

“We feel stronger when we walk frequently. And we have a more positive outlook.”



Many falls can be prevented. By making some changes, you can lower your chances of falling.

## Four things you can do to prevent falls:

- 1 Keep your body active.
- 2 Have your doctor or pharmacist review your medications.
- 3 Have your eyes checked by an optometrist once a year.
- 4 Make your home safer.



For more resources and information about fall prevention

[www.fraserhealth.ca/fallsprevention](http://www.fraserhealth.ca/fallsprevention)  
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Source: Centers for Disease Control and Prevention ([www.cdc.gov/injury](http://www.cdc.gov/injury))

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# What YOU Can Do to Prevent Falls



# Four things **YOU** can do to prevent falls:

## **1** Keep your body active.

Being physically active is one of the most important ways to lower your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination (like Tai Chi) are the most helpful.

Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor or health care provider about the best type of exercise program for you.



## **2** Have your doctor or pharmacist review your medications.

Have your doctor or pharmacist review all the medications you take, even over-the-counter medications. As you get older, the way medications work in your body can change. Some medications, or combinations of medications, can make you sleepy or dizzy and can cause you to fall.

# 1 in 3 seniors will experience a fall this year. Prevent it from happening to you.



## **3** Have your eyes checked by an optometrist once a year.

Have your eyes checked by an eye doctor at least once a year. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision.

Poor vision can increase your chances of falling.

## **4** Make your home safer.

About half of all falls happen at home. To make your home safer:

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and floors.
- Remove throw rugs or use double-sided tape to keep rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to your toilet and in the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
- Make sure lights are bright enough for you to see well.
- Put handrails on both sides of staircases.
- Wear shoes inside and outside the house. Avoid wearing slippers.