

**Target keyword:** what causes an older person to keep falling

**Meta title:** What Causes Frequent Falls in Older Adults? | Weatherly Court

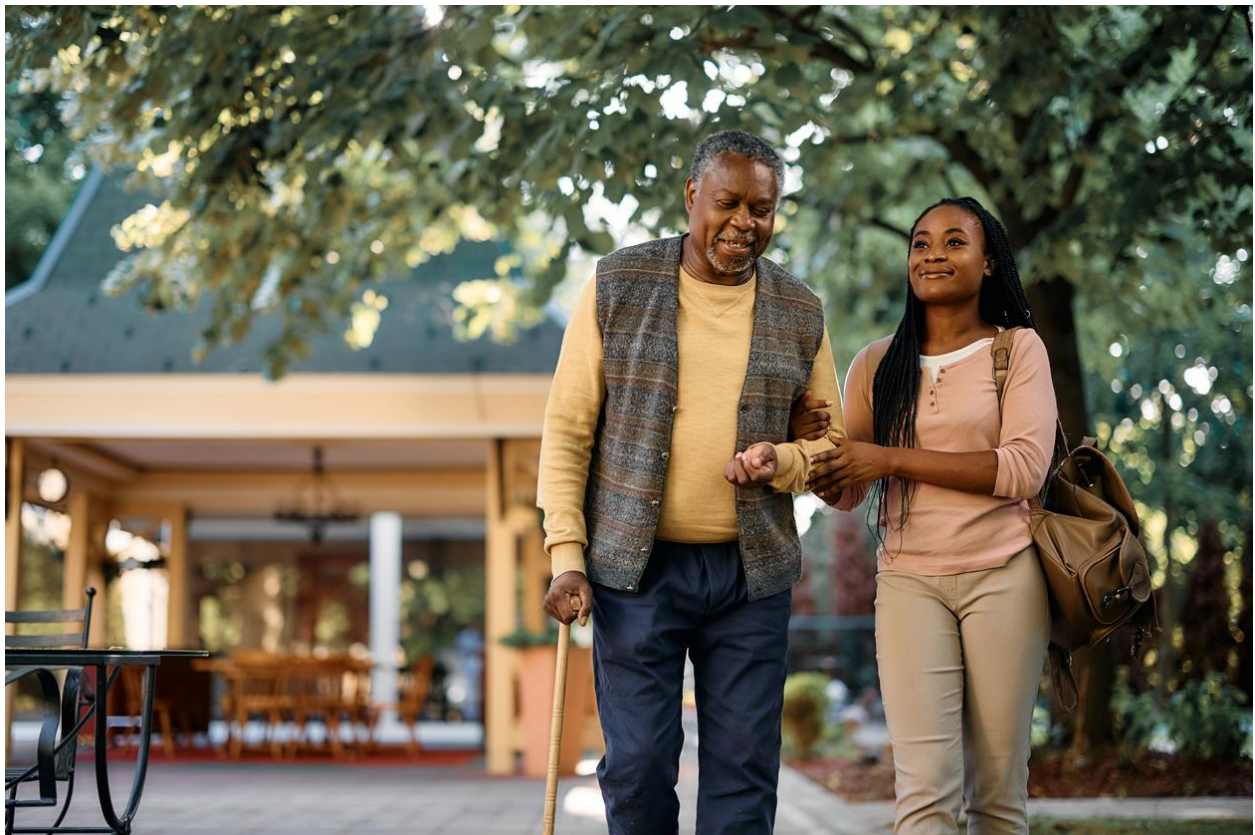
**Meta description:** Muscle loss, meds, poor vision, memory loss, and unsafe spaces—learn what causes an older person to keep falling and how to reduce the risks.

**Url:** what-causes-an-older-person-to-keep-falling

**Image:**

<https://www.istockphoto.com/photo/happy-black-woman-walking-with-her-senior-father-while-visiting-him-at-nursing-home-gm1467102988-498953752>

**Alt Text:** Older adult walking with caregiver in a fall-safe memory care community at Weatherly Court, Medford, OR



## What Causes an Older Person to Keep Falling?

What causes an older person to keep falling? It's a question many families ask after noticing their parent or loved one has lost balance more than once. A fall isn't always just a one-time slip. It can be a sign that something is changing—physically, medically, or even cognitively.

At Weatherly Court, we talk with many adult children and caregivers trying to understand these falls. Some say, "She just tripped." Others say, "It's happened a few times, but she bounced back." But if the falls keep happening, it's time to look at the bigger picture.

## What Could Be the Cause of Frequent Falls?

Falls are common in older adults, but that doesn't make them normal. There's usually a reason, and often more than one.

### **Weakness or balance loss**

As we age, we lose muscle mass and stability. Daily tasks like standing up from a chair or turning quickly can throw someone off balance, which is one of the most common reasons for falls.

### **Medications**

Some prescriptions can cause dizziness, low blood pressure, or lightheadedness. Medications for blood pressure, anxiety, or sleep are known to affect balance.

### **Poor vision**

Blurry or limited vision makes it hard to see steps, cords, or small objects on the floor. That increases the chance of tripping.

### **Dehydration or poor nutrition**

Low hydration or not eating enough can affect energy levels, blood pressure, and brain function, all of which contribute to falls.

### **Cognitive decline or memory loss**

In people with dementia, falls often happen because they forget their limits. They may stand too quickly, walk without help, or lose track of where they are.

### **Unsafe surroundings**

A cluttered living space, uneven rugs, poor lighting, and no grab bars all raise the risk of falling at home.

