**Falls- Common Causes of Falls**

-Falls in older adults are often caused by a combination of factors.

-**Muscle weakness and balance problems**: As people age, they may experience decreased muscle strength and impaired balance, making it harder to stay upright.

**-Vision problems**: Poor eyesight can make it difficult to see obstacles or judge distances accurately.

[5](https://www.swhcoronaregional.com/about/blog/these-9-things-make-it-more-likely-youll-fall%22%20%5Ct%20%22_blank)

-**Chronic health conditions**: Conditions like diabetes, heart disease, or neurological disorders can affect balance and increase fall risk.

[2](https://www.nia.nih.gov/health/falls-and-falls-prevention/falls-and-fractures-older-adults-causes-and-prevention%22%20%5Ct%20%22_blank)

-**Medications**

Certain medications, especially psychotropic drugs, antidepressants, sleeping pills, diuretics, antihypertensives, and antiparkinsonian medications, can cause side effects like dizziness or confusion that increase fall risk

[3](https://www.ncbi.nlm.nih.gov/books/NBK235613/%22%20%5Ct%20%22_blank)

-**Environmental Hazards**

**-Home hazards**: Loose rugs, clutter, poor lighting, and lack of handrails are common environmental risk factors[.](https://www.cdc.gov/falls/data-research/facts-stats/index.html)

**-Outdoor hazards**: Uneven sidewalks, slippery surfaces, and poor lighting in public spaces can contribute to falls.

[5](https://www.swhcoronaregional.com/about/blog/these-9-things-make-it-more-likely-youll-fall%22%20%5Ct%20%22_blank)

**Behavioral Factors**

**-Inactivity**: Lack of regular exercise can lead to muscle weakness and poor balance.

[5](https://www.swhcoronaregional.com/about/blog/these-9-things-make-it-more-likely-youll-fall%22%20%5Ct%20%22_blank)

. **Risky behaviors**: Rushing to the bathroom, climbing on ladders, not using assistive devices when needed, or wearing inappropriate footwear can increase fall risk.

[4](https://www.health.qld.gov.au/stayonyourfeet/for-professionals/about-risk-factors%22%20%5Ct%20%22_blank)

**Fear of falling**: This can lead to reduced activity, which in turn increases fall risk.

[4](https://www.health.qld.gov.au/stayonyourfeet/for-professionals/about-risk-factors%22%20%5Ct%20%22_blank)

.**Age**: The risk of falling increases with age due to various physical and cognitive changes.

[6](https://www.who.int/news-room/fact-sheets/detail/falls%22%20%5Ct%20%22_blank)