Boulder Community Health

PATIENT EDUCATION

Fall Prevention

What is it?

Fall prevention includes:

- Ways to help you move safely so that you don't fall.
- Things you can do around your house and outside to make it safer so that you don't fall.



Why is it important?

- One in four Americans aged 65 and older fall each year.
- Every second of every day, an older adult suffers a fall in the U.S.
- Falls are the leading cause of both fatal and nonfatal injuries for those 65 and older.
- The risk of falling increases as you age.
- *However, falls are not an inevitable part of growing older! There are reasons for falls and you can lower your risk to prevent falls.*

What can cause me to fall?



- Isolation
- Muscle weakness
- Balance or gait problems
- Blood pressure that drops when you stand or sit up
- Problems with your eyesight or hearing
- Foot problems (e.g., numbness or pain)
- Medications that make you sleepy or dizzy
- Safety hazards in your home
- Confusion
- Fear of falling

Last reviewed: 01/2026

What can I do to prevent falls and stay safe?

- Stay active because regular exercise helps to keep your muscles strong and your joints flexible.
- Stay connected to others. For example, join a balance class offered in person and/or online.
- Learn to meditate and use mindful practices to help with focus throughout the day.
- Get enough sleep.
- Have your eyesight and hearing tested regularly since even small changes can increase your risk for falling.
- Talk to your doctor or pharmacist about the medicines you are on and whether they make you sleepy or dizzy.
- Limit the amount of alcohol you drink.
- Sit up and/or stand up slowly. Changing positions too quickly can cause your blood pressure to drop and make you lightheaded.
- Sit down when getting dressed.
- Wear non-skid shoes and socks that fit well.
- Use assistive devices such as a cane or walker if needed. Talk to a physical or occupational therapist who can help you with proper size and use.
- Install grab bars in the bathroom and shower.
- Use a shower seat so you don't have to stand in the shower.
- Use non-slip strips or mats in the shower, bathtub and on bathroom floors.
- Remove throw rugs as this slight change in floor height can increase falls.
- Use bright lightbulbs around the house, especially around stairs.
- Use bathroom nightlights, automatic sensors or a flashlight to light up pathways for nighttime bathroom visits.



This material is for informational purposes only. It does not replace the advice or counsel of a physician or health care professional. BCH makes every effort to provide information that is accurate and timely, but makes no guarantee in this regard. You should consult with, and rely on the advice of your physician or health care professional.

Fall Prevention Classes

Boulder Community Health:

See the BCH website for updates about classes we are offering at https://www.bch.org/community-events/ or call 303-415-4761 for more information.

Tai Chi for Health: 303-415-4403.
This class is offered at the Community Medical Center (CMC) in Lafayette. Tai Chi for Health offers techniques for improving agility, balance, breathing, and relaxation.
Register at www.bch.org/therapyclass

ThinkFirst Fall Prevention:
Falls are the leading cause of injury for people over age 65. This **free** program was designed to help individuals recognize their concerns about falling and the hazards in their home and community that contribute to falls. The program is a 1-hour presentation that will discuss fall prevention topics such as home safety, safety in the community, talking with your provider, nutrition, the significance of exercise, vision and medications. These classes are offered at various times through the year at Lafayette, Louisville, and Erie senior centers. See contact info below.

A Mindful Approach to Falls Prevention:
A mindful approach to falls prevention: "A mindful approach to falls prevention" class, where you will practice guided meditation and integrate multiple strategies to prevent falls**.** Mindfulness meditation is a practice of encouraging attention to the present moment. This class offers tools to develop present moment awareness and apply evidence-based fall prevention techniques to everyday life. This class is facilitated by injury prevention and mindfulness professionals from Boulder County AAA, Boulder Community Health, and Intermountain Health.

Mindful Steps:
This 4-week in-person course blends mindfulness practice with falls prevention topics to keep you independent and on your feet. By encouraging kind attention to the present moment, we can make skillful choices that bring balance to body and mind. This class offers tools to practice mindfulness through gentle movement and stillness, while cultivating awareness of our experience and applying evidence-based fall prevention techniques to everyday life.

Steady Steps:
This series offers a well-rounded approach to staying safe and steady. Learn practical tips and balance exercises from a team of experts—including a physical or occupational therapist, pharmacist, community safety specialist, and vision expert—covering key topics to help reduce your risk of falling.

City of Boulder Older Adult Services: 303-441-3148

They offer a variety of classes such as Tai Chi, Strength and Alignment, and Progressive Muscle Relaxation. Classes occur at one of the two centers:

West Age Well Center at 909 Arapahoe Ave., Boulder 80302
East Age Well Center at 5660 Sioux Dr., Boulder 80303

Visit their website for more information at www.boulderolderadultservices.com

Stepping On:
This evidence-based fall prevention program approved by the NCOA (National council on Aging) runs for seven weeks with one, two-hour meeting each week. This program aims to boost confidence in managing healthy behaviors to reduce the risk of falls and maintain an active, independent, and fulfilling life. This is accomplished through education on strength and balancing exercises, safe footwear and walking, vision and falls, home and community safety, medication review and management, bone health, and coping after a fall. For more information go to the website to search for a local class at https://www.uchealth.org/services/community-health/stepping-on-program/

Area Agency on Aging (AAA): Services Coordinator: 303-441-3774 or Help Line: 303-441-1617
Offers a variety of fall prevention courses both in person and online.
For more information go to www.Boco.org/HealthyAging

Erie Senior Center: 303-926-2795 or 303-926-2793
Offers a variety of activities and programs.
For more information go to https://www.erieco.gov/218/Active-Adults

Lafayette Senior Services: 303-665-9052
Offers a variety of activities and programs.
For more information go to https://www.lafayetteco.gov/265/Senior-Services

Louisville Senior Services: 303-666-6565
Offers a variety of activities and programs.
For more information go to https://www.louisvilleco.gov/living-in-louisville/recreation-senior-center/visit-us/senior-services

Longmont Senior Services: 303-651-8411
Offers a variety of drop-in classes. For more information and to download the calendar of events and classes, go to https://www.longmontcolorado.gov/senior-services

Longmont Recreation Center: 303-651-8404
Offers Silver Sneakers Stability drop-in classes at the St. Vrain Memorial Building.

Other Online Adult Aging Resources:
CDC: https://www.cdc.gov/falls/facts.html
National Institute on Aging: www.nia.nih.gov