



## About STEADY U Ohio

STEADY U Ohio is a statewide collaborative falls prevention initiative supported by Ohio government and state business partners to ensure that every county, every community and every Ohioan knows how they can prevent falls, one step at a time.



## A Matter of Balance

Your risk of falling decreases the minute you stop being afraid of falling. A Matter of Balance is a community-based workshop that can help you see falls as something that can be controlled. Visit [www.aging.ohio.gov](http://www.aging.ohio.gov) or call your area agency on aging (1-866-243-5678) to learn more.

**Ohio**

Department of  
Aging

*Fostering sound public policy, research,  
and initiatives that benefit older Ohioans.*

STEADY U Ohio is an initiative of the Ohio Department of Aging. The department provides resources and supports to help older Ohioans and their families live healthier and more active lives, access services and support to remain in or return to the community, and much more.

Visit [www.aging.ohio.gov](http://www.aging.ohio.gov).

Ohio Department of Aging is an equal opportunity employer and service provider.

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# Falls are not a normal part of aging!



## Preventing Falls... One Step at a Time

[www.aging.ohio.gov](http://www.aging.ohio.gov)

**Ohio**

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# Falls are not a normal part of aging!

It is no exaggeration to call falls among older Ohioans an epidemic – falls are the number one cause of injuries leading to ER visits, hospitalizations, and deaths for Ohioans age 65 and older.

Decreased muscle mass, vision and hearing decline, medical conditions, and joint pain are some of the age-related changes that can increase falls risks.

## Most falls can be prevented with minor changes to the Three H's:

### Home

- Remove clutter and secure throw rugs.
- Improve lighting, especially near stairs.
- Install grab bars in the bathroom.
- Rearrange the home to make frequently used items easier to reach.



### Health

- Ask your doctor about a falls risk assessment.
- Talk to your doctor or pharmacist about medicines you take and whether they increase your risk for falls.
- Ask for referral to a falls prevention specialist (occupational therapist).
- Have your hearing and vision checked annually.



### Habits

- Stay active to build muscle strength and improve balance.
- Try exercises like yoga and tai chi that are proven to increase balance.
- Slow down and think through tasks.
- Stay hydrated and eat a well-balanced diet that includes calcium-rich foods.



# Falls Self-risk Assessment

Read each statement below and check it if it applies to you.

- I have fallen in the past year.\*
- I use or have been advised to use a cane or walker to get around safely.\*
- Sometimes I feel unsteady when I am walking.
- I steady myself by holding onto furniture when walking at home.
- I am worried about falling.
- I need to push with my hands to stand up from a chair.
- I have some trouble stepping up onto a curb.
- I often have to rush to the toilet.
- I have lost some feeling in my feet.
- I take medicine that sometimes makes me feel light-headed or more tired than usual.
- I take medicine to help me sleep or improve my mood.
- I often feel sad or depressed.

Give yourself one point for each item checked. Give yourself two points for the items marked with an asterisk (\*).

If you scored four or more points, you may be at increased risk for falls. Discuss any items checked with your doctor.



**Preventing Falls...  
One Step at a Time**

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**A fear of falling can cause you to change your behavior in ways that actually increase your risk (such as becoming less active, shuffling, and relying on objects around you for balance).**