



One bad fall can mean a lengthy hospital stay, painful rehabilitation, a loss of independent life, or worse. The good news is that there are things you can learn to lower the risk of falling, either for yourself or someone you care for.

SEVEN EASY WAYS TO PREVENT FALLS

- Stairways should have handles on both sides.
- Remove tripping hazards from walkways.
- Use Non-skid rugs to prevent falls on the bathroom floor.
- Use a shower chair or transfer bench when getting in and out of the tub.
- Use a toilet safety frame, commode, or raised toilet seat for fall prevention near the toilet.
- Installing grab bars near the toilet, bathtub, and shower is the quickest way to prevent falls.
- Prevent falls in the bedroom by using a bed rail for getting in and out of bed.

Begin your fall prevention by making an appointment with your doctor. Be prepared to answer questions such as:

- **What medications are you taking? Make a list of your prescription and over the counter medications.**
- **Have you fallen before? Write down the details, including when, where and how you fell.**

THE COMMON HEALTH PROBLEMS FOR FALLING ARE:

- PROBLEMS WALKING OR MOVING AROUND.
- 4 OR MORE MEDICATIONS.
- FOOT PROBLEMS, UNSAFE FOOTWEAR.
- BLOOD PRESSURE DROPS TOO MUCH ON STANDING UP/DIZZY.
- TRIPPING HAZARDS IN YOUR HOME.

Keep Moving

Physical activity can go a long way toward fall prevention. With your doctor's approval, consider activities such as walking, water workouts or tai chi – a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

