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Preventing falls in the elderly

In the light of a large number of locomotor deficiencies in the elderly due to falls, the causes of falls were identified with a view to determining ways of preventing them. A special emphasis was given to the effects of falls, especially in the presence of osteoporosis, to the possibility of complications and to the need for prolonged treatment. The causes of falls were divided into three groups. The first group are the reverse processes accompanying aging: visual impairment, worsening efficiency of labyrinth, muscle weakness, deterioration of motor coordination. The second group are causes related to the lack of or insufficient adaptation of the living space to the needs of the elderly people with reduced mobility, especially as concerns the bedroom, bathroom and staircase. The third cause of falls are various obstacles/barriers outside the building. Some of these obstacles may be difficult to notice while the attempts to avoid them may lead to imbalance and falls. Based on the thorough understanding of the causes of falls, ways of preventing them have have been discussed at length.