

# Fall Prevention

## What is it?

Fall prevention includes:

- Ways to help you move safely so that you don't fall.
- Things you can do around your house to make it safer so that you don't fall.

## Why is it important?

- More than one in three people over the age of 65 fall each year.
- The risk of falling increases as you age.

## What can cause me to fall?

- Muscle weakness
- Balance or gait problems
- Blood pressure that drops when you stand or sit up
- Problems with your eyesight or hearing
- Foot problems (e.g. numbness or pain)
- Medications that make you sleepy or dizzy
- Safety hazards in your home
- Confusion



## What can I do to prevent falls and stay safe?

- Stay active because regular exercise helps to keep your muscles strong and your joints flexible.
- Get enough sleep.
- Have your eyesight and hearing tested regularly since even small changes can increase your risk for falling.
- Talk to your doctor or pharmacist about the medicines you are on and whether they make you sleepy or dizzy.
- Limit the amount of alcohol you drink.
- Stand or sit up slowly. Doing it too quickly can cause your blood pressure to drop and make you lightheaded.
- Use a cane or walker if needed. Talk to a physical or occupational therapist to figure out which would be best for you. They will also help you to know the right size you need.
- Install grab bars in the bathroom and shower, and nonslip strips in the tub.
- Use a shower seat so you don't have to stand in the shower.
- Sit down when getting dressed.
- Wear non-skid shoes and socks that fit well.
- Use non-slip mats in the bathtub and on bathroom floors.
- Use bright lightbulbs around the house, especially around stairs.
- Remove things you can trip over from stairs and places you walk.

