

06 Steps to prevent falls among **elders**

Step 01

Begin a balance and exercise program

Look to build balance, strength, and flexibility. Find a program that works for you and take a friend along.



06 Steps to prevent falls among **elders**

Step 02

Talk to your health care provider

Share your history of recent falls,
discuss underlying health reasons
and address them promptly.

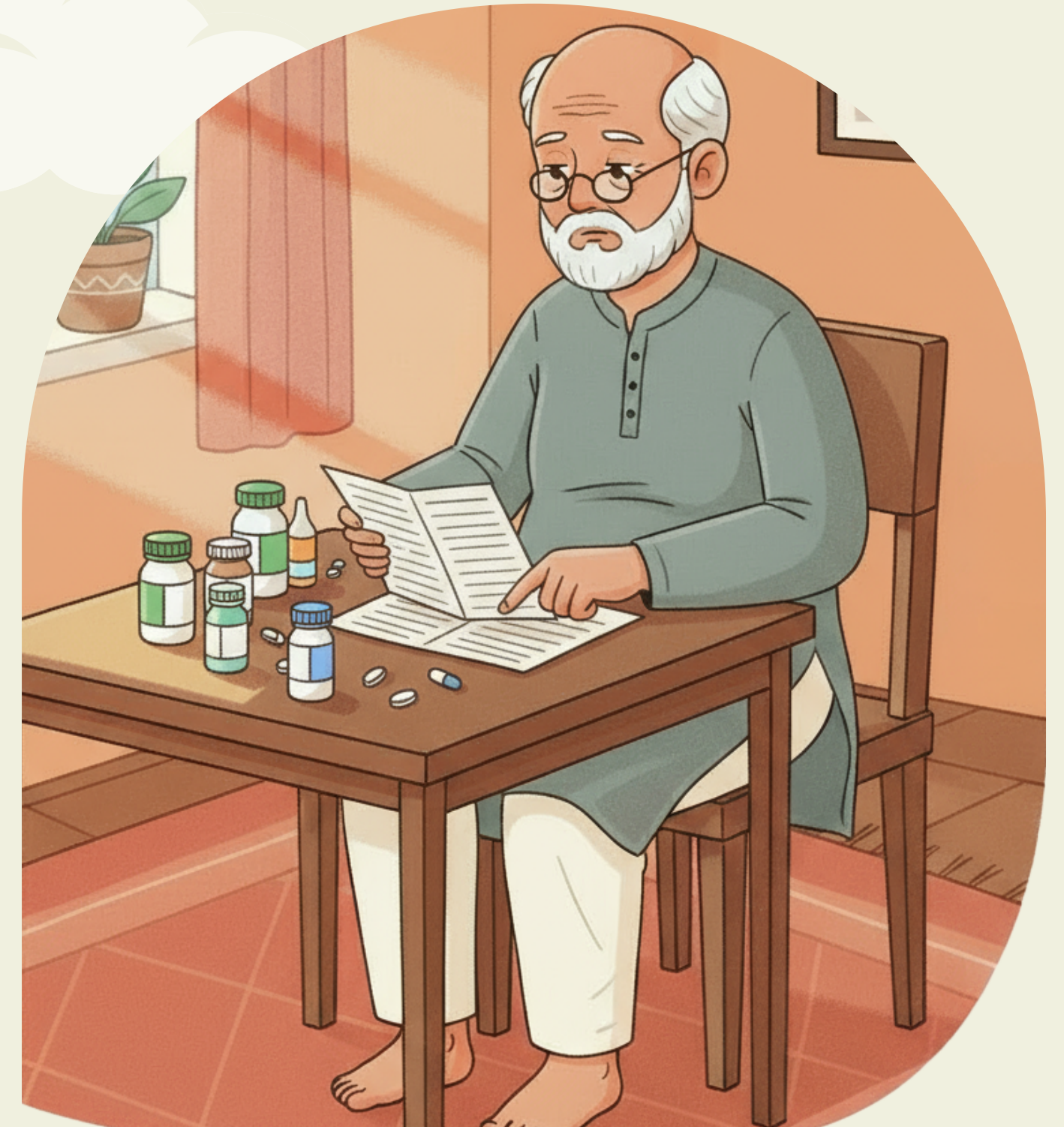


06 Steps to prevent falls among **elders**

Step 03

Regularly review your medication with your doctor

Discuss side effects and ensure they aren't adding to the risk of falling. Take medications only as prescribed.



06 Steps to prevent falls among **elders**

Step 04

Have an annual vision and hearing check

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



06 Steps to prevent falls among **elders**

Step 05

Fall-proof your home

Look out for tripping hazards, poor lighting, stair cases without handrails, washroom without grab bars and correct them immediately to remove all risk of falls



06 Steps to prevent falls among **elders**

Step 06

Talk openly to family members about your fears

Enlist their support in making your home fall-proof. Falls are not just a seniors' issue.

