

Fall Prevention Tips

Each year, **3 million** older Americans are hospitalized for **fall-related injuries**. Falls can take serious toll on your health, quality of life, and confidence, but there are simple things you can do to avoid falls.



GET YOUR HEARING AND VISION CHECKED REGULARLY

- ▶ Both hearing and vision are important components of balance
- ▶ New glasses, hearing aids, and/or ear wax removal can have enormous impact on fall risk!



STAY PHYSICALLY ACTIVE

- ▶ Start small - dancing, walking, and tai chi certainly count!
- ▶ Check out strength training or weight-bearing exercises



REVIEW MEDICATIONS WITH YOUR DOCTOR OR PHARMACIST

- ▶ Certain medications can cause dizziness and balance issues
- ▶ Certain medications can cause more frequent (and rushed) bathroom trips, which may lead to more falls
- ▶ Your doctor or pharmacist may recommend changes to your medications or the timing of your medications to reduce your fall risk



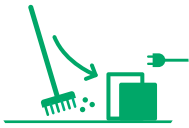
TALK WITH YOUR DOCTOR

- ▶ Your doctor may have other tips to help reduce your risk of falling, including the addition of a cane or walker
- ▶ If you have fallen, be honest and explain where and how you fell
- ▶ Bring this checklist to your next visit and review it with your doctor

Being proactive about fall prevention helps you stay healthy, happy, safe, and secure. Keep reading for more steps you can take to avoid slips, trips, and falls.

Take Steps to Prevent Falls at Home

Check off the box below once you've completed the activities that help prevent falls.



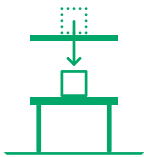
FLOORS:

- Keep electrical and phone wires out of walkways
- Put non-slip mats in the kitchen and bathrooms
- Use non-skid backing on area rugs



STAIRS AND HALLWAYS:

- Keep clutter out of stairs and hallways
- Put sturdy handrails on staircases
- Make sure rugs are secure
- Repair loose or uneven stair treads



KITCHEN:

- Put things you use regularly on low shelves so they are easy to reach
- Make sure your stepstool is sturdy and has a bar or handle you can hold onto



BEDROOMS:

- Put a lamp on each side of the bed
- Use a nightlight if you get up when it is dark



BATHROOMS:

- Use a non-slip rubber mat in the tub or shower
- Have grab bars installed in the tub and next to the toilet
- Use a nightlight in bathrooms



AROUND THE HOUSE, MAKE SURE YOU:

- Wear non-skid, sturdy shoes
- Use bright lights to improve visibility
- Have lightweight curtains or shades hung to lessen glare from the sun

CDPHP and your provider are here for you.