



**Bethany
HomeHealth
Services**

“Excellence in Home Care”

Fall Prevention

www.BethanyHealthcare.com

Falls are all too common in older adults and they can lead to devastating complications like hip and pelvic fractures and even head trauma. In fact, falls are the most common cause of traumatic brain injuries. The statistics are sobering. According to the Center for Disease Control:

- One out of three adults age 65 and older falls each year.
- Among those age 65 and older, falls are the leading cause of injury leading to death. They are also the most common cause of nonfatal injuries and hospital admissions for trauma.
- In 2007, over 18,000 older adults died from unintentional fall injuries.
- The death rates from falls among older men and women continue to rise.
- In 2008, 2.1 million nonfatal fall injuries among older adults were treated in emergency departments and more than 559,000 of these patients were hospitalized.
- Falls are more prevalent in women than in men. This may be due, in part, to osteoporosis, a condition of the skeletal system that is characterized by low bone mass and deterioration of bone tissue.



Falls at home account for serious injuries to the elderly—one in three adults age 65 and older fall each year.

Life Threatening Falls Can be Avoided

Increased calcium intake and daily physical exercise are two things that older adults can do to prevent decreased bone mass. Stronger bones give better stability and can lessen the chances of falling.

Make Your Home Safer

Falls are often due to hazards that are easy to overlook but easy to fix.

- Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small rugs or use double-sided tape to eliminate slipping.
- Keep items you use often in cabinets you can reach easily.
- Have grab bars installed near your toilet and in the tub or shower.
- Use non-slip mats in the bathtub and shower floors.
- Improve the lighting in your home. Using lamp shades or frosted bulbs can reduce glare.
- Have handrails and lights installed in all staircases.
- Wear shoes that give good support and have thin non-slip soles. Avoid wearing slippers and athletic shoes with deep treads.

Bethany HomeHealth staff work with patients recovering from bone fractures and joint replacement surgeries by providing skilled nursing and physical therapy services that promote healing and increase range of motion. Occupational therapists educate patients on carrying out the activities of daily living more efficiently while home health aides assist with these tasks.

Licensed Medicare and Medicaid agency by the State of Texas.

Dallas Corporate
972-248-2441
DFW Toll-Free
800-238-2386

DFW
214-349-6500
Nacogdoches
936-569-2949

Lufkin
936-699-2744
Livingston
936-329-0400



Bay City
979-244-5265
Lake Jackson
979-297-1414

Longview
903-553-0056
Tyler
903-593-1234

Carthage
903-690-9669
Corsicana
903-872-0642

Waco
254-741-6451
Clear Lake
281-984-7670