



THE ONLY THING THAT SHOULD BE FALLING ARE THE LEAVES!

Every 20 minutes an older adult dies from a fall in the United States. Many more are injured. Falls are a threat to the health of older adults and can reduce their ability to remain independent. Falls can be prevented. These are some simple things you can do to keep yourself from falling:

Talk to Your Doctor

- Ask your doctor or healthcare provider to evaluate your risk for falling and talk with them about specific things you can do.
- Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. This should include prescription medicines and over-the-counter medicines.
- Ask your doctor or healthcare provider about taking vitamin D supplements with calcium

Do Strength and Balance Exercises

- Do exercises that make your legs stronger and improve your balance. Tai Chi is a good example of this kind of exercise.

Have Your Eyes Checked

- Have your eyes checked by an eye doctor at least once a year, and be sure to update your eyeglasses if needed.
- If you have bifocal or progressive lenses, you may want to get a pair of glasses with only your distance prescription for outdoor activities, such as walking. Sometimes these types of lenses can make things seem closer or farther away than they really are.

Make Your Home Safer

- Get rid of things you could trip over.
- Add grab bars inside and outside your tub or shower and next to the toilet.
- Put railings on both sides of stairs.
- Make sure your home has lots of light by adding more or brighter light bulbs.



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