



Ageing Well Together Falls Prevention

Annapolis Valley Health Falls Prevention

FALLPROOF YOURSELF!

Keep moving

Wear comfortable footwear

Fallproof your home

Fallproof your community

Ask for help with chores

Use helping devices

Take your time

Eat well

Know your medications

Watch your step

Be careful with alcohol

Get regular checkups



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- **Keep moving.** Daily exercise and physical activity will help you stay on your feet by improving your balance and making you stronger and more flexible.
- **Wear shoes with good support and non-slip soles.** Don't walk around in socks.
- **Fallproof your home** by finding and fixing hazards. Seniors organizations and community groups can sometimes help with repairs.
- **Fallproof your community.** Work with other seniors to find the hazards in public places and have them remedied.
- **Ask for help with chores**—for example, changing the bulbs in ceiling lights or carrying heavy items up and down stairs.
- **Use helping devices** and have them checked regularly. Make sure that the tips of canes or walkers are not worn down and they are the right size for your height.
- **Take your time.** Stand up slowly after lying down or sitting. If you feel dizzy or light-headed, sit down until your head clears.
- **Eat well.** You need regular, healthy meals to stay strong, healthy and upright.
- **Know your medications** and what they do. Some medicines or combinations of medicines can make you dizzy, drowsy or clumsy. Ask your doctor or pharmacist to review all the medicines you take, including over-the-counter remedies, to be sure they are safe together.
- **Watch your step.** Check ahead to be sure you don't trip on a pet or another obstacle. Turn on lights as you go from room to room.
- **Be careful with alcohol.** The older you get, the more quickly alcohol will affect you. More than two drinks a day can make you unsteady on your feet. Be careful not to mix alcohol with medications.
- **Get regular checkups.** Visit your doctor every year for a check-up and a chat about any changes to your health. Have your eyes and ears checked regularly. If you need glasses or hearing aids, use them.