

# Preventing Falls in Montgomery County

Falls are a major threat to the health and well-being of older residents. More than 1/3 of older adults fall each year, often leading to injuries that reduce activity and independence. The good news is that falls can be prevented. Learn more below.

	<b>Did you know?</b>	<b>▶ Here's what to do:</b>
<b>Get Educated</b>	People who take 4 or more medicines are at greater risk of falling.	▶ Talk to your doctor or pharmacist about the side effects of all your medicines and how well they work together.
	Difficulty walking, vision problems, arthritis, and drinking alcohol are falls risk factors.	▶ Attend a program on falls prevention. Call 240-777-3000 or email <a href="mailto:ADS@MontgomeryCountyMD.gov">ADS@MontgomeryCountyMD.gov</a> to learn about fall prevention resources.
<b>Get Screened</b>	One way to prevent falls is to know your personal risk of falling.	▶ Discuss your personal risk of falling with your doctor, physical therapist, or other healthcare provider.
	Hazards in your home may increase your risk of falling.	▶ For a home safety and falls prevention check, call Montgomery County Fire & Rescue at 240-777-2430.
<b>Get Fit</b>	Sitting too much is a falls risk.	▶ Stand up and move!
	Strong legs and good balance help prevent falls.	▶ Learn about exercise opportunities near home.

# Local Resources Can Help Prevent Falls

Hospitals, senior centers, and non-profit organizations serving older adults offer programs that can decrease your risk of falling. They may offer programs like these:

## Exercise Opportunities

Look for classes that try to build strength and improve balance, or classes which target conditions such as arthritis, osteoporosis and Parkinson's disease.

## Health Education

Find classes or lectures related to falls prevention.

## Screenings and Assessments

Take advantage of opportunities to have your vision, hearing, walking and balance checked at places like free community health fairs. And ask your doctor or healthcare provider.

## Talks by Pharmacists

Learn from pharmacists about managing medications. They can talk about the best dose levels and possible problems caused by interactions between medicines and substances like alcohol.

## Home Safety Checks

Check for problems in your home that could put you at risk for falling. To see "Check for Safety: A Home Fall Prevention Checklist for Older Adults," go to [www.cdc.gov/HomeandRecreationalSafety/Falls/CheckListForSafety.html](http://www.cdc.gov/HomeandRecreationalSafety/Falls/CheckListForSafety.html)

Alternative formats of this document are available upon request.



Montgomery County Government  
Health And Human Services

# Preventing Falls:

Get Educated

Get Screened

Get Fit



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Disability Services  
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