

## **FALLS PREVENTION TIPS**

Falls are preventable – this is a partial list of things you can do to reduce your fall risk.

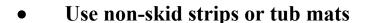
• Wear thin rubber-soled shoes with shallow treads





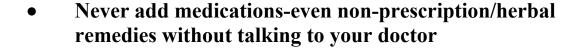
- Pick up your feet when walking walk heel-toe
- Use handrails
- Avoid rushing take your time focus on the task at hand
- Remove slipping/tripping hazards immediately
- Exercise regularly







- Eat well and drink plenty of non-caffeinated beverages
- Take medications as they are prescribed



• Make sure there is <u>ONE</u> pharmacist who knows about <u>ALL</u> the medications you are taking





Too Low

Avoid sitting on low furniture – add cushions to raise the seat height



Just Right

- Paint the edge of each stair a bright color so you can clearly see it
- Avoid wearing long nightgowns or other clothing that you might step on



Never carry items in a way that prevents you from seeing where you're putting your feet



Examine the way you do your daily tasks and see if you can develop safer ways to accomplish them (such as carrying laundry or the garbage)









Take a moment whenever you trip or stumble and figure out what caused it-that's how you will prevent the next stumble and create your personal "Falls Prevention Program"





Contact Senior Injury Prevention Program at 510-618-2050 for information on hosting a free Falls Prevention Discussion Group.

For information on available resources in Alameda County, call the Area Agency on Aging at 1-800-510-2020.