

Changes in Balance: A Fact Sheet on Aging

Balance Changes:

- Slowing of body movements
- Dizziness may occur
- Stiffening of body joints
- Medication

Balance difficulties may produce these behaviors:

- Poor posture – tilt forward
- Dizziness
- Holding to immobile objects or wall when walking
- Shuffling gait

Actions you may take:

- Support on side which needs support
- Assist in standing – use body as lever
- Teach person to grasp you for support
- Check for hazards – carpet edges, lamps, cords, etc.
- Provide handrails on walls, etc.
- Patience