

Working together

for your health



Nothing is more valuable than your independence...

So why risk it?

Falls are not just the result of getting older. You can take control over your risk factors and prevent harmful falls.

Tips to prevent falls

- ▶ Keep Moving! Walking, Tai Chi, dancing, aquafit: great ways to keep muscles strong
- ▶ Beware of bifocals! Can make you misjudge stairs and curbs
- ▶ Use medication wisely! Some medicines can make you drowsy or light-headed
- ▶ Wear sensible shoes! Forget the high heels and comfy slippers
- ▶ Prevent falls at home! Good lighting, grab bars and NO loose rugs



Did you know?

- ▶ Almost half of people living in long term care homes are there because they have fallen.
- ▶ A fall can happen anywhere, but most falls happen in your own home.

If you fall....

- ▶ Don't say "It was just an accident".
- ▶ Ask "WHY did I fall?"
- ▶ Ignoring the reason why you fell makes it more likely you will fall again... and perhaps be more injured next time.

Visit our website at www.fraserhealth.ca

more great tips on other side! ...

Working together

for your health



Nothing is more
valuable than your
independence...

So why risk it?

Want more ideas?

- ▶ Fraser Health Falls Prevention: send an e-mail to fallsprevention@fraserhealth.ca with your request for information.
- ▶ Fraser Health's website is also useful: <http://www.fraserhealth.ca/HealthInfo/SeniorsFallsPrevention/Default.htm>
Publications available on-line at this site include:
 - ▶ The First Step: Fall Prevention Starts with You
 - ▶ Find out if you're at risk for falling.
 - ▶ Learn prevention tips.
- ▶ British Columbia Injury Research and Prevention Unit: www.injuryresearch.bc.ca.
Phone: (604) 875-3776.
- ▶ Canada Mortgage and Housing has some useful free publications which you can obtain by calling 1 800 668-2642, or visit its website for consumers: <http://www.cmhc-schl.gc.ca/en/co/index.cfm>
The publications are:
 - ▶ Maintaining Seniors' Independence Through Home Adaptations: A Self-Assessment Guide
Identifies difficulties seniors can experience in their homes, describes adaptations to overcome them and provides checklists to address individual needs. For seniors, their families and caregivers.
(Order # 61087)
 - ▶ Preventing Falls on Stairs – About Your House series
Describes the common causes of falls and provides strategies to prevent them.
(Order # 63637)



Visit our website at www.fraserhealth.ca

more great tips on other side! ❖❖❖

PS254044