

WHAT CAN I DO TO PREVENT FALLS?

By making some changes at home, you can prevent a fall!

Regular Exercise & Physical Activity

Exercise helps you stay strong and improve balance.



Have Your Medications Reviewed

Talk to your Doctor about your meds. Know which meds may lead to dizziness and falls.



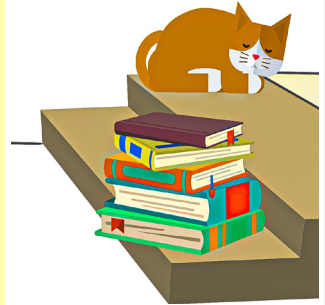
Have Your Vision & Hearing Checked

Wear your glasses and hearing devices. Get check-ups every year.



Keep Spaces Clear

Remove things you can trip over (like shoes, clothes, books). Remove small rugs or secure them with tape.



Keep Important Items Close

Keep items you use most within reach. Use your cane or walker when reaching for any items.



Keep Areas You Use Well Lit

Ensure that hallways and stairwells are lit up. Night lights can help.



Install Handrails & Grab Bars

Install grab bars next to your toilet or shower. Towel racks are not proper grab bars and can break.



Wear Non-slip Shoes

Wear supportive shoes both inside and outside. Avoid slippers that have less grip and can cause you to slip.



Get a Home Safety Assessment

Get an OT Home Safety Assessment for advice on ways to make your home safer.



Ask your care team for more information on how you can be safer.