



Home Age Fit Urges Fall-Prevention Priorities as CDC Reports Rising Older-Adult Fall Deaths

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New mortality data from the Centers for Disease Control and Prevention show that the age-adjusted fall-death rate among Americans age 65 and older increased 21 percent between 2018 and 2024, rising from 64.7 to 78.4 deaths per 100,000. The CDC published the updated figures on February 26, 2026, drawing on National Vital Statistics System data released the same year. With the National Council on Aging scheduling Falls Prevention Awareness Week for September 21 to 25, 2026, Home Age Fit is encouraging families to approach home fall risks through prioritization rather than through the random purchase of safety products.

CDC data indicate that more than 14 million adults age 65 and older, roughly one in four, report falling each year. About 37 percent of those who report a fall describe an injury requiring medical treatment or restricting activity for at least one day, representing an estimated nine million fall injuries. CDC fall facts published in January 2026 also point to approximately 3 million emergency-department visits and 1 million fall-related hospitalizations annually among older adults. Fall risk is multifactorial, and the national figures describe a broad trend rather than a single cause.

Home Age Fit, an engineering-informed aging-in-place resource, focuses on the home-environment portion of prevention. The company frames the central question as which risks in an older adult's home deserve attention first. Its approach weighs consequence, frequency of use, ease of correction and the individual situation, an approach reflected in its Home Age Fit Fall-Prevention Priorities Guide.

"Families reviewing a home can face dozens of recommendations at once, and that volume itself becomes an obstacle," said Oded Feigin, Founder and Lead Author of Home Age Fit, who holds B.Sc. and M.Sc. degrees in mechanical engineering. "Rising national fall statistics should prompt better observation, not panic or indiscriminate buying. A more useful first step is to walk the routes someone actually uses every day and identify where frequency, consequence and physical difficulty intersect."

Home Age Fit describes those accumulated trouble spots as friction points, places where a person hesitates, changes level, reaches, turns, grips furniture, or encounters poor lighting or unstable surfaces. The company's Home Age Fit Room-by-Room Home Safety Guide maps these areas across entrances, hallways, stairs, bathrooms, bedrooms, kitchens and outdoor paths.

Feigin notes that many high-impact corrections precede major renovation. Clearing pathways, securing problematic rugs, improving lighting and reviewing frequently used routes often come before assuming that construction is required. The company emphasizes that medication, balance, strength, vision and person-specific mobility concerns belong with healthcare professionals or occupational therapists, and that structural installations should involve qualified professionals. Its Home Age Fit Priority-Based Fall Prevention Plan sequences corrections by removing immediate hazards, adding support, improving lighting, reducing thresholds, building safer daily habits and scheduling regular reviews.

Home Age Fit positions itself as an educational planning resource rather than a provider of medical advice or occupational-therapy assessments. Led by Oded Feigin, the company applies engineering principles such as kinetic flow, mechanical leverage and support points to residential design, offering expert-led guidance, decision-friendly reviews and organized topic hubs for seniors and their families planning the next phase of life at home.

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Home Age Fit

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