



CorsoCare's here with ways to help you avoid falls, so you can remain healthy and independent.

1 in 4
adults over the age
of 65 fall every year

A senior is treated in the
emergency room for a fall every
11 seconds

The good news is you can avoid becoming one of these statistics. Here are some easy-to-follow tips to help you stay on your feet and stay safe.

Shoes

Wear properly fitting, sturdy shoes with flat, nonskid soles.

Medication

Check medications to ensure none of them have fall-causing side effects such as light-headedness, dizziness or drowsiness.

Clear The Clutter

Get rid of any items around your home that could lead to falls, including bulky rugs, cords and other items stored on the ground.

But the most pivotal way to avoid a fall is:

A CorsoCare Balance Assessment

A hands on evaluation to determine your level of risk for falls. This allows us to create a custom plan to give you stability and peace of mind.

Light The Way

Ensure the lighting is bright enough in all areas of your home — low light and shadows can be hazardous.

Invest In Exercise

Frequent light exercise helps maintain balance, strength and blood flow throughout the body, which lowers the chance of a fall.

Protect Your Vision

Get annual eye examinations to ensure no major changes or obstructions in your vision.

For more information on fall prevention and how CorsoCare can help, call us at 248-438-8535.