



How to Avoid Falling: A Guide for Active Aging and Independence

Eric Fredrikson

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Staying active without fear of falling.

The danger of falling increases substantially with age. This is especially true in developed countries where aging populations tend toward comfortable, inactive lifestyles.

How to Avoid Falling is a practical, non-technical guide to minimizing the occurrence of falls as well as their devastating effects.

The book recommends taking stock of one's current level of health, physical abilities, ongoing medical concerns and current medication. It covers the risk factors of falling, how to alleviate them, as well as some general practices for living a healthy life.

Exercise is key, especially walking every day. There are fitness and balance exercises that will improve health and a sense of well-being.

Fall-proofing a home is also covered, as is being aware of the best way to respond to hazardous situations such as icy or slippery conditions.

A final section describes what to do after a fall starting with how to safely get up again, regaining confidence, as well as how to choose canes and walkers.

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