

# Weather Safety for Older Adults

## Spring Falls Risks

Severe spring weather and conditions can increase your risk of falling. Falls are not a normal part of aging, but as we age, we may be more susceptible to serious injury from a fall. One in three Ohioans age 65 and older will fall this year, and that rate goes up to one in two after age 79. However, most falls can be prevented when you understand your risks and take steps to remove or avoid hazards.

- **Rain and mud** – Mud can be as slippery as snow and ice and can get on a variety of surfaces indoors and out. Avoid walkways that are covered with mud. Clean wet and dried mud off of your shoes and walking aids to maintain the most traction.
- **Storms** – Spring storms can cause a variety of tripping hazards from power outages to debris in outdoor walkways. If you can't see the path before you, find another way.
- **Flooding** – Never walk or drive into flood waters! Still water can make you trip and moving water can knock you off your feet.
- **Increased activity** – Now that nicer weather is here, you are likely to be more active. Ask your doctor or physical therapist about strategies to safely increase your activity level.

## Check on your neighbors

For a variety of reasons, older friends and relatives may have a harder time adjusting during extreme conditions than younger people do. If severe weather is forecasted or has just occurred, check in on older friends and family members to ensure that they are okay and that they have the resources they need to stay safe and healthy.

- Do they need medical attention?
- Do they have safe food and water?
- Is the temperature in their home comfortable?
- Who will they call if they need help?



**STEADY U Ohio** is a statewide initiative to prevent falls among older adults. Take a falls risk self-assessment, sign up for news and resources, interact on Facebook and Twitter and get a variety of falls-prevention tips.

[www.steadyu.ohio.gov](http://www.steadyu.ohio.gov)