

A close-up, low-angle shot of a person's feet as they run on a rugged, rocky trail. The person is wearing dark brown running shoes with red accents on the soles and white socks. The ground is covered with dry pine needles, small rocks, and patches of dirt. The background is blurred, showing a hilly, natural landscape under a bright sky.

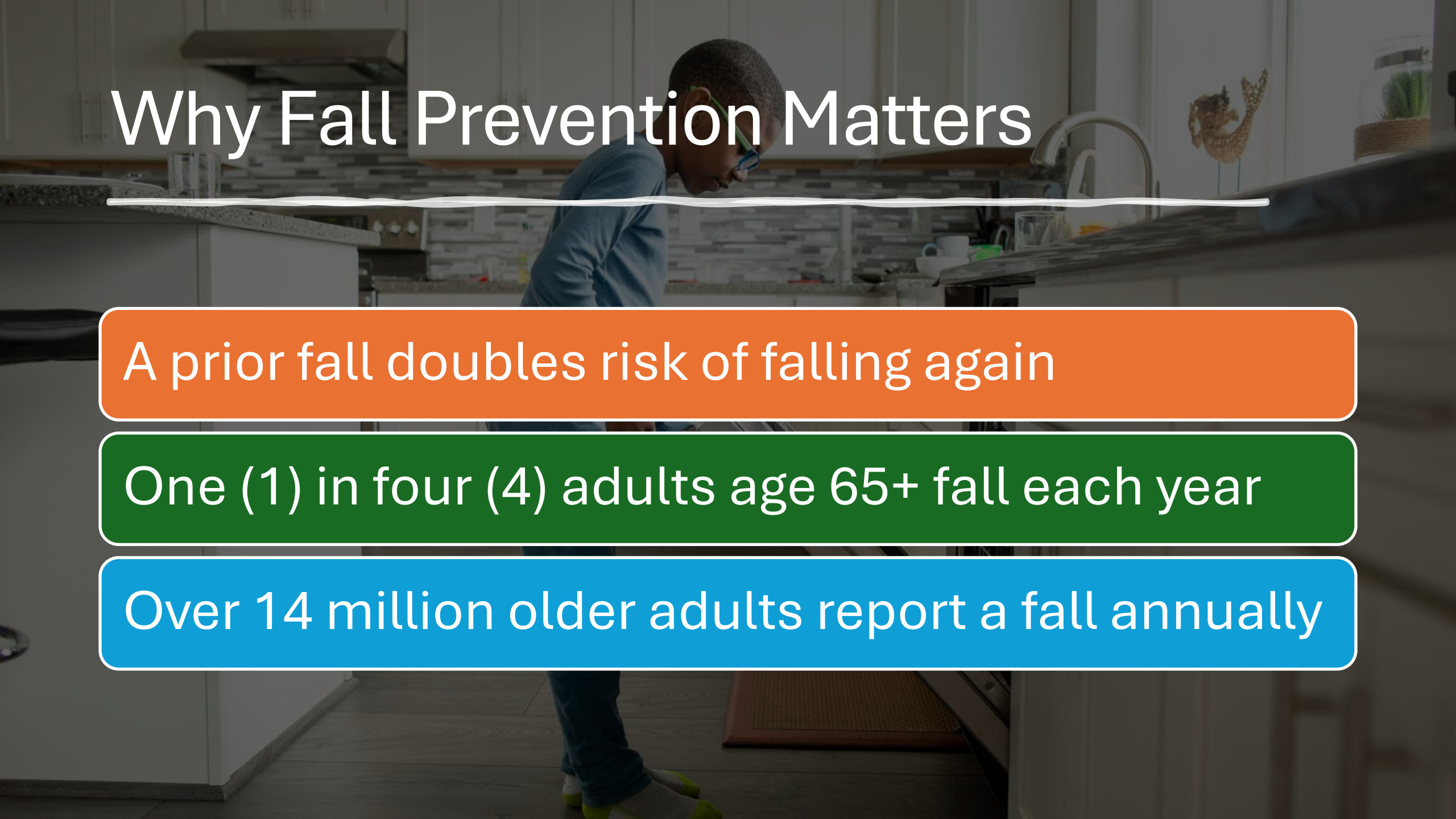
# Steady on Your Feet: Preventing Falls with Awareness, Action and Daily Habits

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# Why Fall Prevention Matters

A person with short dark hair and glasses, wearing a blue long-sleeved shirt and dark pants, is standing in a kitchen. They are looking down at the floor, possibly checking for a spill or an object. The kitchen has white cabinets, a tiled backsplash, and a countertop with various items like a glass and a small plant. The lighting is soft and indoor.

A prior fall doubles risk of falling again

One (1) in four (4) adults age 65+ fall each year

Over 14 million older adults report a fall annually





Have you  
fallen in  
the last year?



