



Working Together To Prevent Falls



Northwood Homecare Ltd.
Phone: (902) 425-2273
www.nwood.ns.ca

What Might Cause a Fall?

Vision/Hearing Difficulties:

- Outdated or damaged glasses and hearing aids.
- Eyeglasses or hearing aids that need cleaning or new batteries.
- Wax build-up in ears.
- Glare or poor lighting.

Medical Conditions:

- Many chronic diseases such as Arthritis, Osteoporosis and Stroke can weaken muscle and bones, stiffen joints and affect balance.
- Other medical conditions like dementia, infections, inner ear problems and high/low blood pressure, make you more prone to falling.

Dizziness Caused By:

- Medication side effects.
- Getting up too quickly from chair or bed.
- Poor eating habits or not.
- taking enough fluids.

Environment:

- Wet floors, icy surfaces, reflected glare from floors and windows.
- Insufficient lighting.
- Objects in pathway or unstable furniture
- Poorly fitting footwear or long, loose clothing.



Age-Related Changes:

- Change in your balance and the way you walk
- Slower response time.
- Vision and hearing changes.