



Four things *you* can do to prevent falls:

1. Begin a regular exercise program
2. Make your home safer
3. Have your health care provider review your medicines
4. Have your vision checked

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what *you* CAN DO TO prevent FALLS

Place
Stamp
Here



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.

You can reduce your chances of falling by doing these things:



Begin 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. Exercises that improve muscle strength and balance are the most helpful.

Lack of exercise leads to weakness and increases your chances of falling.

Ask your doctor or health care worker about the best type of exercise program for you.

Make your home safer

About half of all falls happen at home. To make your home safer:

- Remove things you can trip over (such as paper, books, clothes, shoes, extension cords, oxygen tubing, pet leashes, toys, and bowls) from stairs and places where you walk.
- Remove small throw rugs or use double sided tape to keep the rugs from slipping.
- Use night lights in the bedroom, bathroom, and hallways, and keep a flashlight handy.
- Have grab bars put in next to your toilet, shower and tub.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have handrails and lights installed on all staircases, inside and out.
- Sit to dress and undress your lower body, or to bathe/dry yourself.



- Wear shoes both inside and outside of the house. Avoid going barefoot or wearing loose-fitting/floppy slippers.

Have your health care provider review your medicines

Have your doctor or pharmacist look at all the medicines you take (including ones that don't need prescriptions such as cold medicines). 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.

Have your vision checked

Have your eyes checked by an eye doctor regularly. You may be wearing the wrong glasses or have a condition such as glaucoma, cataracts, or macular degeneration that limits your vision. Poor vision can increase your chances of falling.