

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)

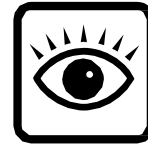


Why do we FALL?

Effects from medicines



Poor eyesight



Poor balance



Weak muscles



Unsafe environment: Worn-out shoes

Poor lighting

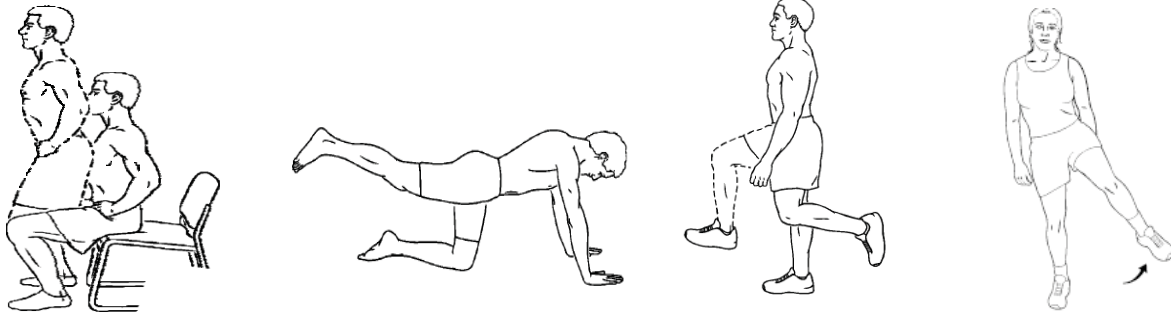
Clutter



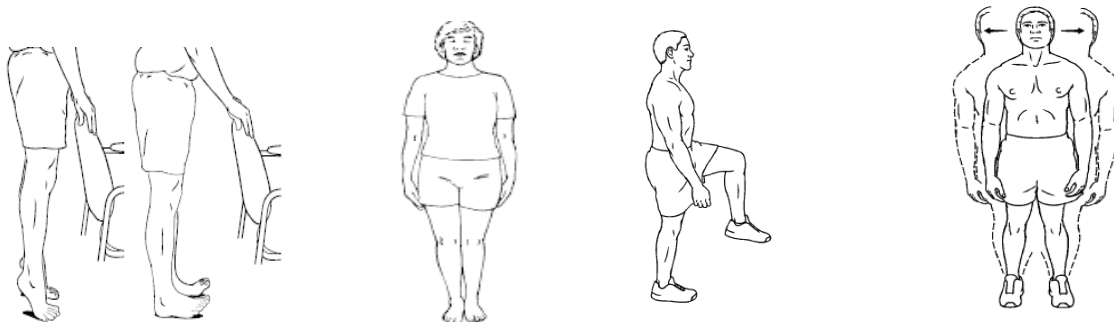
We ALSO fall more as we get **OLDER**

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