

# Stay Independent

*Falls are the main reason why older people lose their independence.*

## Four things you can do to prevent falls:

- 1) Begin an exercise program to improve your leg strength & balance
- 2) Ask your doctor or pharmacist to review your medicines
- 3) Get annual eye check-ups & update your eyeglasses
- 4) Make your home safer by:
  - Removing clutter & tripping hazards
  - Putting railings on all stairs & adding grab bars in the bathroom
  - Having good lighting, especially on stairs

## Your doctor may suggest:

- Having other medical tests
- Changing your medicines
- Consulting a specialist
- Seeing a physical therapist
- Attending a fall prevention program



## Are you at risk of falling?

- ✓ Check each true statement below to find out.
- I have fallen in the last 6 months.
  - I use or have been advised to use a cane or walker to get around safely.
  - Sometimes I feel unsteady when I am walking.
  - I steady myself by holding onto furniture when walking at home.
  - I am worried about falling.
  - I need to push with my hands to stand up from a chair.
  - I have some trouble stepping up onto a curb.
  - I often have to rush to the toilet.
  - I have lost some feeling in my feet.
  - I take medicine that sometimes makes me feel light-headed or more tired than usual.
  - I take medicine to help me sleep or improve my mood.
  - I often feel sad or depressed.

**Add up the total number of true statements. If you had 4 or more, you may be at risk for falling. Discuss this brochure with your doctor.**