



What You Can Do to Prevent Falls

Falls are not just the result of getting older. Many falls can be prevented. Falls are usually caused by a number of things. By changing some of these things, you can lower your chances of falling.

1. Beginning a regular exercise program

Exercise is one of the most important ways to reduce your chances of falling. It makes you stronger and helps you feel better. Especially exercises to improve balance and coordination.

2. Make your home safer

- Remove things you can trip over (such as papers, books, clothes, shoes) from places where you walk and from stairs
 - Remove small throw rugs or use double-sided tape to keep the rugs from slipping
 - Keep items you use often in easy-to-reach cabinets
 - Have grab bars installed next to tub/shower and toilet
 - Improve the lighting in your home
 - Have handrails and lights in all staircases
- Wear non-slip shoes that give good support. Avoid wearing slippers and athletic shoes with deep treads

3. Have your health care provider review your medications

Have your doctor or pharmacist look at all the medicines you take, including ones that do not need prescriptions such as vitamins, cold medicine. As you get older the way some medicines work in your body can change. Some medicines, or combinations of medicines, can make you drowsy or light-headed which can lead to a fall.

4. Have your vision checked

Have your eyes check by an eye doctor. You may be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limit your vision. Poor vision can increase your chances of falling.