

Fall Prevention Program

Are you at risk for falling?

- Have you fallen in the past year?
- Do you feel unsteady when standing or walking?
- Do you worry about slips and spills?

If you answered yes to any of the above questions, then you may be at an increased risk of falling and should consider the Palos Health Fall Prevention program.

Falls are not a normal part of the aging process; many can be prevented. Older adults educated on fall prevention may significantly reduce their risk factors.

Fall Prevention

Falls are the leading cause of injury among older adults, with one out of three adults aged 65 and older experiencing a fall each year, according to the Centers for Disease Control. Fear of falling may cause a person to limit his or her activities, resulting in muscle weakness that can increase the odds of a fall.

Three factors that can increase your chances of falling include:

Physical Factors

- Muscle weakness
- Balance problems
- Certain medications

Environmental Factors

- Clutter around the home
- Slipping in the bathroom
- Tripping on loose rugs

Behavioral Factors

- Rushing
- Risky activities, like climbing ladders instead of asking for help



An Individualized Approach

The Palos Health Fall Prevention Program offers a comprehensive plan to help reduce and manage fall risk. A multidisciplinary team of occupational therapists, physical therapists and other health care providers will assist patients in identifying their fall risk and work to develop an individualized approach that may consist of:

- Fall risk screening that identifies your level of fall risk
- Balance/gait screening, assessment and training
- Home safety assessment/home modification consultation
- Assistive device screening/training
- Vestibular/dizziness assessment and treatment
- Exercise program (strengthening, flexibility, endurance, balance)
- Assist in recognizing behaviors that place you at greater risk for falls and developing action plans to modify behavior patterns
- **A Matter of Balance** classes (evidence-based program to address fear of falling/increase activity)
- What to do if you fall/How to get up from a fall training

Getting Started

- Request a physician referral for therapy
- Attend A Matter of Balance class
- Attend Palos Health's annual Fall Prevention Fair

Please call 708.923.5050 for additional information.



Palos Hospital

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