

MYTH vs. REALITY

FALLS PREVENTION

Most falls can be prevented—and you have the power to reduce your risk.

To promote greater awareness and understanding, here are 5 common myths—and the reality—about older adult falls.¹

MYTH 1:

Falling is something normal that happens as you get older.



REALITY: Falling is not a normal part of aging.

Strength and balance exercises, managing medications, scheduling an eye exam and completing a home safety check are all steps to prevent a fall.

MYTH 2:

If I stay at home and limit my activity, I will not fall.



REALITY: Strengthening the mind and body with social and physical activities will help to stay independent and remain active.

MYTH 3:

Using walking aides will decrease my mobility.



REALITY: Walking aids, such as a walker or cane, improves mobility and balance. Talk with a physical therapist about using walking aids.

MYTH 4:

Taking medication does not increase my risk of falling.



REALITY: Medications affect people in different ways. Talk to health care providers about potential side effects of medications.

MYTH 5:

I am concerned about talking to family or a health care provider about falling. I do not want to lose my independence.



REALITY: Fall prevention is a team effort. Talk with your health care provider, family, or caregiver to reduce your risk of falling.

LEARN MORE ABOUT FALLS PREVENTION AT

www.ihs.gov/phoenix/programsservices/enviromentalhealth/injury-prevention/



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¹ Information obtained from <https://www.ncoa.org/article/debunking-the-myths-of-older-adult-falls>.