## Why It's Risky to Ignore Repeated Falls

One fall increases the chances of another. According to the CDC, over **3 million older adults** are treated in emergency rooms for [fall injuries every year](#), and one out of five falls leads to serious harm, like a broken bone or head injury.

Beyond the physical risk, falls can also affect confidence. After a fall, many seniors begin to avoid walking or moving too much. They stay in one spot to prevent the next fall. However, less movement means weaker muscles, which increases fall risk even more.

For seniors living with memory loss, that risk goes up even further. They may not remember the fall, or they may try to stand or walk without knowing it's unsafe. This can happen at any time of day, even overnight.

## How Can Older Adults Prevent and Manage Falls?

There are several small but meaningful changes that can reduce fall risk at home or in a care setting.

- **Exercise regularly.** Gentle movement, like walking or balance classes, builds strength and coordination.
- **Review medications.** A pharmacist or doctor can review all prescriptions and check for side effects that increase fall risk.
- **Get your vision checked.** Regular eye exams can improve depth perception and prevent visual missteps.
- **Eat and drink regularly.** Low blood sugar or dehydration often leads to dizziness.
- **Fall-proof the living space.** Remove clutter, add brighter lights, secure rugs, and install handrails and grab bars.
- **Use support devices.** A walker or cane may seem complicated to accept, but it gives much-needed stability.
- **Have help nearby.** Being alone during a fall is dangerous. Having someone close, especially overnight, can make a big difference.

## How Weatherly Court Supports Fall Prevention

At **Fields Senior Living of Weatherly Court** in Medford, fall prevention is part of how we care every day.

We've designed our [assisted living and memory care community](#) with safety in mind:

- Non-slip floors and clear, wide walkways
- Grab bars in key areas
- Comfortable lighting throughout the building
- No stairs or uneven flooring inside resident areas
- 24/7 staff available to assist with movement, bathing, and other care needs
- Help with medication management, meals, hydration, and routine check-ins

We also reduce overstimulation and confusion for memory care residents by creating quiet, familiar spaces with gentle routines.

## If Falls Are Happening, It's Time to Talk

No one likes to think of their parent or spouse as fragile. But if you've noticed more than one fall—or if you're worried about it happening again—it's worth asking, "What's really going on?"

At Fields Senior Living of Weatherly Court, our goal is to help seniors feel safe, not limited to. Fall prevention is one part of that. So is providing care that respects each person's dignity and gives families peace of mind.

**Fields Senior Living of Weatherly Court** is here to offer that next step if you're looking for support in Medford. Whether your loved one needs help with daily tasks or extra support due to memory loss, we're available to answer questions or schedule a private tour when you're ready.

## FACEBOOK POST

What causes an older person to keep falling? It's usually more than a trip or slip. Weak muscles, medications, vision changes, and memory loss can all play a part.

In our latest post, we break down **what could be the cause of frequent falls** and how Weatherly Court helps reduce risk with around-the-clock support and a safe environment.

Read it here:

[Insert blog link]

**#fallprevention #seniorfallsafety #memorycaremedford #assistedlivingmedford  
#weatherlycourt #caregiverhelp #signsofcognitivechange**

---

## INSTAGRAM POST

If your parent has fallen more than once, it's time to ask why.

Our newest blog explains **what causes an older person to keep falling**, how to lower the risk, and what families can do to stay ahead of it.

From strength loss to cognitive changes, these issues are common—but they can be managed with the right care.

Read the full list of causes and solutions:

[Insert blog link]

**#fallprevention #seniorcaretips #memorycaremedford #assistedlivingmedford  
#weatherlycourt #seniorfalls #caregivingmatters**

---

## LINKEDIN POST

Falls in older adults are often misunderstood. They're not just part of getting older—they're signals that something is changing physically or cognitively.

In our newest article, we explain **what could be the cause of frequent falls** in seniors and how assisted living or memory care may offer safer solutions.

For families or professionals in the Medford area, this is a helpful overview.

[Insert blog link]

**#fallrisk #assistedlivingmedford #memorycaremedford #weatherlycourt  
#caregivingresources #seniorhealth #safeseniorking**

---

## GBP POST

Many families wonder what causes an older person to keep falling—especially after more than one close call. At Weatherly Court in Medford, we've seen how frequent falls often point to something deeper: changes in mobility, medication side effects, vision loss, or memory issues like dementia.

Falls aren't just accidents. One fall increases the risk of another, and the consequences—physically and emotionally—can be serious. For seniors with memory loss, the danger is even greater, especially if they forget to ask for help or try to move without support.

At Weatherly Court, fall prevention is a part of everyday care. Our environment is designed to reduce risk with non-slip flooring, handrails, and clear walking paths. Caregivers are nearby around the clock to help with movement, medications, or any moment when support is needed.

If you're noticing more frequent falls, it may be time to look at how to make daily life safer. Our team is always available to talk about what's changing—and what can help.

---

## EMAIL NEWSLETTER

Concerned About Frequent Falls? Read This

Frequent falls in older adults aren't just bad luck—they're usually a sign that something's changing. Weakness, medication side effects, or memory loss can all contribute, especially in aging parents or spouses.

In our latest blog, we explain **what causes an older person to keep falling** and offer real steps families can take to reduce risks. We also talk about how assisted living and memory care at Weatherly Court in Medford are set up to prevent falls before they happen.

If you've been worried about a recent fall—or a few—this article can help you think about what's next.

**[[Read the full article here →](#)]**