

Published on *SeniorNavigator* (<https://seniornavigator.org>)

## **Talk to Your Doctor: 6 Tips to Help Inform Your Conversation About Falls**

### **Key Takeaways**

- Only half of older adults tell their doctor about a fall or a fear of falling.
- These tips can help you get the most out of an important conversation with your doctor about falls prevention.
- Print and share this falls prevention tip sheet with your loved ones and their caregivers.

Don't let embarrassment keep you from talking to your doctor about falls, whether you've fallen before or are afraid you might be at risk for a fall. Asking questions now can keep you safe in the future.

[These six tips will help you](#) get the most out of your conversation.

Talking to Your Doctor About Falls: 6 Tips for Helpful Conversations

- [Download in English](#)
- [Download in Spanish](#)

Article Source

National Council on Aging

Source URL

<https://www.ncoa.org>

Last Reviewed

Wednesday, March 27, 2024