

FALLS

Risk Factors For Falls



Research has identified many risk factors that contribute to falling—some of these are modifiable.

Most falls are caused by the interaction of multiple risk factors. The more risk factors a person has, the greater their chances of falling. Healthcare providers can lower a person's risk by reducing or minimizing that individual's risk factors.

To prevent falls, providers should focus **FIRST** on these modifiable risk factors:

- Lower body weakness
- Difficulties with gait and balance
- Use of psychoactive medications
- Postural dizziness
- Poor vision
- Problems with feet and/or shoes
- Home hazards

Fall risk factors are categorized as intrinsic or extrinsic.

Intrinsic	Extrinsic
Advanced age	Lack of stair handrails
Previous falls	Poor stair design
Muscle weakness	Lack of bathroom grab bars
Gait & balance problems	Dim lighting or glare
Poor vision	Obstacles & tripping hazards
Postural hypotension	Slippery or uneven surfaces
Chronic conditions including arthritis, diabetes, stroke, Parkinson's, incontinence, dementia	Psychoactive medications
Fear of falling	Improper use of assistive device

For more information, go to: www.cdc.gov/injury/STEADI



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