



# QUICK QUIZ

More than one-third of adults 65 and older fall each year in the U.S. Test your knowledge on how to make the home safer by answering True or False to the questions below.

**Circle T for TRUE or F for FALSE:**

- T F** 1. A lack of knowledge about risk factors and how to prevent them contributes to many falls.
- T F** 2. Falls are the leading cause of non-fatal injuries to older people in the United States.
- T F** 3. It is important to ask a doctor or pharmacist to review medications, both prescription and over-the-counter, to reduce side effects and interactions.
- T F** 4. Many people who fall, even those who are not injured, develop a fear of falling. This fear may cause them to limit their activities, leading to reduced mobility and physical fitness, and increasing their actual risk of falling.
- T F** 5. Falls are going to happen to older people, so there is not much that can be done.
- T F** 6. As adults, Americans gain an average of two pounds a year and two-thirds of U.S. adults are overweight, so exercise is very important to good health.
- T F** 7. Age-related vision problems, such as cataracts and glaucoma, increase the risk of falling.
- T F** 8. Exercise programs like Tai Chi, which increases strength and improves balance, are especially good.
- T F** 9. Once the person in your care has gotten used to where the furniture is, do not change it.
- T F** 10. The type of shoes a person wears will have no effect on falls.



Answers  
1. T, 2. T, 3. T, 4. T, 5. F, 6. T, 7. T, 8. T, 9. T, 10. F

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