

Falls Prevention: Small Steps, Big Impact



Patricia Bailey, RN, Elderwood IPA, Sept 29, 2025

Falls are among the most common and preventable health risks for older adults. Over 140 older adults in New York State visit emergency rooms for fall-related injuries daily, and one in four New Yorkers aged 65 and older experiences a serious fall each year.

Preventing falls is essential for healthy aging. Even a near fall can cause fear and hesitation.

As a Home Health Care nurse with Elderwood IPA in Western New York, I remind elders in my care that there's no shame in asking for help. The following tips, small changes, and healthy habits can make a big difference in staying safe and steady on your feet.

- Remove tripping hazards like loose rugs, cords, and be mindful of pets.
- Wear supportive shoes and well-fitting clothes to minimize your risk of falling.
- Sleep away from the edge of the bed to prevent nighttime falls.
- Engaging in light and gentle exercise and activities, such as walking, helps maintain strength and balance. Consult a health professional before starting a new routine.
- Some prescriptions may cause dizziness or lower blood pressure. Ask your doctor about side effects.
- Physical and occupational therapists can help improve mobility and confidence—and recommend walking and other supports when needed.
- Recovery takes time. Focus on progress, not perfection, and lean on your care team for support.

Falls may be common, but risks can be reduced. With guidance, encouragement, and the right tools, older adults can remain safe, independent, and empowered.

Partnered with a trusted network of providers like Elderwood IPA, VNS Health offers Medicare and Medicaid health plans designed to help older New Yorkers live, age, and recover in the comfort of their homes and communities. Learn more at vnshealthplans.org.

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