

YOUR GUIDE TO PREVENT FALLS



HEALTH & MEDICATIONS

Get Annual Health Check Ups with Cardiac & Blood Pressure Check Ups.



VISION CHECK

Vision is an Important Part of Fall Prevention. Get Your Eyes Check Annually.



EXERCISE

Join an Exercise Group that Aids Agility, Strength, Balance & Coordination.

BATHROOM

Install Grab Bars on Bathroom Walls & Use Rubber Mats.



BEDROOM

Place a Lamp Near Your Bed.



LIVING ROOM RULES

Do Not Run Extension Cords Across Pathways. Rearrange Furniture & Remove Area Rugs.



AROUND THE HOUSE

Don't Stand on Chairs or Boxes to Reach Upper Cabinets.



APPROPRIATE FOOTWEAR

Wear Proper Fitting Shoes with Non-Skid Soles.



AVOID ALCOHOL

Quit Smoking!

CHECK YOUR RISK FOR FALLING

CIRCLE "YES" OR "NO" FOR EACH STATEMENT BELOW

WHY IT MATTERS

YES (2)	NO (0)	I have fallen in the past year.	People who have fallen once are more likely to fall again.
YES (2)	NO (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
YES (1)	NO (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
YES (1)	NO (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
YES (1)	NO (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
YES (1)	NO (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
YES (1)	NO (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
YES (1)	NO (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your risk of falling.
YES (1)	NO (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.

ADD UP THE NUMBER OF POINTS FOR EACH "YES" ANSWER.

If you scored 4 points or more, you may be at risk for falling.

Discuss this test with your health care provider.

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9-STEPS TO HELP PREVENT FALLS



1. Health & Medications

It is important to review your health and medications with your healthcare provider so they can assess if you are at risk for falls. You should discuss your heart health and blood pressure at your annual health check-up. These things can play a role in the risk of falling.



2. Vision Check

Vision is an important part of fall prevention. All members should have their eyes checked by an Optometrist at least once a year.



3. Exercise

Exercise strengthens both your muscles and bones and improves balance which is a key factor to preventing falls. The stronger you are, the less likely you are to fall. And, if you do fall, you are less likely to be injured.



4. Bathroom

Installing grab bars in your home bathroom provides a way for you to help yourself in and out of challenging situations. Having a grab bar to lean on or hold onto when you feel yourself falling or slipping can help prevent falls. Rubber mats help to eliminate slick surfaces that increase your risk of falling.



5. Bedroom

Lighting within reaching distance is an important item to have in your bedroom. One reason adults fall is because they wander through a dark room, often to get to the bathroom at night and can't see where they are walking.

6. Living Room Rules



Similar to your bedroom, your living room should have a light that is easily accessible. Sofas with armrests are helpful for support when getting up and sitting down. Unsecured rugs and unstable furniture contribute to falls. Make sure to address any of these in your home.

7. Around the House



There are other ways to fall besides slipping or tripping while walking. Never stand on chairs, boxes or other unstable items. Walkways should be tidy and free of objects that you could trip on.

8. Appropriate Footwear



Wearing shoes with non-slip soles and closed toes can help prevent falls. Having shoes that fit properly, are made from hard rubber (like tennis shoes) and provide good support help prevent tripping and falling.

9. Avoid Alcohol & Smoking



Balance is important in preventing falls. Alcohol consumption negatively affects balance and increases your risk for falls and fractures. It also increases your risk for cancer, liver damage, osteoporosis, high blood pressure and strokes. Smoking is connected to frailty in older adults. It prevents the development of muscle tissue and breaks down healthy muscle tissue due to the lack of oxygen in your body.

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