

Healthy aging it's your move!



TIPS TO PREVENT FALLS

Falling is a very serious problem for older adults. You can stop a fall before it happens by following these tips:

Exercise regularly

Regular physical activity and exercise increase muscle strength, improve co-ordination, and help you prevent falls and maintain your independence.

Eat balanced meals

The healthier you are, the lower your risk of falling. Have three meals a day and if you are hungry, add a small snack in between meals.

Have regular health check-ups

Changes in your vision, hearing, bones and muscles could lead to a fall. See your doctor as often as directed, especially after a fall.

Use medication safely

Keep an up-to-date list of all your medications. Tell your doctor if your medication makes you feel dizzy, drowsy or light-headed.

Wear supportive footwear

Shoes that are in good repair, fit well, have good ankle and foot support and non-slip soles can lower your risk of falling.

Use mobility aids correctly

A cane or walker should be fitted for your height and condition. Contact a physiotherapist or occupational therapist for more information.

Remove clutter

Clutter on floors and stairs can cause you to trip or fall. Clear clutter from stairs and traffic areas.

Remove loose carpets

Loose mats, throw rugs and carpets with curled up edges can slide or bunch up causing you to trip and/or fall.

Light up your path

Use night lights to brighten hallways, bathrooms and stairways. Consider using motion-activated lights that turn on automatically.

Stay connected with others

Get involved in your community, do things that you enjoy and spend time with family or friends. People who are more active and less isolated are less likely to fall.

Avoid rushing

Rushing increases your risk of falling – take your time!

Do a home safety check

Basic safety features for every home include secure handrails, well-lit stairways, night lights, non-slip bath mats and grab bars.

For more information or to request a copy of Your Guide to Fall Prevention, contact York Region Public Health.

PUBLIC HEALTH

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