

JUST THE FACTS



Falling is the leading cause of death in folks age 65 and older.



Falling once can double your chance of falling again.



Falls can be prevented!

RISK FACTORS RELATED TO FALLING

- 1 Lower Extremity Weakness
- 2 Changes in Walking Speed and Quality
- 3 Pain
- 4 Improper Footwear
- 5 Unsafe Home Set-up and Living Arrangements
- 6 Slowed Balance Reactions and Movements

HOW CAN THERAPY HELP?

Assessment

Complete a comprehensive balance assessment to identify your risk of falling

Exercise

Prescribe appropriate balance and strengthening exercises

Assistive Devices

Recommend assistive devices like a walker or cane for safer walking

Home Evaluation

Perform a home safety evaluation and make recommendations for independent living

EDUCATION & SUPPORT



STEADI

The STEADI Initiative offers a coordinated approach to implementing the American and British Geriatrics Societies' Clinical Practice Guideline for fall prevention.
www.cdc.gov/stedi/patient

OTAGO EXERCISE PROGRAM

A basic home exercise strengthening and balance program that can reduce falls by 35%.
www.hfwcnny.org/hfwcnny-content/uploads/Otago_Exercise_Programme-Revised.pdf

APTA

To find a physical therapist, go to the following website to search near your home or talk with your doctor:
www.aptaapps.apta.org/APTAPTDirectory/FindAPTDiretory.aspx