



Older Adult Fall Prevention Checklist

Many falls can be prevented by making simple personal and lifestyle changes. Your doctor also can assess your risk of falling and suggest ways to prevent falls.



Exercise

- ❑ Mild weight-bearing exercises, such as walking, climbing stairs and water workouts, may help slow bone loss from osteoporosis. Having strong bones, especially in your lower body, can prevent fractures if you fall.
- ❑ Practicing tai chi will help prevent falls by improving your balance and control. It uses slow, flowing movements to help you relax and coordinate the mind and body.
- ❑ Group and community exercise programs, such as A Matter of Balance and Stay Safe, Stay Active, will help increase your flexibility, strength, balance and coordination. These kinds of exercises also can be done at home.

Health

- ❑ Have your vision tested at least once a year or if you think it has changed.
- ❑ Get an annual physical examination and have your blood pressure checked both lying down and standing up.
- ❑ Walkers, canes and all medical equipment should be properly sized and fitted by a qualified medical professional.
- ❑ Reduce your risk of hip fracture by maintaining a diet with adequate amounts of vitamin D and calcium.

Safety
at HOME

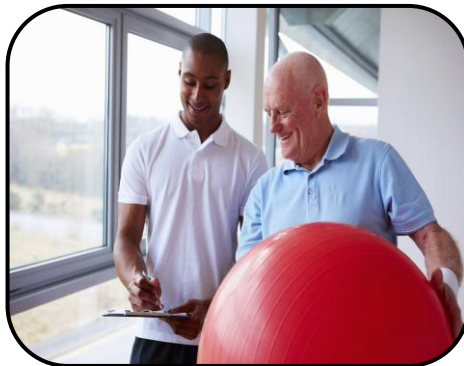
National Safety Council

saves lives by preventing injuries and deaths at work, in homes and communities, and on the roads, through leadership, research, education and advocacy.

Shoes and clothing

- ❑ Wear properly-fitting, sturdy shoes with nonskid soles.
- ❑ Replace slippers that are stretched out or too loose.
- ❑ Use a long-handled shoehorn if you have trouble putting on your shoes.
- ❑ If you're a woman who can't find wide enough shoes, try men's shoes.
- ❑ Make sure clothing is properly fitted to prevent it from catching on something.

Falls are the leading cause of injury death among those 65 and older.



Medications

- ❑ Ask your doctor or pharmacist to review your medications—prescription and over-the-counter medicines and any vitamins, minerals and herbal products you are taking. Some medications do not work well together and may affect your coordination and balance.
- ❑ Make sure all medications are clearly labeled and stored in a well-lit area according to instructions.
- ❑ Have an up-to-date medication list and bring it with you to all doctor visits.
- ❑ Take medications on schedule with a full glass of water and avoid drinking alcohol in excess.

