

Steady Strides: Prevent Falls at Home

In 2024, the CDC reported that falls are the leading cause of injury and death among older adults.
Yet most falls are preventable with the right support.

Falls Change Everything

Hospitalizations from falls often lead to loss of independence, rapid decline, and nursing home placement. **Prevention is critical.**

- **1 in 3 seniors** falls each year.
- **Every 11 seconds**, an older adult is treated in the ER for a fall-related injury (CDC, 2022).
- Falls are the #1 cause of hip fractures – **95% are caused by falls.**



Home Care in Action

- Hands-on assistance with walking, transfers, and mobility aids.
- Daily supervision to reduce risk during common activities.
- Hazard identification, such as clutter, poor lighting, and unsafe rugs.
- Gentle exercise encouragement to improve balance and strength.

Backed by Experts, Built for You

Look to these trusted resources for evidence-based tips and support.



www.cdc.gov/falls

Offers checklists, fall prevention tips, and provider resources.



www.ncoa.org/older-adults/health/prevention/falls-prevention

Provides community programs like **A Matter of Balance** and fall prevention awareness campaigns.



<https://www.choosept.com>

Highlights practical exercise tips from licensed physical therapists.

**National resources guide you, but home care walks beside you every day!
Steady strides at home are just a phone call away!**



Assisting Hands®
Home Care

www.assistinghandsdanapoint.com

Serving South Orange County

949-426-7300

HCO# 304700345