


# Fall Prevention

## TIPS TO LOWER YOUR RISK

	<p><b>Fall-Proof Your Home Inside and Out</b></p> <p>Improve lighting; install handrails, grab bars; keep indoor and outdoor walkways free of clutter and other tripping hazards; modify kitchen &amp; bathroom to optimize safety.</p>
	<p><b>Get Vision &amp; Hearing Checked Regularly</b></p> <p>Eye and ears health are important to keeping you on your feet. Vision and hearing changes often occur gradually. Regular exams help monitor and address these changes.</p>
	<p><b>Exercise Regularly</b></p> <p>Inactivity can cause muscle weakness, and balance and coordination issues, which can contribute to falls. Regular physical activity contributes to muscle strength, flexibility, and better balance. It also helps to improve mood, confidence, and mobility.</p>
	<p><b>Review Medications</b></p> <p>Some over-the-counter and prescription medications have side effects such as dizziness and dehydration, or cause interactions with other medications that can contribute to a fall. Review your medications with your healthcare provider or pharmacist for side effects or interactions that may affect balance or coordination.</p>
	<p><b>Footwear &amp; Assistive Devices</b></p> <p>Wear proper-fitting, nonslip shoes and slippers. Avoid walking in socks or barefoot, as this can lead to slips. Use walking aids, such as a cane or walker, and grab bars if needed to provide extra support and stability. The right equipment and using it properly are key.</p>