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Staying Safe at Home: A Fall Prevention Guide



Every 7 seconds, an older adult in the U.S. is treated in an emergency room for a fall. Many of these falls can be prevented, often with a few small changes around the house.

Falls Among Adults 65 and Older

1 in 4
adults 65 and older fall each year

2x
One fall doubles the chance of falling again

#1
Falls are the most common cause of brain injuries in older adults

Source: CDC, Facts About Older Adult Falls, 2026. cdc.gov/falls

A quick walk through the home

- ○ Clear loose rugs and clutter from walkways
- ○ Add grab bars and a non-slip mat in the bathroom
- ○ Light the path from the bed to the bathroom
- ○ Keep stairs well lit, with sturdy railings on both sides
- ○ Move wires and cords out of walkways
- ○ Choose a bed height where your feet rest flat on the floor

Everyday habits that help

- Review medicines with the doctor once a year
- Have eyes checked once a year
- Stay active with gentle strength and balance exercises
- Wear shoes with non-slip soles, even indoors
- Mention any fall to the doctor, even a small one

If a fall happens

Call 911 right away if your loved one:

- Can't get up on their own
- Lost consciousness, even briefly
- Is bleeding heavily
- Hit their head
- May have a broken bone
- Seems confused

While you wait: Don't try to lift them. Keep them still and warm, stay with them until help arrives.



We're here to help

Book a Free In-Home Assessment

Our **Care Advisors** can visit your home, look for fall risks with you, and talk through what support might make daily life easier.

Call 888-591-0017

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