Where did  
you fall?



Did you injure  
yourself?



# Where Falls Commonly Occur

- Bathrooms
- Kitchens
- Stairs
- Parking lots
- New environments







# Practical Prevention at Home

- Add lighting
- Secure rugs
- Install bathroom grab bars
- Install and use handrails
- Avoid baskets on stairs
- No ladders or stepstools





# Avoiding Falls Outside the Home

Familiarity

Repetition

Bathmats

Night lights

Avoid Shortcuts





# Risk Factors in Daily Life

- Unsafe footwear
- Clutter or loose rugs
- Poor lighting
- Pets and children underfoot
- Neuropathy or foot pain
- Post-hospital weakness
- New medications



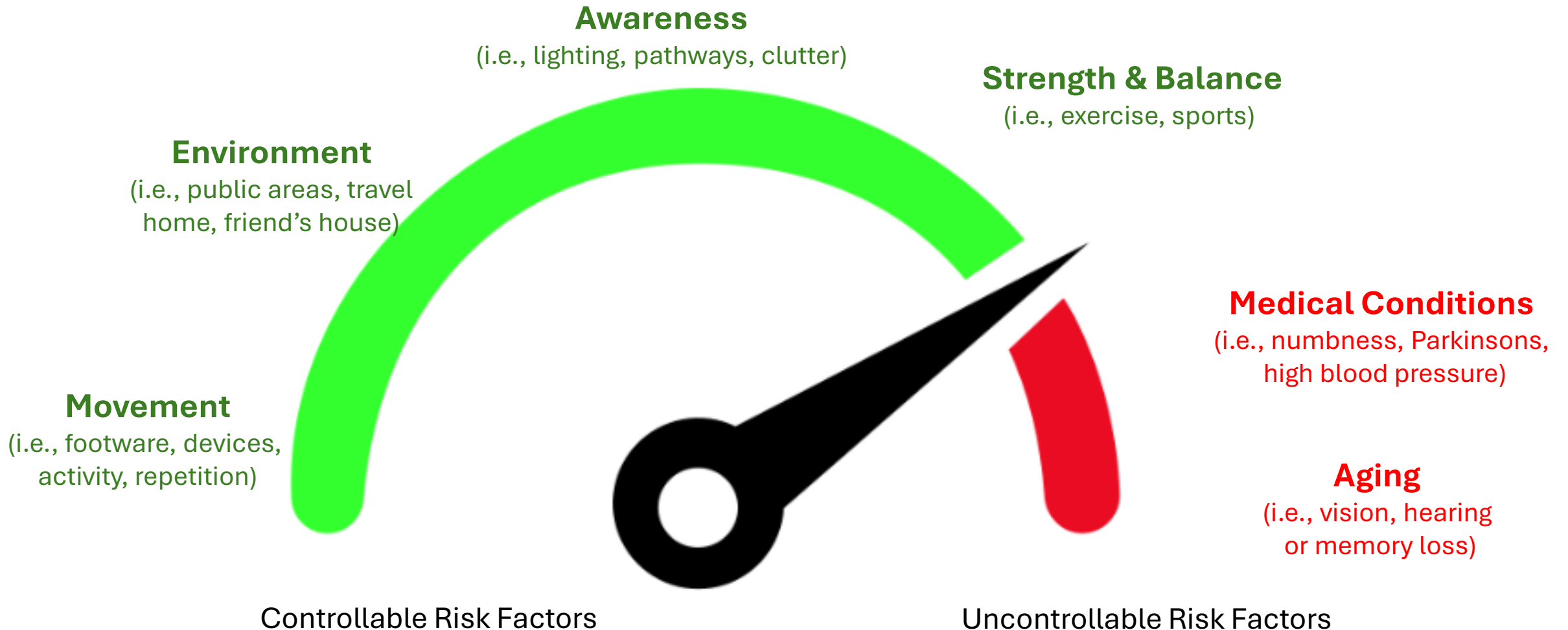
A woman is standing in a forest of large, reddish-brown tree trunks. She is wearing a light blue bucket hat, sunglasses, a yellow long-sleeved shirt, dark pants, and grey sneakers. She is holding two trekking poles, one in each hand, and is leaning slightly forward. The ground is covered in dry leaves and twigs. The text "Use Assistive Devices" is overlaid in white, bold font across the middle of the image.

# Use Assistive Devices

Used Properly—Used Consistently—Sized Correctly



# Focus on Risks You Can Control





# Fear of Falling

Fear of falling can reduce activity —  
and reduced activity increases fall risk.



