



## ARE YOU AT RISK OF **FALLING**



- 1 Have you fallen in the past?
- 2 Do you have arthritis in your feet or ankles?
- 3 Do your legs or ankles feel weak or unsteady?
- 4 Do you drag your feet, stumble or shuffle when walking?
- 5 Do you find it necessary to grasp stationary objects, like walls/furniture/rails, to gain balance when walking?

**If you answered "Yes" to any of these questions, ask your healthcare provider about your options.**

# FACTS ON FALLS

- **Almost 1/3 of seniors experience a fall each year**
- **If you have fallen, there is a 50% chance you will fall again**
- **Almost 50% of fall victims have to reduce their activity level after the incident**
- **Falls/fall related injuries are the leading cause of accidental deaths & Emergency Room admissions among Seniors**



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