Take Control of Your Health: 6 Steps to Prevent a Fall

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips!

1. Find a good balance and exercise program
   Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.

2. Talk to your health care provider
   Ask for an assessment of your risk of falling. Share your history of recent falls.

3. Regularly review your medications with your doctor or pharmacist
   Make sure side effects aren’t increasing your risk of falling. Take medications only as prescribed.

4. Get your vision and hearing checked annually and update your eyeglasses
   Your eyes and ears are key to keeping you on your feet.

5. Keep your home safe
   Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

6. Talk to your family members
   Enlist their support in taking simple steps to stay safe. Falls are not just a seniors’ issue.

To learn more, visit ncoa.org/FallsPrevention.