

Many falls can be prevented. By making some changes, you can lower your chances of falling.

Four things **YOU** can do to prevent falls:

- 1 Exercise to improve your balance & strength
- 2 Have your healthcare provider review all your medicines
- 3 Have your vision checked & update your eyeglasses
- 4 Make your home safer



"I feel more confident and my balance is much better since I started taking Tai Chi."

What YOU Can Do



To Prevent Falls

For more information, contact:
Centers for Disease Control
and Prevention
1(800)CDC-INFO (232-4636)
www.cdc.gov/injury

CS241481A



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Four things **YOU** can do to prevent falls:

1 **Exercise to improve your balance & strength**

Exercises that improve balance & make your legs stronger lower your chances of falling. An example is Tai Chi.

Lack of exercise leads to weakness & increases your chances of falling.

Ask your doctor or healthcare provider about the best type of exercise program for you.



2 **Have your medicines reviewed**

Have your doctor or pharmacist review the medicines you take, even over-the-counter medicines.

As you get older, the way medicines work in your body can change.

Medicines or combinations of medicines can make you sleepy or dizzy and can cause you to fall.

3 **Have your vision checked**

Poor vision can increase your chances of falling.

See an eye doctor at least once a year & update your eyeglasses.

You may be wearing the wrong glasses or have a condition like glaucoma.

4 **Make your home safer**

- ❑ Remove things you can trip over (like papers, books, & shoes) from stairs & places where you walk.
- ❑ Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- ❑ Keep items you use often where you can reach them without using a step stool.
- ❑ Have grab bars put in next to & inside the tub or shower and next to the toilet.
- ❑ Use non-slip mats in the bathtub & on shower floors.
- ❑ Improve the lighting in your home especially on stairs. As you get older, you need brighter lights to see well.
- ❑ Have handrails put in on both sides of all staircases.
- ❑ Always wear shoes. Avoid going barefoot or wearing slippers.