

Fall Prevention

Fall Myths vs. Facts

Myth: A fall won't happen to me.

FACT: Every second an older adult falls. Over 1 in 4 older adults fall each year.

Myth: I won't get hurt if I fall.

FACT: Falls are responsible for 95% of all hip fractures and are the #1 cause of injury-death in older adults.



Myth: One fall isn't a big deal.

FACT: If you fall, your risk of falling again doubles.

Myth: Falling is a part of aging.

FACT: Taking steps to prevent falls can keep you safe and independent.

4 Things YOU Can Do to Prevent Falls



Speak Up

Tell your doctor if you feel unsteady or have fallen. Regularly review medications and discuss any side effects.



Have Eyes Checked

Check with your eye doctor and update eyeglasses every year, if needed.



Keep Moving

Strength and balance exercises can help promote brain health, build muscle strength and prevent falls.



Make Your Home Safe

Keep floors and walkways clear of tripping hazards like rugs and electrical cords. Always use handrails on stairs.

**THE HEALTH
DEPARTMENT AND
YOU**

 **HOWARD COUNTY
HEALTH DEPARTMENT**

Howard County LHIC
Local Health Improvement Coalition

410.313.6204 | hclhic.org



Local Fall Prevention Resources

Resource	Services	Contact/Website
<p>Howard County Health Department</p>	<p>Facilitates enrollment into quality healthcare by assisting clients with applying for health insurance and providing services to help clients navigate the Medicaid system.</p> <p>Provides Adult Evaluation & Review Services (AERS) to help County residents to remain safe at home by connecting them with services and supports that can foster their independence and personal well-being.</p>	<p>410-313-5845</p> <p>hchealth.org</p>
<p>Howard County Department of Community Resources and Services</p> <p>Office on Aging and Independence</p>	<p>Provides information about local, state and federal programs, businesses, and non-profit organizations serving older adults, caregivers, and their families in Howard County.</p> <p>The Stepping On programs provides participants with education and resources to help reduce falls and increase confidence, strength and balance. Topics include: Falls/Risks; Safe Footwear; Review of Medications; Home Hazards/Vision; Public/Community Safety; and, Strength/Balance Exercises.</p> <p>The Stepping Up Your Nutrition programs provides participants with information about malnutrition and increased risk of falls and offers strategies for eating better and improving health.</p>	<p>410-313-1234 (voice/relay)</p> <p>1-844-627-6465 (844-MAP-LINK)</p> <p>www.howardcountymd.gov/aging</p>
<p>Howard County Local Health Improvement Coalition</p>	<p>Provides Chronic Disease Self-Management; Chronic Pain Self-Management; Food Assistance and Nutrition Education resources.</p>	<p>410-313-6204</p> <p>www.hclhic.org</p>
<p>Maryland Access Point</p>	<p>Provides information and assistance for County residents to plan for immediate and future needs. Assistance and benefits; Referrals to programs and services for individuals, families and caregivers; Home modification and repair; Planning for the future; and, Educational programs</p>	<p>410-313-1234 (voice/relay)</p> <p>1-844-627-6465 (844-MAP-LINK)</p> <p>marylandaccesspoint.211.md.org/</p>