

Fall Prevention for Persons with Alzheimer's Disease and Related Dementia



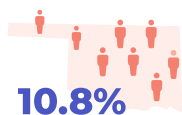
OKLAHOMA
State Department
of Health

Data



Among Oklahomans, more than **one in five** hospitalizations due to a fall had a diagnosis of dementia.*

* Data Source: OSDH Center for Health Statistics - OK Hospital Discharge Data - Year 2022-2024 Aged 65 and Older



10.8% of Oklahoma adults over the age of 65 have Alzheimer's disease, which is over 70,000 people.†

† Data Source: Alzheimer's Association 2025 Facts and Figures Report, 2025 Oklahoma Alzheimer's Statistics Fact Sheet



6 Steps to Prevent Falls *(scan or click to learn more)*



1. Adapt Your Home *(most falls happen at home)*

Clear clutter, ensure rooms are well-lit, and install handrails on stairs and grab bars in and/or next to the tub and toilet.



2. Manage Medication

Ask your health care provider or pharmacist to review all medications, including prescriptions, over-the-counter medicines, vitamins, and minerals.



3. Stay Active

People fear that exercise may lead to a fall, but regular physical activity is the first line of defense against falls and fractures.



4. Check Vision and Hearing

Get your vision and hearing checked annually.



5. Wear Proper Shoes

Work with your health care provider or podiatrist to address foot problems and using appropriate footwear.



6. Check Bone Health

Talk to your doctor about osteoporosis if you went through early menopause, took corticosteroids for several months at a time, or either of your parents had hip fractures.

Resources

Together with partners, the OSDH Injury Prevention Service (IPS) has developed the resources below, which can be found at [Oklahoma.gov/health/falls](https://oklahoma.gov/health/falls) under the resources tab.

Reach out to your local county health department for additional information and class availability.

Resources include: *(scan or click to access)*



Dementia & Falls Fact Sheet



Older Adult Falls in Oklahoma



Home Safety Guide:
Preventing Falls



Be a Neighbor



Roadmap to Reducing
Older Adult Falls



Injury Prevention Service
[Oklahoma.gov/health/ips](https://oklahoma.gov/health/ips)



Alzheimer's Disease
& Related Dementias
[Oklahoma.gov/health/adrd](https://oklahoma.gov/health/adrd)



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