

Tips for Preventing a Fall

Falls are the number one cause of accidents in older adults, but most falls are preventable. Use the tips below to help you prevent falls.

Exercise Programs Help Build Strength and Balance

Research shows that participating in exercise programs lessens the risk of falling by at least 35%. Contact your local Area Agency on Aging for information about classes available in your area.



Be Sure to get Annual Vision and Hearing Checks

Having good vision and healthy ears are key to helping you keep your balance. Be sure to update your glasses as needed.

Review Your Medications with Your Doctor & Pharmacist

Some medications can make you feel dizzy, confused, or slow. Be sure to talk to your doctor and pharmacist about all of the medications you take and their possible interactions.



Ask Your Doctor for an Annual Assessment

Did you know that your annual Medicare well check includes a risk of falling assessment. Talk to your doctor to make sure you are being screened annually.

Make Your Home as Safe as Possible

Be sure to remove tripping hazards such as loose rugs and keep floors free of clutter. Be sure stairs are well lit and have rails. Put grab bars on bathroom walls near the tub, shower, and toilet.



Wear Safe Shoes and Footwear

Wear shoes with a hard, slip-resistant sole and a high back to support the ankle. Avoid backless slippers and slip on shoes.