

Falls can be **serious** for seniors.

Falls are the leading cause of injury in people aged 65 and over.

Other consequences:

- Difficulty getting around
- Fractures
- Loss of autonomy
- Hospitalization
- Possibly death



What causes falls?

- Decreased **balance**
- **Fragile bones** and **muscles**
- **Vision** or **hearing** problems
- **Dizziness** caused by **medications**
- **Clothes that are too big**; **improperly laced boots** or shoes

At home



- **Slippery** floors
- Not enough **light**
- **Objects obstructing** hallways and rooms
- **Stairways without handrails** or **uneven stairs**

Outdoors



- Ground is **wet** or **obstructed** by branches, dead leaves or other objects
- **Snow** or **ice** on the ground (e.g., sidewalks, parking lots and stairs)

Tips to prevent falls

Take care of yourself!

- Be more **physically active**.
- Get your **eyes checked** every year.
- Get enough **sleep**.
- **Eat** well.
- Check if your **medications** cause **dizziness**.
- If needed, **ask** someone to **accompany** you when **you go out**.
- **Plan your route** and walk slowly.
- Wear **clothes** and **shoes** that **fit well**.
- Make sure there is **enough light** everywhere.
At night, keep a light on.

Together, let's eliminate risks!

- **Remove snow** and ice from entrances, stairs and sidewalks.
- **Secure carpets to the floor** or remove them.
- Remove **objects lying around** in hallways and stairs.

It's **safer** to have a **cell phone** or other means of communication with you so you can **call for help** in case of an **emergency** after a fall.



For more information and to find out what to do after a fall
santemontreal.qc.ca/en/public/advice-and-prevention/seniors-fall-prevention/