

Plan Your Lifespan: Falls

Stay Safe at Home



Why falls matter

Falls are increasingly common with age due to changes in balance, strength, and foot sensation. **About 50% of people aged 75+ experience a fall.** Falls can lead to serious injuries—like broken bones, head trauma, or hospitalization.



Prevention tips

- Secure or **remove** small or loose **rugs**
- **Add handrails** in bathrooms; use nonslip mats
- **Improve lighting**, especially in stairways and hallways
- Reduce tripping hazards and mark raised thresholds



Can I prevent a fall?

Yes—falls are often **preventable**. Be alert to weakening legs, poor balance, or near-misses. Weakness, medications, or sensory loss can all increase risk. Talk to your doctor if you notice changes.



What else helps

Regular movement—walking, tai chi, or rehab exercises—is key to maintaining strength and balance. Your doctor can check vision, foot sensation, medications, and prescribe tailored physical therapy



I didn't realize how easy it was to trip over small things at home. After my fall, we added handrails and removed loose rugs — it made a big difference.

—Joan

Scan this QR code or click the link below to participate in the evaluation survey. A small incentive will be provided upon completion.



redcap.link/planyourlifespan

For more information about KIMCHI and outreach and educational resources, please contact the study team with any questions or concerns you have about this study at (562) 977-4580 or email to kimchi@ucsf.edu.