"We feel stronger when we walk frequently. And we have a more positive outlook."

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 and strength**
2. **Have your health care provider review your medicines**
3. **Have your vision checked**
4. **Make your home safer**

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

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Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

"I feel stronger and better about myself since I started taking Tai Chi."

Four things YOU can do to prevent falls:

❶ Exercise to improve your balance and strength

Exercises that improve balance and make your legs stronger, lower your chances of falling. It also helps you feel better and more confident. An example of this kind of exercise is Tai Chi.

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

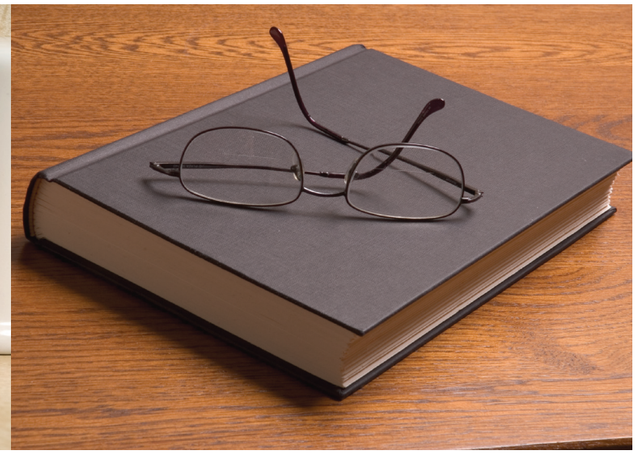
Ask your doctor or health care provider about the best type of exercise program for you.

❷ Have your health care provider review your medicines

Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall.

❸ Have your vision checked

Have your eyes checked by an eye doctor at least once a year and update your eyeglasses. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.



❹ Make your home safer

About half of all falls happen at home. To make your home safer:

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to and inside the tub and next to the toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.
- Have handrails and lights installed on all staircases.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.