

What You Can Do to Prevent Falls

Improve Your Balance and Strength

Among many other benefits, exercises that improve balance and strengthen your legs lower your chances of falling. An example of this type of exercise is Tai Chi.



Medication Review by Healthcare Provider

Have your doctor, nurse practitioner, or pharmacist review all the medicines you take, even over the counter ones. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall.

Eyes, Ears, and Feet Checked

Have your eyes checked by an eye doctor at least once a year and update your eyeglasses. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.

Have your hearing checked. Good hearing helps us notice sounds around us that can warn of danger. Also, have your healthcare provider check your feet once a year. Discuss proper footwear, and ask whether seeing a foot specialist is advised.

Make Your Home Safer - About Half of Falls Happen At Home!

- ✓ Remove things from stairs and areas you walk
- ✓ Remove small throw rugs
- ✓ Keep items you use often in cabinets you can reach without using a step stool.
- ✓ Have grab bars put in next to and inside the tub and next to the toilet.
- ✓ Use non-slip mats in bathtubs and on shower floors.
- ✓ Improve the lighting in your home.
- ✓ Have handrails and lights installed on the staircases.
- ✓ Wear shoes both inside and outside the house. Avoid going barefoot or slippers.

How SASH Can Help

- Support with finding additional services
- Referral to an OT or PT to assess falls risk in your home
- Referral to exercise program to improve strength or balance
- Wellness Nurse can provide information about medications that may put you at risk for falls
- Assistance with applying for reasonable accommodations

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SUPPORT AND SERVICES AT HOME