

# Learn How to be Fall Free

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Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Falls threaten safety and independence and generate economic and personal costs. However, through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among older adults can be reduced.

Falls are not a natural part of aging. Even if you are healthy, it is important to check your risk. You may answer 13 short questions to learn yours at [www.nocoa.org/fallsfreecheckup](http://www.nocoa.org/fallsfreecheckup).



There are many steps you can take now to prevent a fall, here are six to get you started!

**1. Find a good balance and exercise program**

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging or K-State Research and Extension for options. Find a program you like and take a friend!

**2. Talk to your health care provider**

Ask for an assessment of your risk of falling. Share your history of recent falls.

**3. Regularly review your medications with doctor or pharmacist**

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.

**4. Get your hearing and vision checked and glasses updated**

Your eyes and ears are key to keeping you on your feet.

**5. Keep your home safe**

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

**6. Talk to your family members**

Enlist their support in taking simple steps to stay safe.

Here's to healthy aging and being fall free! For more information, contact Tara Solomon-Smith, [tsolomon@ksu.edu](mailto:tsolomon@ksu.edu), or call 620-244-3826.