24–25, 58
carts, wheeled	13, 15	<b>O</b> rthotics	39
chair, getting out of	28	osteoporosis	18, 28
climbing, safety tips	13	<b>P</b> ain, joint or muscle	35, 45
clothing for exercise	35, 45	physical/occupational therapy	28
<b>D</b> ay care and long-term care	55	podiatrists	39, 45
dental care	55	<b>R</b> eaching safely	13
depression and stress	22, 24–25	rugs and mats	7, 11, 13
dizziness	20, 35	<b>S</b> afety, exercise	34, 35, 42, 45
doctors, talking to	18–19, 27, 35	senior centers	27
<b>E</b> ating well	12, 25, 26–27, 55	shoes	35, 38–39, 44
elder abuse	25, 56	smoke detectors	15
energy, strength training for	46–49	smoking (tobacco)	22–23, 55
exercise, benefits and guidelines	5, 34–35, 52	stairs, safety tips	10–11, 14
<b>F</b> alling, about	4–5, 20, 29, 30–31	strength training	5, 46–49
feet and ankles, strengthening	36–37, 42–43, 46	stretching	34, 41, 50–51
financial assistance	14, 56	<b>T</b> elephones	7, 15, 31
floor, getting up from	31	transportation	59
floors and walkways	7, 10, 11, 13, 14	<b>U</b> pper body and back exercises	40–41, 48–49, 50
food delivery services	27	<b>V</b> ision	15, 21, 57, 58
foot care	38–39, 45	volunteer, ways to	59
<b>G</b> rab bars and handrails	8, 9, 10, 11, 14	<b>W</b> alking	44–45
grabber tools	13	warm-up exercises	34, 40–41
<b>H</b> earing	15, 29	water, drinking enough	35, 45
heat stress	35	weight control	26–27
home safety	6–15, 57	weight training	40, 48–49
<b>I</b> ncontinence	19		

# What's in the Guide

## Page

**1** Letter

**2** Index

## Part 1: Fall Prevention

**4** You Can Prevent Falls

**6** Home Safety

**8** Bathroom Safety

**10** Safety on Stairways

**12** Kitchen Safety

**14** Make Your Home Safer

**16** Take a Wiggle Break:  
Everyday Activities

**18** Talk with Your Doctor

**20** Medicine Safety

**22** Alcohol and Tobacco

**24** Depression and Stress

**26** Eating Well

**28** Doing Things Safely

**30** If You Have a Fall

**32** Next Steps

## Part 2: Staying Active

**34** Fit for Life

**36** Take a Wiggle Break:  
Feet and Ankles

**38** Foot Care and Foot Wear

**40** Warm-Ups

**42** Balance Basics

**44** Walking

**46** Build Strength and Energy

**48** Build Strength in Your Upper Body

**50** Stretching

**52** Next Steps

## Resources

**54** Area Agencies on Aging

**55** Resources

**60** Notes

**64** Acknowledgments

# You Can Prevent Falls

This program is about how to prevent falls and stay healthy and active. You will learn how things you may be doing already can help prevent falls. And you will learn new tips that will fit easily into your daily routine.



© Getty Images/Photodisc Collection

## Fall Facts

- Falls are the most common cause of injury for older adults.
- One out of 3 people over age 65 fall at least once each year.
- Half of the people who break a hip do not recover fully.
- Almost half of the people who enter nursing homes do so because of a fall. After the fall, they cannot stay at home on their own.
- Most falls occur in people's own homes, as they do their regular daily activities.

### Keeping Active at Home

Tom and Maxine love gardening. And it helps them stay fit.