



# Fall Prevention

Falls are the leading cause of injury among older adults. Fall prevention is important to mitigate home hazards and help protect your health.

- Speak with your healthcare provider about your current medications, previous falls, and health conditions. Some medications and health conditions can affect mobility.
- Stay active. Light physical activity keeps your muscles strong and flexible, making movement easier and falls less likely.
- Focus on footwear. Wearing properly fitting, sturdy, flat shoes with nonskid soles is the best way to prevent falls.
- Remove hazards in your home. Keep walkways clear. Store necessities such as clothing, dishes, and food in easy-to-reach places. Use nonslip mats in your bathtub or shower.
- Light up your living space. Place lamps within reach of the bed. Use nightlights in bedrooms, bathrooms, and hallways. Turn on the lights before going up or down the stairs.
- Use assistive devices, such as handrails for stairs, a raised toilet seat or one with an armrest, a grab bar for the shower or the tub, or a plastic seat for the shower.

When traveling outside and getting to steps, stairs, or a curb, remember:



**S**

Stop: Are they in a good condition to be used safely? Are there any uneven surfaces? Are there any hazards (debris, ice) that you can slip and fall on? Is there a handrail you can use?



**T**

Think: How do you avoid risk in your path?



**O**

Observe: Look around and observe the surroundings.



**P**

Proceed: When you are sure the path is hazard-free, proceed using any available assistance devices, ensuring footing with every step.