

KEEP OLDER ADULTS SAFE FROM FALLS & TBI

TIPS FOR OLDER ADULTS

- Falls are the #1 cause of traumatic brain injury (TBI)
- 1 in 4 older adults aged 65+ falls every year



Stay fit & exercise

Exercises like Tai Chi can help improve your strength and balance



Keep your home safe

Having handrails and proper lighting can help you walk more safely at home.



Check your vision

Have your eyes checked every year and make sure your prescription is up to date.



Check your medications

Talk to your doctor about the medications you take. Some medications can increase your risk of falling,



Talk to your doctor

Ask your doctor to evaluate your risk for falling, and let them know if you are worried about falling.