Falls Prevention Week
September 20-24, 2021
Tips and guidelines to help older adults prevent falls

www.hiprc.org/fall-prevention
Falls can be Prevented

*Simple things you can do to keep yourself from falling*

**Ask your doctor**
- To evaluate your risk for falling
- To review your medicines to see if any might make you dizzy or sleepy

**Get your eyes checked**
- Have your eyes checked at least once a year

**Make your home safer**
- Remove trip hazards
- Add grab bars to tub/shower and next to toilet
- Put railings on both sides of stairs
- Make sure your home is well-lighted
"Falls are the leading cause of injury in older adults. Talking with your doctor, getting your eyes checked, removing tripping hazards at home, and exercising regularly can all help reduce the risk of falling."

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HIPRC conducted **STRIDE** (Study for Rural Innovations in the Delivery of Exercise), which found that remotely delivered EnhanceFitness improved arthritis-related pain and physical performance among rural older adults. EnhanceFitness is a group-based, instructor led exercise program recommended by the CDC for people with arthritis. Visit [www.projectenhance.org/](http://www.projectenhance.org/) to find an EnhanceFitness program near you.

The **PACIFIC Study** is now recruiting. The clinical trial is investigating exercise and educational classes to improve pain and movement in older adults with knee arthritis. All classes are held online. Learn about the study at [www.hiprc.org/fall-prevention](http://www.hiprc.org/fall-prevention).