

Take Control of Your Health: 6 Steps to Prevent a Fall

Every **13 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

1

Find a good balance and exercise program

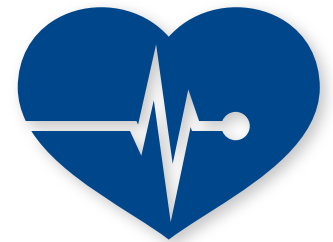
Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2

Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



3

Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



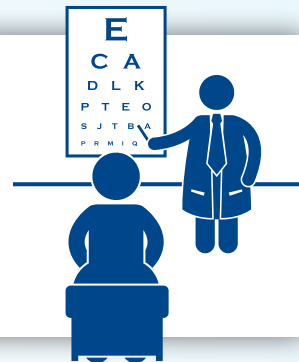
CONTINUES.

Take Control of Your Health: 6 Steps to Prevent a Fall

4

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6

Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



To learn more, visit ncoa.org/FallsPrevention.

NATIONAL COUNCIL ON AGING

571-527-3900 ■ www.ncoa.org
www.facebook.com/NCOAging ■ www.twitter.com/NCOAging