

AGE SAFELY.

Protect Your Independence and Health



**Centers for Disease
Control and Prevention**
National Center for Injury
Prevention and Control

You can age without injury.

People age 65 and older are at higher risk for injury.
Common injuries include:



Falls

Falls cause more than 2 million emergency department visits and 31,000 deaths each year. That is more than 85 deaths because of a fall each day.



Traumatic Brain Injury

Older adults have experienced a nearly 50% increase in fall-related hospitalizations related to traumatic brain injury, resulting in over 91,000 hospital stays.



Motor Vehicle Crashes

Motor vehicle crashes are the second leading cause of injury death for older adults. On average 20 older adults are killed in a motor vehicle crash each day.



Increased risk can result from reduced physical health, loss of mobility, and vision loss. Also, some medications cause dizziness, low blood pressure, or confusion, which can increase risk for falls or motor vehicle crashes.

The following tips can help you age safely:

- Talk to your healthcare provider about how to prevent falls.
- Have your doctor or pharmacist review your medications to see if changes could reduce your risk of injury.
- Have your eyes checked yearly.
- Stay active to maintain your strength and balance.
- Review [CDC's MyMobility Plan](#) to help keep you mobile and independent as you age.

Learn more about aging without injury at: [cdc.gov/injury](https://www.cdc.gov/injury)