

Many falls can be prevented.

By making some changes, you can lower your chances of falling.

Four things YOU can do to prevent falls:

-  Have your healthcare provider review your medicines.
-  Exercise to improve your balance and strength.
-  Have your eyes and feet checked.
-  Make your home safer.

For more information, contact Centers for Disease Control and Prevention 1-(800)-CDC-INFO (232-4636) or visit www.cdc.gov/steady

For information about fall prevention, visit go.usa.gov/xN9XA

For more information about hypotension, visit www.mayoclinic.com
www.webmd.com



**Centers for Disease
Control and Prevention**
National Center for Injury
Prevention and Control

What YOU Can Do to Prevent Falls



STEADI

Stopping Elderly Accidents,
Deaths & Injuries

Four things YOU can do to prevent falls:

① Talk openly with your healthcare provider about fall risks & prevention.

Tell a provider right away if you fall, worry about falling, or feel unsteady. Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall. Ask your provider about taking vitamin D supplements to improve bone, muscle, and nerve health.

② Exercise to improve your balance and strength.

Exercises that improve balance and make your legs stronger, lower your chances of falling. It also helps you feel better and more confident. An example of this kind of exercise is Tai Chi.

Lack of exercise leads to weakness and increases your chances of falling.

Ask your doctor or healthcare provider about the best type of exercise program for you.

③ Have your eyes and feet checked.

Once a year, check with your eye doctor, and update your eyeglasses, if needed. You may have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling. Also, have your healthcare provider check your feet once a year. Discuss proper footwear, and ask whether seeing a foot specialist is advised.

④ Make your home safer.

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to and inside the tub, and next to the toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.
- Have handrails and lights installed on all staircases.
- Wear well-fitting shoes with good support inside and outside the house.

An older woman and man are practicing Tai Chi outdoors on a paved surface. The woman, in the foreground, is wearing a red and white striped long-sleeved shirt and grey pants, with her arms extended horizontally. The man, behind her, is wearing a blue t-shirt and khaki shorts, also in a similar pose. They are both smiling and appear to be enjoying the activity. The background shows green trees and a clear sky.

Talk to your doctor
about fall prevention.