



ELDER FALL PREVENTION FOR NATIVE AMERICANS

#1 FALLS ARE THE TOP
CAUSE OF INJURY
DEATHS FOR AMERICAN
INDIAN ADULTS AGE 65+

SOURCE: CDC WISQARS

1 IN 3 AMERICAN INDIAN
ADULTS AGE 45+
IN NEW MEXICO
FELL AT LEAST ONE
TIME IN THE PAST
12 MONTHS

SOURCE: NEW MEXICO BRFSS
2012-2016

45% OF AMERICAN INDIAN ADULTS AGE
45+ IN NEW MEXICO WHO FELL IN
THE PAST 12 MONTHS WERE INJURED

SOURCE: NEW MEXICO BRFSS 2012-2016



ALBUQUERQUE AREA SOUTHWEST
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MAKING YOUR HOME SAFER

Living and Dining Rooms

- Arrange furniture for easy movement
- Choose tall furniture for easy standing
- Remove area rugs and other tripping hazards
- Add more lighting to rooms (e.g., ceiling/overhead lights)
- Tuck cords safely away

Bedrooms

- A lamp should be within easy reach
- Keep a flashlight next to your bed
- Add automatic night lights
- Keep exit route and pathway to bathroom clear

Kitchen

- Keep frequently used items within easy reach
- Place non-skid mats on tile flooring
- Keep fire extinguisher in assessable location
- Cover all sharp corners with padding

Bathroom

- Install grab bars in shower
- Some tubs may require a step for easier entry
- Place non-slid mats on floor and in shower or tub
- Use raised toilet seat

Pathways and Stairs

- Keep free of clutter
- Secure carpets with rug tape or remove completely
- Install handrails
- Have adequate lighting inside and outside the home
- Remove obstacles and hazards along pathways to home entrances
- Remove or roll up power cords



RISK FACTORS

Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater their chances of falling. Many risk factors can be changed or modified to help prevent falls. They include:



Seeing a healthcare provider can help cut down a person's risk of falling or falling again.

WHAT YOU CAN DO TO PREVENT FALLS



Do Strength and Balance Exercises Daily

Make your legs stronger and improve your balance through exercises like Tai Chi, walking, yoga, swimming, etc. Check out programs offered by wellness, fitness and senior centers in your community.



Have Your Eyes Checked

Have your eyes checked by an eye doctor at least once a year, and be sure to update your eyeglasses if needed.



Make Your Home Safer

Reducing home hazards will assure safer independent living for elders, so follow the tips on page 2 to “fall-proof” your home.



Talk to your Health Provider

- Request a provider to evaluate your risk for falling
- Ask about things you can do to prevent falls or lower your risk for falling
- Ask your provider or pharmacist to review your medications to see if any might make you dizzy or sleepy
- Ask about taking vitamin D supplements with calcium

Centers for Disease Control and Prevention (CDC) – Fall Prevention

<http://www.cdc.gov/homeandrecreationalafety/falls/index.html>

New Mexico Fall Prevention

<http://healthinsight.org/nm-fall-prevention>

National Indian Council on Aging

<https://www.nicoa.org/healthy-aging/falls-prevention/>



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