



The Path to BETTER BALANCE

Steps You Can Take to Prevent a Fall



MAKE YOUR HOME SAFE

Remove tripping hazards, install bright light bulbs and grab bars in bathrooms, bedrooms and hallways, and keep a bell on your pet's collar to signal that they are nearby.

GET CONNECTED

Find a community-based program designed to help senior adults increase physical activity and change their environment to reduce all risk factors.



TALK WITH YOUR DOCTOR

Ask your doctor for a fall risk assessment and share your history of any recent falls. Be sure to review your medication list as some prescriptions may cause dizziness. Also, have your vision and hearing checked – these senses are vital to balance.



ASSIGN A FAMILY ADVOCATE

Enlist family support in assessing your home for safety. And remember to always stop, look and listen to your surroundings.



KEEP MOVING

Activities that strengthen the muscles in your legs, such as walking or tai chi, can improve your balance and help prevent falls.

