

*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](http://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](mailto: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](http://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](http://www.fraserhealth.ca)

more great tips on other side! ☺