More Ideas to Help Prevent Falls

➢ **Have Your Vision Checked Once a Year**

- Poor vision can increase your risk for falls

➢ **Have A Health Professional Look at the Medications You Take**

- As you get older, medicines work differently in your body

- Following directions on medications is very important

- Some medicines can make you sleepy or dizzy, even the ones you buy at the drug store

Even More Ideas to Help Prevent Falls

➢ **Use a Walking Device If Needed**

- If you feel unsteady or sometimes lose your balance, you may want to talk to a health professional about using a cane or rolling walker

➢ **Get Up Slowly After Lying Down or Sitting**

- Getting up too fast can make you light-headed or dizzy and cause a fall

No Tumbles for Tyrrell

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Am I at Risk for Falls?

- 1 out of 3 adults over the age of 65 who live at home will fall each year
- 1 out of 2 adults over the age of 80 will fall each year

You Can Do It!

BUT YOU CAN DO IT, YOU CAN PREVENT FALLS!

What Can I Do to Prevent Falling?

- **Exercise**
  - When you do not exercise, your muscles become weak and your chances of falling increase
  - Exercising can help your muscles get stronger and make you feel better
  - Even exercises that are done when sitting in a chair can help prevent falls
  - People over age 65 should exercise at a medium level for 30 minutes, 5 days a week to prevent sickness and falls

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- **Make Your Home Safer**
  - Falls occur most often in homes, but there are many things you can to do make your home safer
  - Remove items from the floor that you could trip on (like grandchildren's toys)
  - Avoid using a step stool to reach things that are high
  - Remove throw rugs or make sure they have a non-slip backing
  - Use a non-slip mat on bathtub and shower floors
  - Use grab bars and night lights in the bathroom
  - Install handrails near all stairs
  - Install bright lighting that will help you see better