

What are the risk factors contributing to falls?

- ◆ Poor Nutrition & Hydration
- ◆ Polypharmacy
- ◆ Alcohol/Substance Abuse
- ◆ Hazardous living situations

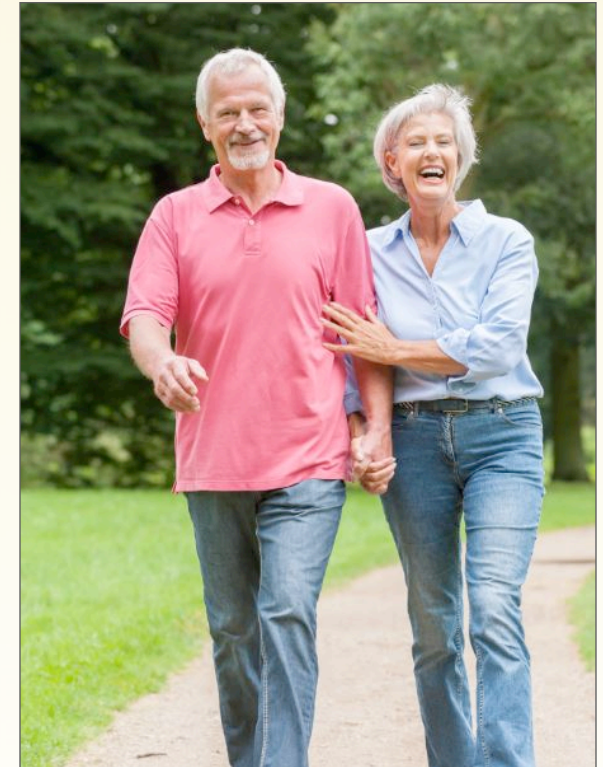
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TIPS TO PREVENT FALLS



One in three adults over 65 falls each year.

Are you at risk?

POOR NUTRITION & HYDRATION

Only 15% of older adults consume enough protein. Lack of protein leads to loss of muscle, which increases risk of falling. Drink 6-8 glasses of liquid daily for proper hydration.

POLYPHARMACY

Polypharmacy is defined as “the long term simultaneous use of two or more drugs.” Signs of polypharmacy include: tiredness, sleepiness, decreased alertness, and weakness. All these symptoms can lead to falls.

ALCOHOL/SUBSTANCE ABUSE

One in five older adults may be affected by alcohol and drug abuse. Older adults are 4X more likely to fall if abusing alcohol or drugs.

UNSAFE LIVING CONDITIONS

Falls caused by environmental factors account for 30%-50% of all falls. Minimizing throw rugs and carpets can reduce risk of falling.

WHO CAN YOU CALL FOR HELP?

MARIN COUNTY INFORMATION AND REFERRAL

MARIN COUNTY ADULT AND AGING

415-457-4636

NUTRITIONAL SERVICES

NOVATO
INDEPENDENT
ELDERS (NIEP)

DESCRIPTION:

+GROCERY DELIVERY
+SEASONAL PRODUCE AT
WHOLESALE PRICE
+GROCERIES
DISTRIBUTED “FARMERS
MARKET STYLE”

PHONE:

(415)899-8296

WEBSITE:

WWW.NOVATOSENIORS.ORG

ALCOHOL/SUBSTANCE ABUSE

MODERATION
MANAGEMENT
SUPPORT GROUP

DESCRIPTION:

+FOR ADULTS WHO ARE
LOOKING INTO THEIR
ALCOHOL USE

PHONE:

(415)689-1017

IN HOME SERVICES

IN-HOME SUPPORT
SERVICES (IHSS)
PROGRAM

DESCRIPTION:

+RECEIVE IN-HOME
SUPPORT WITH PERSONAL
CARE, PARAMEDICAL
SERVICES, HOUSE
CLEANING, COOKING,
SHOPPING AND
ACCOMPANIMENT TO AND
FROM MEDICAL
APPOINTMENTS

PHONE:

(415)473-7118

ADDRESS:

10 N. SAN PEDRO
RD., SAN RAFAEL, CA

WEBSITE:

WWW.PAMARIN.ORG