

# Preventing Falls

## **CDC's 4 Recommendations to Prevent Falls:**

- Review medication list with your provider
- Improve strength and balance
- Have your eyes, ears, and feet checked
- Make your home safer

## **Questions to ask your provider when starting a new medication:**

1. Will this prescription increase my falls risk?
2. Is there a different prescription/ treatment I can take that will not increase my falls risk?
3. Is there a better time of day to take the medication to reduce falls?
4. Are there things I can do to reduce my chance of falls when taking this medication?

## **Strategies to Reduce Falls in your Home from the National Coalition on Aging Falls Free Initiative**

- Get up slowly
- Reduce clutter
- Improve lighting
- Make things more accessible
- Design your home to reduce falls

### **Falls Free Check Up**

Check to see if you're at risk of falling with NCOA's Falls Free Check Up tool. Answer the 12 questions to learn more about falls prevention tips and find out if you're at risk.

<https://ncoa.org/article/falls-free-checkup>

### **Exercise Programs to Improve Balance**

- Matter of Balance
- Tai Chi
- Bone Builders

### **Free On-Line Exercises to Improve Balance**

<https://www.une.edu/com/geriatric/u-excel/balancing-act-instructional-videos>

### **For More Information**

- **National Council on Aging**

<https://www.ncoa.org/professionals/health/center-for-healthy-aging/national-falls-prevention-resource-center/falls-free-initiative>

- **Center for Disease Control and Prevention**

[https://www.cdc.gov/homeandrecreationalsafety/falls/community\\_preventfalls.html](https://www.cdc.gov/homeandrecreationalsafety/falls/community_preventfalls.html)

- **Vermont Department of Health**

<https://www.healthvermont.gov/emergency-preparedness-ems/injury-prevention/prevent-falls>