

Tips to prevent falls for older adults

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

1. Exercise regularly

Regular exercise helps to maintain muscle, bone strength and flexibility, reducing the risk of injuries.

2. Eat balanced meals

It is important to eat three, well-balanced meals and two healthy snacks per day to avoid weakness, dizziness and fatigue.

3. Have regular health check-ups

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

4. Use medication safely

Some medications can make you drowsy or dizzy. If you experience any of these side effects, discuss them with your doctor or pharmacist.

5. Wear supportive footwear

Wear low heeled footwear with non-skid soles, indoors and outdoors.

6. Use walking aids correctly

A cane or walker should be fitted for your height.

7. Remove clutter

Clear objects from stairs and traffic areas.

8. Secure rugs

Avoid small rugs or mats that could slide or bunch up and cause someone to trip.

9. Light up your path

Night lights can be used to brighten dark hallways, bathrooms and stairways.

10. Do a home safety check

Basic safety features for every home include secure handrails, well lit stairs, night lights, non-skid bath mats and grab bars. Call Health Connection at the number below to ask for a copy of the Your Guide to Falls Prevention checklist.

11. Take time for friends

Research tells us that those who are isolated, lonely and less active have more falls and more serious injuries.

12. Avoid rushing

Rushing increases your risk of falling – take your time.

Healthy aging – it's your move!

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