**PREVENTING FALLS**

**What is a FALL?**

A Loss of Balance  

OR  

Uncontrolled contact with a surface (like the floor) or an object (like a table or a person)

**Why do we FALL?**

Effects from medicines  

Poor eyesight  

Poor balance  

Weak muscles  

Unsafe environment: Worn-out shoes  

Poor lighting  

Clutter  

We ALSO fall more as we get **OLDER**
HOW can we keep from FALLING?

1. **Strength Exercises**

2. **Balance Exercises**

3. **Get your eyes checked**

4. **Take your medicines correctly**

5. **Make your home safe:**

   - Bright lights
   - Good shoes
   - Grab bars in bathtub or shower