



The Surprising Reason Why People Fall

We all know the obvious causes of a fall... dizziness from medication, a loose rug, poor eyesight, ill-fitting shoes, poor lighting, etc. But researchers found that just the fear of falling makes you 34% more likely to fall than someone with the same level of health and fitness who isn't as afraid. Wow!

Falls are scary, no doubt, and are the #1 cause of injury related visits to the ER in people 65 and older. Even knowing that, researchers were surprised at the degree of harm that can result when people have an unwarranted or excessive fear of falling, and how widespread this fear is.

When you have this fear of falling, researchers feel that you slow your walking speed, widen your stance, and stiffen your body---changes that worsen balance. Those who are afraid of a fall are also more likely to avoid everyday activities such as walking outside, grocery shopping, even taking a bath, and are far more likely to end up in a nursing home.

To become (or stay) confident in your mobility, exercises to improve your balance and strength are excellent to do. Like Jan Quinn's chair exercise class or water aerobics! There are also Yoga classes and other exercise programs online.

If you need a walker—Use It! If you need a cane—Use it! If you need more confidence in your stability—take classes! I can only fit so many Band-Aids and gauze pads in the First Aid Kits!!!