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.

**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/environmentalhealth/injury-prevention/