



Fall Risks & Prevention

YOU ARE AT RISK FOR FALLS WHEN

- ▶ You have fallen before
- ▶ You hold onto furniture when you walk
- ▶ You take four or more medications on a regular basis
- ▶ You have difficulty getting up, sitting down, or walking
- ▶ Your home is cluttered
- ▶ You have problems with vision, hearing, numbness in feet, confusion, or memory loss
- ▶ Your blood pressure drops and you get dizzy
- ▶ You lose your balance
- ▶ You have foot pain and shoes that don't fit well

Please contact your doctor if:

- ▶ It's getting harder to walk
- ▶ You experience vision, balance, or hearing changes
- ▶ You have fallen, or are repeatedly dizzy

THINGS YOU CAN DO TO KEEP FROM FALLING

- ▶ Use a walking device if one has been prescribed (walker, cane)
- ▶ Stand up straight and take full steps
- ▶ Have all medications filled at same pharmacy
- ▶ Sit in chairs with arms; avoid low, soft chairs/couches
- ▶ Remove tripping hazards (rugs, power cords, clutter)
- ▶ Have a home safety evaluation by physical therapy
- ▶ Have vision and hearing checked
- ▶ If you're dizzy, sit down and drink enough fluids
- ▶ Have a free hand to hold onto railings
- ▶ Exercise regularly for balance and strength
- ▶ Wear supportive shoes with a heel back
- ▶ Install night lights, power failure lights and have someone else change ceiling bulbs

ADDITIONAL CONSIDERATIONS

- ▶ Use a basket on your walker to carry items
- ▶ Install grab bars in bathroom/handrails on stairs
- ▶ Have broken steps/flooring/railing repaired
- ▶ Carry a cordless phone in your basket/pocket
- ▶ Obtain "lifeline" or other personal emergency response system
- ▶ Organize home to avoid stooping or reaching high up
- ▶ Limit alcohol intake
- ▶ A lot of falls occur at night, going to bathroom – take your time