

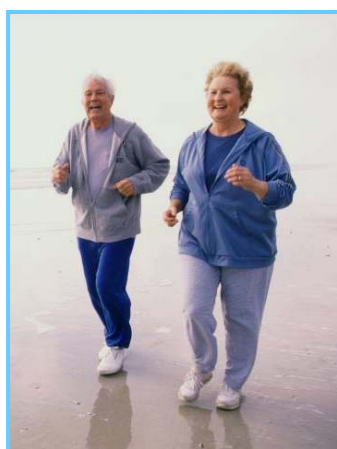
Your Guide to Independent Living

What you can do to reduce your risk for falls

These are things you can do to stay strong and reduce your risk for falls.

Begin a regular exercise program

- Do exercises that improve balance and coordination such as 'Tai Chi' at your local community centre or a '*Get Up & Go!*' exercise program offered in most Fraser Health communities. To learn more about '*Get Up and Go!*', read the section called '**Programs to help you reduce falls and injuries**' (page 5).
- Lack of exercise leads to weakness.
- Exercise will make you stronger and help you feel better. See some suggested exercises on page 6 and 7.



“Being physically active is one of the most important ways to lower your chances of falling.”

Have your health care provider review your medicines

- Have your doctor or pharmacist check to see if any of your medicines can make you sleepy or dizzy and put you at risk for a fall.
- As you get older, the way medicines work in your body can change. See your doctor or pharmacist regularly to review your medicines.



Have your vision checked

- Have your eyes checked at least once a year.
- You may be wearing the wrong glasses or have a condition that limits your vision such as glaucoma or cataracts.

Make your home safer

- Complete the checklist on page 3 to find ways to make your home safer.
- Remove small throw rugs or use double sided tape to keep rugs from slipping.
- Wear shoes both inside and outside the house. Wear well-fitting slippers with a non-slip sole and a back that covers your heel. Try not to walk barefoot or walk in just socks.
- Improve the lighting in your home.