



# Fall Prevention Tips

## Conditions That May Increase the Chance of Falling

- Lower body weakness and difficulties with walking and balance
- Vitamin D deficiency
- Vision problems
- Foot pain or poor footwear
- Home hazards such as broken or uneven steps, throw rugs, cords, and clutter
- Some prescribed or over-the-counter medications (consult your physician)

## 6 Tips for Fall Prevention

- **Remove Obstacles:** Remove any home hazards and assess your furniture to ensure it is placed in a way that doesn't obstruct walking paths.
- **Turn on Lights:** Keep lights on in dimly lit areas, use night lights with sensors, place flashlights in convenient spots, and keep a lamp on your nightstand.
- **Choose the Right Shoes:** Wear shoes with non-skid soles that offer your foot support and opt for an insert if you need added arch or heel support.
- **Try At-home Balance Exercises:** Simple exercises, such as sit-to-stands, toe taps, and head rotations, can improve balance at home.
- **Take a Walk:** A daily walk around your block, neighborhood, local walking paths, or the mall during winter will strengthen your legs and increase your endurance.
- **Call Your Physician:** Consult your doctor about the side effects of your prescription medications and therapy services that address mobility and balance.

## What to do After a Fall

1. Stay calm, take deep breaths, and examine yourself for injuries. If you are injured or unable to get up, alert someone and keep calm while you await their help.
2. If you haven't injured yourself or broken any bones, identify the nearest piece of sturdy furniture, like a chair.
3. Slowly roll on your side to get on your hands and knees, then crawl or pull yourself to the identified furniture.
4. Right yourself up into a kneeling position, place your hands on the stable part of the furniture, bring your strongest leg to a kneeling lunge, and push yourself up into a sitting position on the furniture.
5. When you can confidently move again without falling or injury, notify your doctor you've had a fall and keep your eye out for any pain or signs of injury.