

FALL RISK FACTORS

Internal

- Long term health problems
- Trouble completing everyday activities
- Muscle weakness
- Balance problems
- Narrow footsteps
- Cognitive impairment
- Loss of feeling of pain, pressure, temperature
- Drug use
- Prior history of falls

(Pynoos, Steinman, & Nguyen, 2010)



- Normal aging processes and deficits
- Blood pressure drops when standing
- Risky behaviors: risk-taking and lack of attention
- Fear of falling
- Mental health conditions
- Vision problems

(LeBlanc, 2020)

External

- Slick or wet surfaces
- Poor lighting
- Thick or frayed carpet
- Loose rugs
- Clutter on the floor
- Staircases
- Furniture placement
- Tub edge and toilet height
- Pets

(Pynoos, Steinman, & Nguyen, 2010)



- Taking more than 4 medications
- Medication for mental health conditions
- Improper footwear
- Poor diet and lack of exercise
- Glasses with multiple prescriptions

(LeBlanc, 2020)

References

LeBlanc, S. (2020, February 11). Aging in place [PowerPoint slides].

Pynoos, J., Steinman, B. A., & Nguyen, A. Q. (2010). Environmental assessment and modification as fall-prevention strategies for older adults. *Clinics in geriatric medicine*, 26(4), 633-644.