# The Importance of Mobility

- Range of Motion
- Strength Lower Body; sit to stand
- Cross body (Tai Chi)
- Endurance
- Walk, dance, zumba



# If someone falls near you...



Do not rush

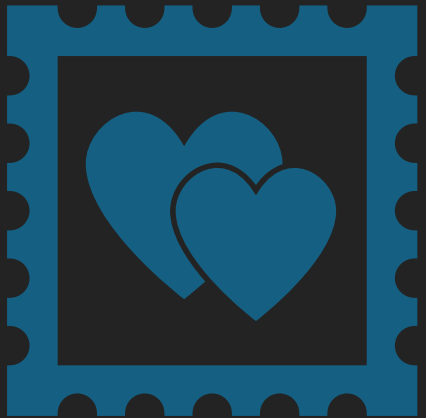
Assess injury

Call 911

Review medications

Request evaluation



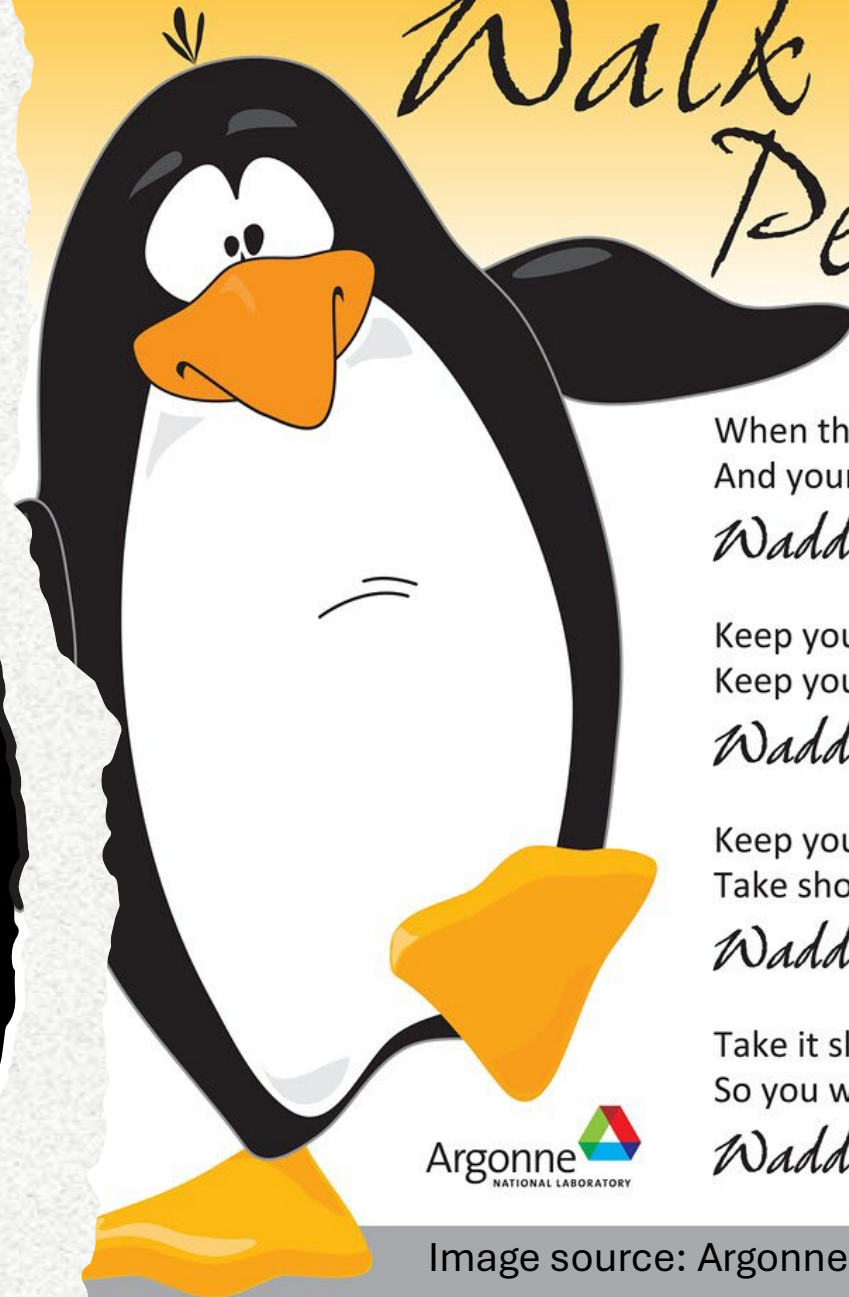


What would life  
be like if you  
couldn't do what  
you love?



Falls are common.  
Often preventable.

Create a new habit today!



*Walk like a  
Penguin!*

When things get cold and icy,  
And your path looks kind of dicey,  
*Waddle on!*

Keep your toes all pointed out-y,  
Keep your knees all loosey-goosey,  
*Waddle on!*

Keep your hands outside your pockets  
Take short steps so you won't rocket,  
*Waddle on!*

Take it slowly. Holey-moley,  
So you won't fall down and roll-y,  
*Waddle on!*



Image source: Argonne National Laboratory.