

WHAT YOU CAN DO TO PREVENT FALLS



Do Strength and Balance Exercises Daily

Make your legs stronger and improve your balance through exercises like Tai Chi, walking, yoga, swimming, etc. Check out programs offered by wellness, fitness and senior centers in your community.



Have Your Eyes Checked

Have your eyes checked by an eye doctor at least once a year, and be sure to update your eyeglasses if needed.



Make Your Home Safer

Reducing home hazards will assure safer independent living for elders, so follow the tips on page 2 to “fall-proof” your home.



Talk to your Health Provider

- Request a provider to evaluate your risk for falling
- Ask about things you can do to prevent falls or lower your risk for falling
- Ask your provider or pharmacist to review your medications to see if any might make you dizzy or sleepy
- Ask about taking vitamin D supplements with calcium

Centers for Disease Control and Prevention (CDC) – Fall Prevention

<http://www.cdc.gov/homeandrecreationalafety/falls/index.html>

New Mexico Fall Prevention

<http://healthinsight.org/nm-fall-prevention>

National Indian Council on Aging

<https://www.nicoa.org/healthy-aging/falls-prevention/>



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