

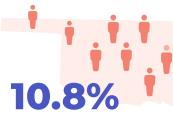
# Fall Prevention for Persons with Alzheimer's Disease and Related Dementia



## Data



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



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

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

† 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)



**Community  
Development Services**

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