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Powerback

Jewish Senior LIFE

Injury Prevention

How to Prevent Falls

FALLS can be a serious health risk, especially for older adults. However, many falls are preventable. Follow these tips to stay safe, keep your body strong, and maintain your independence.

What Can I Do?

There are many things you can do to prevent falls.

EXERCISE

Participate in activities such as walking, Tai Chi, yoga, or dancing to help you stay strong and flexible and improve your balance. Make sure to keep up with your exercise program if your doctor or therapist has given you one.

REVIEW YOUR MEDICINES

Talk with your healthcare provider about all the medicines you take, including prescriptions, over-the-counter medicines, and supplements. Some combinations of medicines can make you tired or dizzy. These side effects can increase your chance of falling.

HAVE YOUR VISION CHECKED

Have your vision checked by an eye doctor every year. Wearing the correct prescription lenses will make sure you can see clearly. If your vision is poor, your chances of falling are higher.

WEAR SUPPORTIVE SHOES

Choose shoes that fit snugly with non-slip soles and a flat or low, wide heel. Avoid slippers, flip flops, backless shoes, high heels, and shoes with smooth leather soles.

MAKE YOUR LIVING ENVIRONMENT SAFE

- Remove tripping hazards, such as loose rugs and clutter
- Add handrails to stairs and bathrooms
- Use non-slip mats in the bathtub and shower
- Add lighting in dark areas

MEDBRIDGE Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.

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