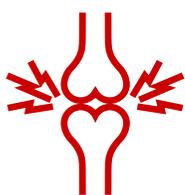


What can be done to prevent an older person from falling again?

1. Try to find out what the real cause for the fall is

Some health problems that may cause falls are:



Arthritis



Parkinson's disease



Neuropathies



Loss of vision



Frailty syndrome



Dementia

2. Check medications for side effects



Taking more than one med may increase the risk of side effects and lead to a fall. Review meds with a professional.

3. Make recommendations that may help the person prevent falls



- Use a cane or walker.
- Use physiotherapy to improve balance and strengthen muscles.



- Use orthopaedic devices to improve stability.



- Check that glasses have the correct prescription.

- Join a fall prevention programme.

- Do tai chi or yoga to improve balance.

4. Make changes to improve safety in the home



Six out of ten falls occur in the home. Install handholds, do not leave objects on the floor, rearrange furniture to make it easier to move around, ask for professional assistance...

5. Help reduce the fear of falling



Fear of falling prevents movement and can worsen health and fitness. Help the older person gain confidence, and consider psychological therapy when and if needed.