



Quick Tips for Falls Prevention

Find a local exercise program to build your balance strength and flexibility

Ask your doctor to assess your risk of falling by having an assessment. Share your history of any recent falls

Review your medications with your doctor and pharmacist if medications you're taking may increase your risk of falling

Your eyes and ears are key to keeping you on your feet. Have your eyes and hearing checked annually

Talk with your family. Enlist their help in making your home safe

Keep your home safe. Reduce risks: improve lighting, remove tripping hazards, install grab bars

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