



MASSACHUSETTS

Falls Prevention

Prescription for Healthy Bones

Small steps toward a healthy lifestyle can potentially reduce your risk of falls and fractures. Here are a few steps to get you started:

Falls are not a normal part of aging; every 11 seconds an older adult visits the ER for a falls related injury.

1. Prevention

- ❑ Eat a healthy diet that includes calcium and vitamin D.
- ❑ Get involved, join a walking club! Go to mcoaonline.com/keepmoving and click Fitness Program.
- ❑ Check your plan benefits for fitness-related savings—balance classes are available in many communities and your fitness benefit may help cover fees.
- ❑ Change your footwear to shoes with non-skid soles. Sandals and shoes with even a slight heel may increase your risk of falling or tripping.

2. Education

- ❑ Learn more about preventing a fall; call the Falls Prevention information line: **1-800-227-SAFE (7233)**.
- ❑ Check out some useful websites below for more information.
- ❑ Helpful video:
<https://www.ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/>

3. Make an appointment with your doctor

- ❑ Keep up with osteoporosis screenings, as recommended by your physician/clinician to help identify your risk for a fracture and/or monitor response to an osteoporosis treatment.
- ❑ Bring a list of medications to your appointment. Your physician or pharmacist can review for medications that may increase your risk of falling.
- ❑ Be prepared to discuss health conditions and how you feel when walking.
- ❑ Get a vision screening to catch any changes to how well you see.

Useful websites:

For more information on calcium, vitamin D, and physical activity, please visit these websites:

- ❑ National Osteoporosis Foundation: nof.org
- ❑ National Institutes of Health: NCOA.org/fallsprevention
 - Look for balance exercises you can do at home
- ❑ Centers for Disease Control: cdc.gov
 - Search “Fall Prevention”
- ❑ Massachusetts Association of Councils on Aging: mcoaonline.com
- ❑ Department of Public Health: mass.gov/massinmotion, mass.gov/massinmotion/portuguese, mass.gov/massinmotion/spanish

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