



Steps to Prevent a Fall

Start a Fall Prevention Conversation at Home:
Talk to family members.

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Fall-Proof Your Home:
Light it up, clear the path, and add support where it counts.

See It, Hear It, Prevent It:
Get your vision and hearing checked regularly.

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Check Your Meds:
Review medication side effects and possible interactions.

Know Your Risk:
Ask your health provider for a fall risk assessment and follow the recommendations.

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Balance Your Life:
Stay strong and steady with the right exercise program.

Falling is not an inevitable result of aging.

Tips to lower your risk of falling:

- Enroll in a local fall prevention program.
- Spend at least 30 minutes a day doing low-impact exercises.
- Eat a well-balanced diet, rich in calcium.
- Use nightlights and flash lights to light-up your path.
- Have your vision checked each year, especially if you have poor depth perception, blurry vision and/or double vision.
- Choose flat, comfortable, sturdy footwear to help improve balance and relieve foot pain.



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