

# How to prevent slips, trips, and falls

Did you know? If you or a loved one are age 65 or older, falls and trips could seriously affect your quality of life, causing injury and loss of independence.

There are many reasons why older people might suffer a fall. Maybe they trip over a common hazard at home, or lose their footing when stepping off a street curb. Many health issues can also increase a person's risk of falling, like poor eyesight, balance problems caused by a stroke or Parkinson's disease, weakness or pain in the legs and feet, and confusion or dementia.

The good news? Many falls can be prevented! Here are some things you can do to help keep yourself, or your loved one, safe:

## **Take care of yourself.**

Talk to your healthcare provider to be sure you're getting enough vitamin D and calcium. Have your vision and hearing checked each year or anytime you notice a change. Call your healthcare provider if you're dizzy and lose your balance.

## **Learn ways to keep your balance.**

Learn a few exercises for strength and balance. Practicing these each day can help you stay active and independent!



**Preventing falls can help you or a loved one stay safe and independent.**

## **Learn about your medicine.**

Ask your healthcare provider if the medicine you take can affect your balance. If you take two or more medicines, find out how they work together.

See the other side for tips for making your home safer.

# Aging well: How to avoid falls in your home

**Getting around your home safely can be a challenge. If you have injuries or health issues, that might make it easier for you to fall. You can make some simple changes in your home and in your daily activities to reduce your risk of falling.**

- Remove things that you can trip over, such as clutter, throw rugs, and raised doorway thresholds.
- Move furniture and electrical cords out of walking paths.
- Wear low-heeled shoes that fit well and give your feet good support. Use footwear with nonskid soles.
- If you use a walker or cane, put rubber tips on it.
- Keep your house well lit, especially stairways, porches, and outside walkways.
- Put sturdy handrails on stairways.
- Install grab handles and nonskid mats inside and outside your shower or tub.
- Store household items on lower shelves so that you don't have to climb or reach high. Or use a reaching device that you can buy at a medical supply store.

