

# Reducing Risk of Falls

**Get Some Exercise.** Lack of exercise can lead to weak legs and increase chance of falling. Exercise programs such as Tai Chi can increase strength and improve balance



**Be Mindful of Medications.** Some medicines and medicine combinations can have side effects such as dizziness or drowsiness, making falls more likely. Check with a doctor or pharmacist if you are taking more than 4 medications to reduce the chance of risky side effects

**Keep Vision Sharp.** Have your eyes checked every year and wear glasses or contact lenses with the right prescription to ensure you are seeing clearly

**Eliminate Hazards at Home.** Check your home for potential fall hazards such as pet or children's toys in walkways, electric or telephone wires in walkways, toilets that are too low to the ground, cleaning products that leave surfaces slippery, unsteady handrails, and loose rugs



## Reduce Falls at Home:

1. Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk
2. Install handrails and lights on all staircases
3. Remove small throw rugs or use double-sided tape to keep rugs from slipping
4. Keep items you use often in cabinets you can reach easily without using a step stool
5. Put grab bars inside and next to the tub or shower and next to your toilet
6. Use non-slip mats in the bathtub and on shower floors
7. Improve the lighting in your home. As you get older, you need brighter lights to see well
8. Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

