

ABOUT MOBILITY PROBLEMS IN OLDER ADULTS

- **Walking and balance problems can result in falls, a major source of injury and even death in older adults.**
- **Many factors can contribute to falls risk:**
 - **Problems with walking and balance**
 - **Weakness from diseases, nutritional deficiency, advanced aging**
 - **Medications**
 - **Vision problems**
 - **Heart disease, neurological disease, low blood pressure**
 - **Foot and footwear problems**
 - **Environmental hazards**
- **Possible Interventions for Mobility Problems and Falls Risk**
 - **If the person has dizziness or a balance problem when getting up, instruct her/him: When getting out of bed, first sit up, count to ten, then carefully stand, count to ten, then walk**
 - **Check for vision problems**
 - **Check footwear for tripping, catching risk**
 - **Check environment for tripping or catching risk**
 - **Engage person in exercise program**
 - **Treat pain that limits mobility**