

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.

For
more
information
contact your physician or
health care provider.