

Fall Prevention

Managing Concerns about Falls



As seniors age, their attitudes about falling may change. The change may lead to increased isolation due to fear of falling.

If you are confident when you walk, you have probably taken steps to prevent a fall, such as daily walking, exercise, wearing sensible shoes, adding grab bars in your bathroom, and using a cane or walker for stability when needed.

Report any fears you have to your healthcare providers and they can provide help. Report falls to them and your family, so they can participate in your plan to make improvements, thus improving your life.

For additional information, call Travis County ESD # 2 at 512-989-4517 or email info@pflugervillefire.org