

Healthcare Providers who can help with fall prevention

Medical Doctors & Nurses

can assess for medical conditions such as age-related loss of muscle mass (sarcopenia), problems with balance and gait, blood pressure that drops too much when you get up from lying down or sitting (postural hypotension), foot issues, vitamin deficiencies, cognitive changes/dementia, and any conditions that increase fall risks.

Pharmacists

can advise you and your doctor about your medication regimens and any drug interactions or side effects that may increase your risk of falls. For example, if someone is taking insulin for diabetes, they may experience times of low blood sugar which is often accompanied by blurred vision, dizziness, and weakness, which increases the risk of falls.

Occupational Therapists

can help you optimize home safety by identifying potential hazards and making recommendations such as installing grab bars in toilet and shower areas, create clear safe pathways, install railings on stairs, ensure good lighting, use mobility devices, remove scatter mats and all tripping/slipping hazards.

Nutritionists and Dieticians

can advise you on healthy nutritional solutions for any deficiencies in energy, protein, and micronutrients that can lead to falls. Nutrition affects strength, mobility, vision, cognitive function, and general health. They can help you manage complex medical conditions and age-related changes that can impact fall risks.

Physiotherapists

can assess your gait, strength, and balance and recommend a customized exercise program to improve those factors or refer you to a community fall prevention program. They can also recommend an appropriate mobility device (cane, walker) if you need added support when you walk.

Optometrists and Ophthalmologists

can identify medical conditions that may lead to vision loss (macular degeneration, glaucoma, diabetes, TIAs, stroke) and provide strategies for slowing progression of vision impairment. Low vision is a significant fall risk factor. It is important to update glasses as prescribed.

Chiropodists and Podiatrists

can treat and prevent common foot conditions such as corns, calluses, bunions, and ingrown toenails. Any foot pain or deformities that make you unsteady on your feet can put you at risk of a fall. Diabetes can cause neuropathy (numbness) in the feet which prevents you from feeling sores, pressure from shoes, or where your foot is on the floor. Wearing well-fitting, practical, non-slip footwear can help to prevent falls.

Learn more about fall prevention with the following resources

parachute.ca/en/injury/fall-prevention-for-seniors
cdc.gov/falls

