



Ageing Well Together Falls Prevention

FALLS PREVENTION ON THE GO

Getting out and about is important to your health and well-being. With a little care, you can stay on your feet so you can stand up and be counted in your community.

- **Plan ahead** so you don't have to rush. You are more likely to fall if you are in a hurry.
- **Plan your errands so you don't end up trying to carry too much.** Carrying too many parcels throws you off balance and blocks your view.
- **Wear the right footwear** for the weather and the surface you will be walking on.
- **Use mobility and safety aids if you need them.** An occupational or physiotherapist can show you how to get the most benefit from aids like canes and shoes with ice grips.
- **Stay alert and notice changes along the routes you walk.** Has a sidewalk developed cracks? Is a light burnt out? When you see hazards, report them.
- **Take care of yourself!** Eat well, stay active, and get regular physicals and ear and eye exams. You are less likely to fall if you are well and strong.

You can help keep your community safe for everyone by working with others to report hazards along the streets in your neighbourhood. If a local group is collecting information on falls or hazards that could cause falling, get in touch with them and find out how you can participate. If no one is collecting this kind of information in your community, suggest that a group you are involved with consider doing it as a project.