



What YOU can do to prevent falls

- Begin a regular exercise program
 - Exercise is one of the most important ways to prevent falling. Exercise makes you stronger and helps you feel better
- Have your healthcare provider review your medications
 - Some medicines or combinations of medicines can make you sleepy or dizzy which increase your chances of falling.
- Have your vision checked
 - Poor vision can increase your chances of falling. You may be wearing the wrong prescription or have a condition like glaucoma or cataracts.
- Make your home safer
 - About half of all falls happen at home. To make your home safer:
 - Remove things you can trip over from stairs and places where you walk.
 - Remove small throw rugs or use tape to securely hold them in place.
 - Keep items in cabinets you can reach without using a step stool.
 - Have grab bars placed next to your toilet and in the tub or shower.
 - Use non slip mats in the bath and shower.
 - Improve the lighting in your home.
 - Have handrails and lights put on all staircases.
 - Wear shoes inside the house. Avoid being barefoot or wearing slippers.