**What else can I do?**

🕶 **See your eye doctor once a year.** Cataracts and other eye diseases can cause you to fall if you don’t see well.

**🖇Take good care of your feet.** If you have pain in your feet or if your have large, thick nails and corns, you should have your doctor look at your feet.

**🗣Talk to your doctor about any side effects you may have with your medications.** Problems caused by side effects from medicine are a common cause of falls.

👁**See your doctor if you have dizzy spells.**

**⌠If your doctor suggests that you use a cane or walker- please use it.** This will give you extra stability when walking and will help you avoid a bad fall.

**🗝Key to getting out of bed: sit on the side of the bed for a few minutes before standing up.** Your blood pressure takes some time to adjust when first sitting up.

**Resources**

**For Emergency call 9-1-1**

**Family MD**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Pharmacy**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Senior Center/Agencies**:

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**Family Contacts:**

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**Medications:**

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**TIPS FOR**

**PREVENTING FALLS**

# Who is at risk for falling?

The risk increases with age. Each year, falls occur in about one-third of people 75 years of age or older who are living in their homes. This increased risk of falling may be the result of changes that come with aging plus other medical conditions, such as: arthritis, cataracts, or hip surgery.

What can I do to decrease my risk of falling?

☺ **Make sure that you have good lighting in your home. As your eyes age, less light reaches the back of the eyes where your vision is located.** The lighting in your home must be bright so you can avoid tripping over objects that are not easy to see. You should put night lights in your bedroom, hall, and bathroom. Frosted bulbs reduce glare.

☺ **Electrical cords should not be lying on the floor in walking areas.**

☺ **Rugs should be firmly fastened to the floor or have nonskid backing**. Loose ends should be tacked down.

*☺* **Put hand rails in your bathroom for bath, shower and toilet areas.**

*☺* Use bath mats or non-slip decals in tubs/showers.

*☺* **Have rails on both sides of stairs for support.** Be sure the stairs are well lit.

*☺* **Make sure items are within easy reach.** Store items so you won’t need to bend or use a step ladder or stool.

*☺* **Wear shoes with firm nonskid, non-friction soles.** Avoid wearing loose-fitting slippers that could cause you to trip.

*☺* **Wipe up spills quickly.**

*☺* **Watch out for slippery or uneven floors and doorways.**

**What about my diet?**

Eating a variety of food promotes good health.

* **Being overweight or underweight may increase the risk for falls**. Everyday walking, water aerobics, Tai Chi or leg strengthening exercises can greatly reduce the risk for falling.
* **Dehydration (not drinking enough liquids) may lead to dizziness.** Drink 6-8 glasses of water each day.
* **A diet rich in calcium strengthens bone.** A lack of calcium may lead to your bones becoming brittle and cause you to be more clumsy. Eat calcium rich foods…milk, cheese, yogurt, dark green leafy vegetables, dried beans, peas and canned salmon.