

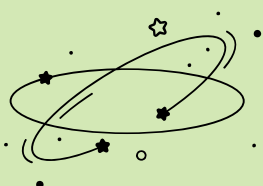
Falls Risk Factors



1

Reduced muscle strength & balance

Weak muscles and poor balance make it harder to stay steady and move safely. This can cause tripping or stumbling, especially on uneven ground. Less control over movement increases the risk of falling.



2

Dizziness

Dizziness can happen for many reasons, like low blood pressure, inner ear problems, or medicine side effects. It can make it hard to stay balanced or know where you are. This may cause trouble walking or standing steady.



3

Reduced range of motion

Tight muscles, stiff joints, or swelling can make it harder to move and react quickly. This can change the way we walk and make it easier to trip. Uneven or tricky surfaces can be more difficult.



4

Medication

Taking many medicines can increase the risk of falls by causing dizziness, drowsiness, or confusion. Some medicines can interact and make these effects worse. Mistakes in taking medicine can also add to the risk.



5

Vision

Poor vision can make it harder to see steps, obstacles, and distances, increasing the risk of tripping. Wearing outdated glasses or varifocals can make balance worse. Clear vision helps with safe movement.



6

Pain

Pain can make moving harder, change the way we walk, and affect balance. Avoiding movements to stop pain can increase the risk of falls. It can also slow reaction time and reduce focus.



7

Fear of Falling

Fear of falling can make people move less, leading to weak muscles and poor balance. It can also cause stiff, careful movements that change how they walk. This increases the risk of falling even more.

Falls Risk Factors



8

Diet & Nutrition

Eating healthy foods keeps our muscles and bones strong! Not getting enough vitamins, like vitamin D and calcium, can make us weak. Drinking water is important—if we're dehydrated, we might feel dizzy and fall.



9

Foot Health

If our shoes don't fit well or if we have foot problems, it can make us wobbly and even hurt. Not feeling our feet properly can also lead to trips or slips when the ground changes.



10

Home Hazards

Things like loose rugs, clutter, and poor lighting can make it easier to trip and fall. These hazards can create obstacles or slippery spots. Keeping your space tidy and well-lit helps keep you safe and prevents falls!



11

Incontinence

Incontinence can raise the risk of falls by causing rushed movements and slips. It can also be distracting, making it harder to stay balanced. Poor sleep from night time trips to the bathroom can lead to daytime drowsiness and falls.



12

Cognition

Cognitive decline can slow reactions and make it harder to notice dangers. Dementia may cause confusion and trouble moving safely. Difficulty adjusting to changes increases the risk of falling.



13

Hearing

Hearing loss can affect balance, making it harder to stay steady. It also reduces awareness of sounds, increases mental strain, and may lead to less movement. This can weaken coordination and raise the risk of falls.



14

Medical Falls

Conditions like nerve disorders, heart problems, or chronic pain can weaken the body and cause dizziness. Some may even lead to fainting. These issues make falls more likely.

Intervention



1

Exercise

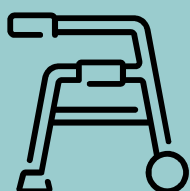
Exercise helps prevent falls by making muscles stronger and improving balance. It also increases flexibility and coordination, making movement safer. Staying active boosts confidence and reaction time, reducing slips and missteps.



2

Education

Education helps prevent falls by teaching people about dangers and how to stay safe. It encourages good choices like safe footwear and home adjustments. It also prepares individuals to respond if a fall happens.



3

Equipment

Walking aids help with balance, stability, and posture by providing extra support. Equipment like grab bars, bath boards, and raised toilet seats make daily tasks safer. These tools are especially useful for people with limited strength or mobility.



4

VBRT (Vestibular & balance rehabilitation therapy)

Vestibular rehabilitation includes exercises to improve balance, eye movement control, and spatial awareness. It helps the body adjust to inner ear problems, reducing dizziness. This improves stability and lowers the risk of falls.



5

Home Hazard & Safety Intervention

Home hazard assessments help prevent falls by finding and fixing dangers like clutter, poor lighting, and uneven floors. Making small changes can create a safer space. This reduces the risk of trips and accidents.



6

Medical Review & Intervention

Medical reviews help prevent falls by finding health issues or medication side effects that increase risk. Regular check-ups allow doctors to adjust treatments as needed. This keeps people safer and more stable.



7

Referrals

Guiding patients to the right services helps reduce falls risk. This may include referrals for continence care, mental health support, podiatry, nutrition, or falls prevention programs. Getting the right help improves safety and well-being.