



Falls are unfortunately very common among seniors with **Alzheimer's disease** and **dementia**, and they can lead to serious injuries. These individuals are at higher risk for several physical and cognitive reasons. Below are the main **reasons why they fall**, along with **strategies to prevent those falls**.

Why Seniors with Alzheimer's and Dementia Fall

1. Cognitive Impairment

- Memory loss leads to forgetting safety measures (e.g., forgetting to use a walker).
- Poor judgment (e.g., trying to stand or walk unassisted).
- Disorientation/confusion about surroundings.

2. Poor Balance and Coordination

- Dementia affects motor skills and the brain's ability to coordinate movement.
- Muscle weakness or stiffness from inactivity.

3. Medication Side Effects

- Many seniors take medications for dementia or other conditions (antipsychotics, sedatives, etc.) that can cause dizziness, drowsiness, or low blood pressure.

4. Vision Problems

- Aging and cognitive decline can impair depth perception and peripheral vision, increasing the chance of tripping.

5. Environmental Hazards

- Clutter, poor lighting, slippery floors, and uneven surfaces are especially dangerous to someone who is already disoriented.

6. Incontinence or Urgency

- Rushing to the bathroom increases fall risk, especially at night or in unfamiliar places.

7. Foot Problems or Poor Footwear

- Improper shoes or foot pain can increase instability.

8. Wandering Behavior

- A common symptom of dementia; can lead to unsafe walking or entering dangerous areas (stairs, outdoors, etc.).

Ways to Prevent Falls in Seniors with Alzheimer's and Dementia

1. Create a Safe Home Environment

- Remove rugs, clutter, and cords from walkways.
- Install grab bars in bathrooms.
- Use non-slip mats and night lights.
- Ensure good lighting in all rooms and hallways.

2. Use Mobility Aids Properly

- Ensure walkers, canes, or wheelchairs are properly fitted and used consistently.
- Consider physical therapy to maintain mobility and strength.

3. Monitor and Manage Medications

- Regularly review medications with a healthcare provider to avoid sedating or dizziness-causing drugs if possible.

4. Ensure Regular Vision and Hearing Checks

- Treat vision problems or provide glasses and hearing aids as needed.

5. Supervision and Assistance

- Supervise walking and transfers when possible.
- Have a caregiver nearby, especially during high-risk times (e.g., bathroom trips, nighttime).

6. Encourage Safe Footwear

- Use well-fitting shoes with non-slip soles (avoid slippers or high heels).

7. Toileting Plans

- Implement regular bathroom schedules to reduce rushing.
- Use bedside commodes if necessary.

8. Limit Wandering

- Use door alarms or tracking devices.
- Keep frequently used items (like water, tissues) within reach to reduce the urge to wander.

9. Exercise and Physical Activity

- Tailored exercise programs (like balance or strength training) under supervision can reduce falls.