



# Family Caregivers:

## Protect Your Loved Ones from Falling



### Learn More

For information about fall risks and prevention:

[cdc.gov/homeandrecreationalafety/falls/adultfalls.html](https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html)

Find STEADI brochures for older adults at [cdc.gov/steady/patient.html](https://www.cdc.gov/steady/patient.html)

- Stay Independent
- What YOU Can Do to Prevent Falls
- Check for Safety: A Fall Prevention Checklist for Older Adults
- Postural Hypotension: What It Is and How to Manage It

For help creating a list of your loved one's medications, visit [AARP.org](https://www.aarp.org) and print a "Personal Medication Record."

For information on local fall prevention programs, visit the National Council on Aging at [NCOA.org](https://www.ncoa.org)



**Centers for Disease  
Control and Prevention**  
National Center for Injury  
Prevention and Control

## STEADI

Stopping Elderly Accidents,  
Deaths & Injuries

# Take Action



**Every second  
of every day, an  
older adult falls.**

Many of these falls cause injuries, loss of independence, and in some cases, death. Falls can be prevented. As a family caregiver, you can help.

## Speak Up

**Talk openly with your loved one and their healthcare provider about fall risks and prevention.**

- Tell a healthcare provider right away if your loved one has fallen, or if they are worried about falling, or seem unsteady.
- Keep an updated list of your loved one's medications. Show a healthcare provider or pharmacist all of their medications, including over-the-counter medications, and supplements. Discuss any side effects, like feeling dizzy or sleepy.
- Ask their healthcare provider about taking vitamin D supplements to improve bone, muscle, and nerve health.

## Keep Moving

**Activities that improve balance and strengthen legs (like Tai Chi) can prevent falls.**

- Exercise and movement can also help your loved one feel better and more confident.
- Check with their healthcare provider about the best type of exercise program for them.

## Have Eyes and Feet Checked

**Being able to see and walk comfortably can prevent falls.**

- Have their eyes checked by an eye doctor at least once a year.
- Replace eyeglasses as needed.
- Have their healthcare provider check their feet once a year.
- Discuss proper footwear, and ask whether seeing a foot specialist is advised.

## Make the Home Safe

**Most falls happen at home.**

- Keep floors clutter-free.
- Remove small throw rugs, or use double-sided tape to keep the rugs from slipping.
- Add grab bars in the bathroom—next to and inside the tub, and next to the toilet.
- Have handrails and lights installed on all staircases.
- Make sure the home has lots of light.

